January 2024

10 Healthy Habits for Your Brain

The Alzheimer's Association's newest initiative, 10 Healthy Habits for Your Brain, highlights the benefits of adopting healthy habits to increase brain health and possibly reduce risk for dementia.

- Challenge your mind
- Stay in touch
- Get moving
- Protect your head
- Be a non-smoker
- Control your blood pressure
- Manage stress
- Eat right
- Maintain a healthy weight
- Sleep well

The Alzheimer's Association Center for Brain Health on Education, Fact Sheets and the Healthy Brain Initiative; the Alzheimer's Association works to support public health practitioners and anyone interested in preventing dementia by offering resources to help you learn about the latest research and increase awareness on a national and global stage and engage with leading dementia experts. The Healthy Brain Initiative emphasizes prevention, early intervention, and research.

Transcript Available: BOLD Risk Reduction Center Conversation at Public Health and Dementia Caregiving Curriculum Webinar

Recordings and Resources

February 6-7 in Las Vegas, NV
Black Men's Brain Health Conference

Missed the live session? Watch the recorded webinar on the new Alzheimer's public health curriculum module.

Looking to understand dementia risk factors in your community? The BOLD Public Health Center of Excellence has prepared state-specific fact sheets on the prevalence of risk factors for cognitive decline.

The fact sheets include data on rates of hypertension, physical inactivity, smoking, inadequate sleep, diabetes and obesity. The Center of Excellence has prepared state-specific fact sheets on the prevalence of risk factors for cognitive decline in your community.

Therm Key Opportunities to Advance Dementia Public Health Research

1. 10th Annual Public Health Trials Network - December 1-2, 2019 - Washington, D.C.

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2. Alzheimer's Association Interdisciplinary Summer Research Institute (AA-ISRI): Up to 100 positions will be available for the 2023 cohort. Applications are due March 11.

3. Alzheimer's Association BOLD RISK Pitch Competition: The annual pitch competition includes experts, local public health officials, and Alzheimer's advocates from across the country.

Learn More

Final Call for Public Input: Help Shape the Next Healthy Brain Initiative Road Map

The Evaluation Tool will be posted to alz.org/HBIRoadMap on January 21.

Learn More

Data Spotlight:

Risk Factors for Cognitive Decline

- Physical inactivity
- Smoking
- Poor sleep
- Diabetes
- Obesity
- Age

Learn More

Recordings and Resources

Public Health and Dementia Caring Core Curriculum

The campaign encourages Americans of all ages to take 10 Healthy Habits for Your Brain – through positive, everyday actions.

10 Healthy Habits for Your Brain

- Stay in school
- Challenge your mind
- Protect your head
- Be smoke-free
- Manage stress
- Eat right
- Maintain a healthy weight
- Sleep well
- Get moving
- Have a purpose

Upcoming Events

Evaluating Impact with H/W Road Map: Introducing the H/W Road Map Evaluation Tool

Event Date: January 23, 2024

This event will allow state and local health department teams on using, improving, and implementing the Road Map Evaluation Tool. Participants will share from the CDC and the Alzheimer's Association about the importance and use of the tool, how to use it for assessing the local impact of the Alzheimer's Disease Prevention and Care Improvements Road Map for Indian Country.

Learn More

Black Men's Brain Health Conference

7th Annual Black Men's Brain Health Conference: Focus on Navigating the 10 Healthy Habits for Your Brain

Learn More

Recordings and Resources

Transcript Available: BOLD Risk Reduction Center Conversation at AACR

April 21, 2023, the BOLD Risk Reduction Center, a part of the Alzheimer's Association's public health curriculum, hosted a conversation among international experts about the latest research and interventions to prevent dementia.

The evaluation tool is now available for all state and local health departments on using the new Alzheimer's Disease Prevention and Care Improvements Road Map.

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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 global Alzheimer's movement by accelerating research, driving change and providing support while ensuring people affected by Alzheimer's are empowered, supported and encouraged to live fully until the disease no longer exists.

Learn More

View Recording

View Application

Learn More

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