

Public health action is critical to keeping people cognitively healthy across the life course.

The Alzheimer's Association[®] works with public health departments, tribal health organizations, health systems, students and educators, community-based organizations and the general public to ensure that brain health, dementia and caregiving become central to public health practice.

We provide tools, resources and guidance to:



Promote brain health.



Increase access to early detection and diagnosis.



Support people living with dementia and their caregivers.

Support Implementation of the Healthy Brain Initiative (HBI)



The Association partners with the Centers for Disease Control and Prevention on the Healthy Brain Initiative (HBI) to assist public health departments in taking action on dementia.

- The HBI Road Map Series **HBI State and Local Road Map** and **Road Map for Indian Country** list actions public health officials can take on dementia.
- **Road Map Strategists** receive guidance and support to lead their local and tribal health departments in carrying out the HBI Road Map.
- **Data for Action** helps state governments develop cross-departmental data sharing to inform action on brain health, dementia and caregiving.

BOLD Public Health Center of Excellence on Dementia Risk Reduction

The Alzheimer's Association BOLD Public Health Center of Excellence on Dementia Risk Reduction coordinates brain health efforts among health departments.



- The Center advises health departments on the **latest science** on dementia risk reduction.
- It **supports community action** by assisting health departments to improve brain health in their communities.

Brain Health Resources for Communities

The Association's 78 local chapters deliver brain health education programs around the country.

- The **10 Healthy Habits for Your Brain** resource promotes healthy habits to protect brain health, and is available in English and Spanish. Learn more at alz.org/healthyhabits.
- The **Healthy Living for Your Brain and Body** program teaches strategies for developing habits that reduce risk of cognitive decline and dementia. Go to alz.org/crf or call the **24/7 Helpline (800.272.3900)** to learn more.

Public Health Curriculum

The Association offers a free, self-paced online public health curriculum, *A Public Health Approach to Dementia*, that includes an instructor's guide for classroom settings.

Alzheimer's Association Interdisciplinary Summer Research Institute (AA-ISRI)

The Association drives research on public health and dementia by offering early-career researchers an immersive, no-cost opportunity with leaders in the dementia science field.