

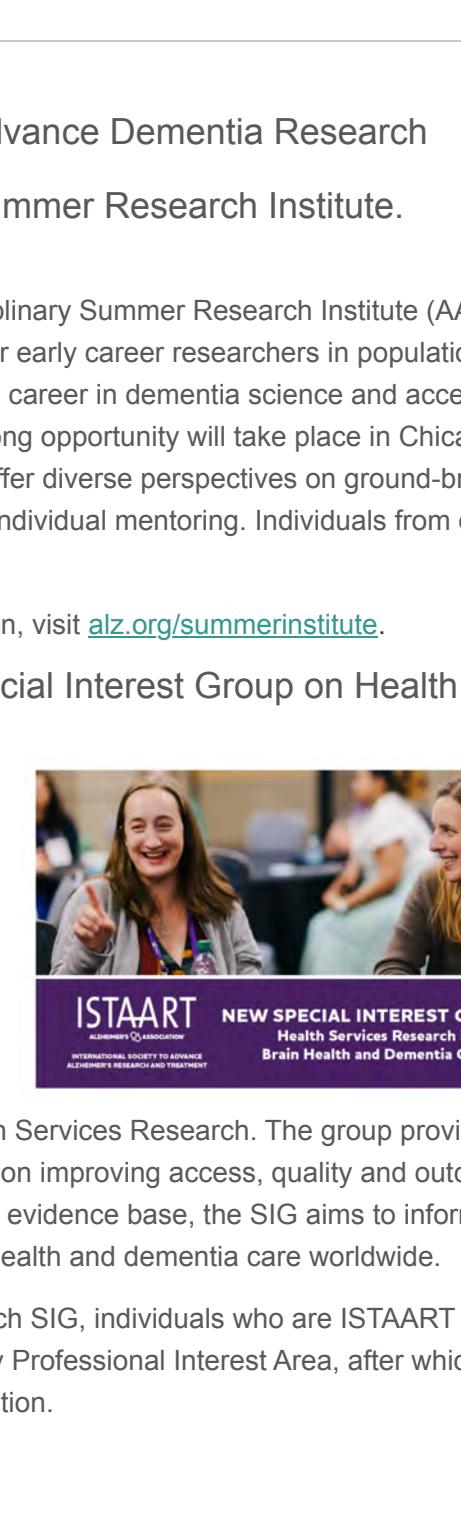
December 2025

Strengthen Brain Health in Your Community this December

- ✓ [New Brain Health Habit Builder](#)
- ✓ [Toolkit Now Available for Developing Brain Health Public Awareness Campaigns](#)
- ✓ [Three Opportunities Available to Advance Dementia Research](#)
- ✓ [2025 In Review: Public Health Resources from the Alzheimer's Association](#)

New Brain Health Habit Builder Helps Individuals Build a Plan for a Healthier Brain

The Alzheimer's Association® has launched the Brain Health Habit Builder, a free online tool that helps individuals review their current habits and make a plan to help protect their brain health. The Habit Builder offers a quick, engaging experience that takes about three to five minutes to complete. Users receive a personalized plan based on their answers, including research-based guidance and tips to support making positive lifestyle changes. Plans can be downloaded, printed and shared, and the tool is optimized for use on both desktop and mobile devices.

