

# April 2024

## April Is National Minority Health Month

Alzheimer's and other dementia disproportionately affect many underserved and underrepresented populations in the United States. For example, Black Americans are about twice as likely as White Americans to have Alzheimer's or another dementia, and Hispanic Americans are about one-and-a-half times as likely.

[National Minority Health Month](#) is an opportunity for public health to highlight and address these disparities. The Alzheimer's Association has more information about dementia's impact on communities and provides resources for individuals.

- [Asian Americans and Pacific Islanders](#)
- [Black Americans](#)
- [Hispanic Americans](#)
- [Native Americans](#)



## New Infographics Published on Social Determinants of Health

The [Public Health Center of Excellence on Dementia Risk Reduction](#) has developed a series of infographics on social determinants of health (SDOH) related to dementia risk and public health strategies to address these topics.

- [Quality Education](#)
- [Economic Stability](#)
- [Nutritious Foods](#)
- [Social Connections](#)
- [Healthy Environment](#)

Learn more about the connection between SDOH and dementia risk in [Addressing Dementia Risk Through Social Determinants of Health](#), a summary report of the 2022 Center workshop held at the [Alzheimer's Association International Conference](#).

## Apply to Host a Community Convening

Local health departments are invited to apply to host a Community Convening on dementia risk reduction. Organized by the Alzheimer's Association Public Health Center of Excellence on Dementia Risk Reduction, Community Convenings are structured gatherings where a local health department convenes a variety of community partners. The partners then work to identify priorities and action steps to address risk factors for dementia and dementia-related social determinants of health in the community. Applications are due **April 26, 2024**. [A detailed description, application instructions and FAQs contain more information.](#)



[View Application](#)

## Advancing Health Equity in Dementia: Curriculum for Public Health Students and Professionals

The online learning module, [Health Equity in Dementia — Using a Public Health Lens to Advance Health Equity in Alzheimer's and Other Dementias](#), helps public health students and practitioners learn about a population-based, life-course approach to promoting health equity through reducing dementia risk and promoting post-diagnosis quality care. Access this course and others at the Alzheimer's Association Public Health Curriculum page.

[Public Health Curriculum](#)



## Research Roundup

### Those Living in Disadvantaged Neighborhoods Have Higher Levels of Dementia

The risk for dementia is more than 20% greater in the most socioeconomically disadvantaged neighborhoods of New Zealand compared with the least disadvantaged neighborhoods, according to a new study published in [Alzheimer's & Dementia](#). The study also found that this elevated risk of a later-life dementia diagnosis among those who live in more disadvantaged neighborhoods is preceded by greater prevalence of dementia risk factors in midlife.

[Read More](#)

### Racial Discrimination May Increase Alzheimer's Pathology

Black Americans who experience racism in midlife have increased levels of some pathologies consistent with Alzheimer's disease and neurodegeneration, according to a study published in [Alzheimer's & Dementia](#). Using 17 years of data from 255 Black individuals, researchers found that chronic exposure to racial discrimination between the ages of 40 and 50 results in higher levels of Alzheimer's and neurodegenerative-associated pathology a decade later. Many researchers speculate that life stressors such as discrimination become biologically embedded and then contribute to elevated risk for dementia in later life.

[Read More](#)

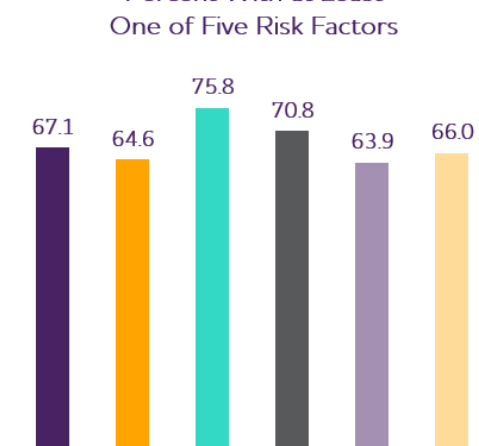


## Data Spotlight

### Racial and Ethnic Differences Persist in Risk Factor Prevalence

More than two-thirds of American adults have at least one of five risk factors for cognitive decline (midlife hypertension, physical inactivity, midlife obesity, diabetes and smoking). Minority communities are more likely to have at least one of these risk factors, with Black and Hispanic individuals experiencing the greatest prevalence. Reducing these risk factors is critically important to improving brain health in all communities. For more information, visit [alz.org/RiskReduction](#).

Percent With at Least One of Five Risk Factors



## Upcoming Events

### Hypertension, Lifestyle Medicine & Health Equity

April 24 from 3-4 p.m. ET

The [National Hypertension Control Roundtable](#) is hosting a webinar exploring the role of lifestyle medicine in addressing hypertension and its implications for health equity. Hypertension increases the risk of cognitive decline and possibly dementia.

[Register](#)

#### Brain Health Tip:

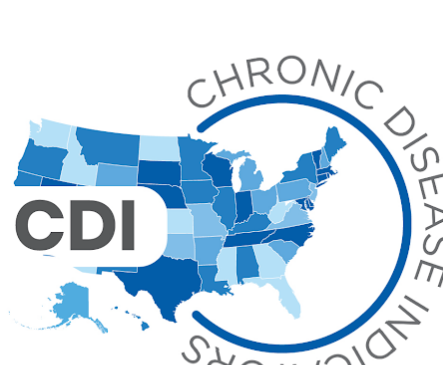


**Control your blood pressure.** Medications can help lower high blood pressure, and healthy habits like eating right and physical activity can help, too. Work with a health care provider to control your blood pressure. Learn more at [alz.org/healthyhabits](#)

## Resources

### Enhanced CDC Chronic Disease Indicator Web Tool Now Available

Updated national and state data are now available as part of the Chronic Disease Indicators and Web tool from the [National Center for Chronic Disease Prevention and Health Promotion](#) (NCCDPHP). This resource provides the latest data on chronic conditions and their risk factors — including cognitive health and caregiving. It covers 113 indicators across 21 topic areas, and now features age-stratified estimates and user-friendly data visuals. Explore the enhanced [CDI tool](#).



### Addressing Brain Health in Adults With Intellectual Disabilities and Developmental Disabilities

The [Gerontological Society of America](#) (GSA) has released a new companion resource to its [KAER Toolkit — Addressing Brain Health in Adults With Intellectual Disabilities and Developmental Disabilities: A Companion to the KAER Toolkit for Primary Care Providers](#). The KAER Toolkit supports primary care teams in early detection and management of cognitive impairment. It provides strategies for initiating brain health discussions, assessing cognitive changes, diagnosing dementia, and connecting patients to community resources. The new companion resource provides strategies specifically tailored to better meet the unique needs of adults with intellectual and developmental disabilities.

[View Toolkit](#)

### Enhancing Dementia Care in Primary Settings

The [Cognition in Primary Care](#) course, available online via [CDC Train](#), equips primary care professionals with skills to evaluate cognition, diagnose mild cognitive impairment or dementia, and manage symptom progression. The self-directed program aims to enhance detection and care, strengthen connections with community resources, and implement clinic-based tools adapted from the [KAER Toolkit](#).

[Learn More](#)

[Get Started at alz.org/PublicHealth](#)

[HBI Road Map](#)

[State Resources and Data](#)

[10 Healthy Habits for Your Brain](#)

[HBI Road Map for Indian Country](#)

[Public Health and Dementia Curriculum](#)

[10 Early Signs of Alzheimer's](#)

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The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®.

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