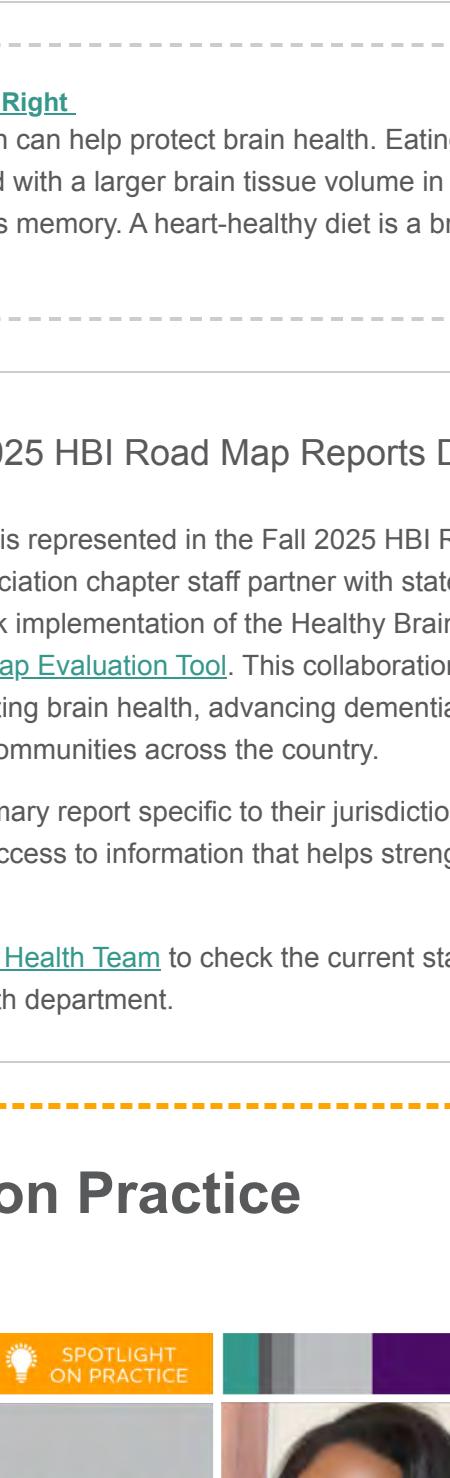


Public health professionals can include the Brain Health Habit Builder in community outreach, health promotion campaigns and efforts to support behavior change. Make your own plan at [alz.org/habitbuilder](#).

[View the Habit Builder](#)

Toolkit Now Available for Developing Brain Health Public Awareness Campaigns

The BOLD Public Health Center of Excellence on Dementia Risk Reduction has released [Developing Public Awareness Campaigns on Brain Health: A Toolkit for Public Health Agencies](#) to help health departments create and deliver culturally responsive messaging campaigns about brain health. The toolkit outlines four key steps to develop a public awareness campaign in your community. It also includes examples of state-specific brain health campaigns that illustrate how public health agencies are applying these strategies in practice.



[Download](#)

Three Opportunities Available to Advance Dementia Research

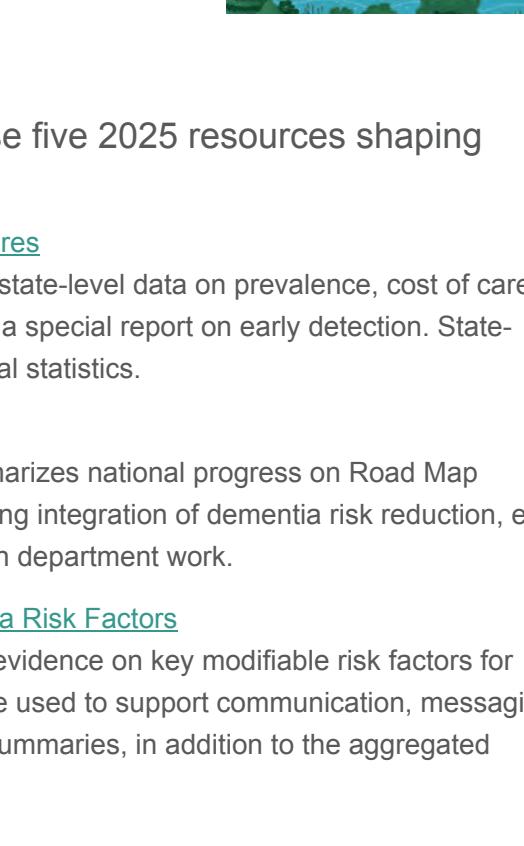
1. Apply to Interdisciplinary Summer Research Institute. Applications Due March 9, 2026

The Alzheimer's Association Interdisciplinary Summer Research Institute (AA-ISRI) is an immersive, no-cost opportunity for early career researchers in population health or care interventions to further a career in dementia science and accelerate breakthroughs in the field. The week-long opportunity will take place in Chicago, August 3-7, 2026, where experts will offer diverse perspectives on ground-breaking research through group sessions and individual mentoring. Individuals from diverse backgrounds are encouraged to apply.

To learn more and submit an application, visit [alz.org/summerinstitute](#).

2. Join the New ISTAART Special Interest Group on Health Services Research

The Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment (ISTAART) is a global network of scientists, clinicians and dementia professionals. ISTAART's [Health Policy Professional Interest Area](#) has launched a new Special Interest Group (SIG) focused on Health Services Research. The group provides a platform for researchers to collaborate on improving access, quality and outcomes in dementia care. By strengthening the evidence base, the SIG aims to inform practice and policy that support brain health and dementia care worldwide.

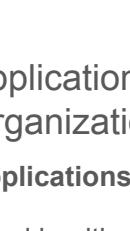


3. Submit an abstract to AAIC Abstracts Due January 12, 2026

Abstract submissions are open for the Alzheimer's Association International Conference® (AAIC®) 2026. AAIC is the largest international meeting dedicated to advancing dementia science. Researchers, clinicians and public health professionals may submit work that strengthens understanding of dementia risk, detection and care. Abstract topics for the Public Health Section include: innovative epidemiologic methods, prevalence and incidence of MCI and dementia, risk and resilience, caregiver health, early detection and diagnosis, implementation science in public health, and risk reduction.

Submit abstracts by January 12, 2026 at [alz.org/AAIC](#).

Research Highlights

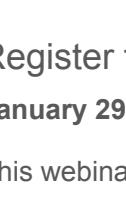


Research Highlights

[High-fat diets may increase Alzheimer's risk by triggering inflammation in the brain](#)
Diets high in saturated fat (HFDs) may raise Alzheimer's disease risk independent of other health problems such as obesity and diabetes, according to a new review in *Alzheimer's & Dementia*. The authors found that HFDs can quickly spark inflammation in the brain, which may damage synapses — the connections brain cells use to communicate — and in turn lead to memory problems over time. The review suggests that improving diet quality, particularly reducing saturated fat intake, may help protect long-term brain health.

[U.S. POINTER cognitive health intervention also helps sleep health and blood pressure](#)
A cognitive health lifestyle intervention also improves sleep health and blood pressure regulation, according to data released at the Clinical Trials on Alzheimer's Disease (CTAD) conference in early December. The U.S. POINTER clinical trial — which encompassed exercise, diet, cognitive engagement, and heart health monitoring — has previously been [shown to improve cognition](#). Now, ancillary studies have found that, compared with individuals in the self-guided group, individuals who participated in the structured lifestyle intervention had fewer respiratory disturbances for sleep apnea and significant benefits on the cardiovascular system's ability to respond to sudden changes in blood pressure.

Healthy Habit Highlight: Eat Right



A diet with balanced nutrition can help protect brain health. Eating healthier foods is associated with a larger brain tissue volume in the part of the brain that controls memory. A heart-healthy diet is a brain-healthy diet.

Ensure Your State is Counted: Fall 2025 HBI Road Map Reports Due in 2 weeks

This is the final opportunity to ensure your state is represented in the Fall 2025 HBI Road Map reporting cycle. Each fall, Alzheimer's Association chapter staff partner with state health departments and BOLD programs to track implementation of the Healthy Brain Initiative (HBI) Road Map using the [HBI Road Map Evaluation Tool](#). This collaboration helps assess how Road Map actions are promoting brain health, advancing dementia related initiatives and supporting caregivers in communities across the country.

Participating health departments receive a summary report specific to their jurisdiction, inform the 2025 Aggregated Report, and have access to information that helps strengthen BOLD Program reporting.

Connect with the Alzheimer's Association [Public Health Team](#) to check the current status of the 2025 HBI Road Map reports for your health department.

Spotlight on Practice

Kerritt Saintal: DC Health

Kerritt Saintal leads DC Health's efforts to strengthen brain health and dementia care through the DC Brain Health Initiative. The team is implementing the Healthy Brain Initiative (HBI) Road Map in Washington, DC, integrating the HBI Road Map Evaluation Tool into its monitoring plan and developing a centralized brain health data matrix to enhance public engagement and workforce development. DC Health also



launched a six-course dementia training for direct service providers, administrative staff and health care workers, with an 82% completion rate.

[View Application](#)

2025 in Review: Public Health Resources from the Alzheimer's Association

Thank you for engaging with our newsletters in 2025. Looking back, it is amazing to see how many clicks, resources, webinars, toolkits and spotlights we were able to share. If you missed a month, we've included this 2025 recap to help you keep coming back to our favorite items from the year. Let us know what resources

In gratitude,

Shelby Roberts, MPH

Alzheimer's Association

Shelby Roberts, MPH, is the Public Health Manager for the Alzheimer's Association. She leads the Public Health team, which is responsible for the development and implementation of public health programs and initiatives. She has a background in public health and has worked in the field for over 10 years.

She is currently working on the development of a new public health program, the Alzheimer's Association Public Health Program, which will focus on the promotion of brain health and the prevention of dementia.

She is also involved in the development of the Alzheimer's Association Public Health Toolkit, which will provide resources and tools for public health professionals to use in their work.

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