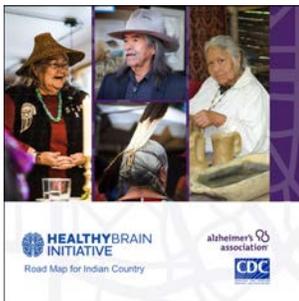




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### Just Released: HBI Road Map for Indian Country



This week, the Alzheimer's Association and the Centers for Disease Control and Prevention (CDC) released the Healthy Brain Initiative's *Road Map for Indian Country*. As the number of American Indians and Alaska Natives (AI/AN) with Alzheimer's grows — and grows quickly — a

broad response is needed by those in the community to reduce the impact of dementia across generations. The HBI *Road Map for Indian Country* is a guide for AI/AN leaders to learn about cognitive health and start planning their communities' response to dementia. Eight public health strategies are offered to help shape this response by embracing community strengths, including traditional practices, resilience, and existing services. The full guide provides suggestions for implementation, case studies, and data to jumpstart this process.

"Communities are stronger when older generations share knowledge and traditions," said Molly French, director of public health for the Alzheimer's Association. "To protect that heritage, tribal leaders can promote brain health across generations, including through existing programs addressing diabetes and hypertension. Early diagnosis and support for caregivers are two ways AI/AN communities can improve well-being and functioning for elders living with Alzheimer's and other dementias and all who care for them."

To develop this landmark document, many experts and leaders throughout Indian Country provided guidance, reviewed drafts, and shared their experience addressing dementia and supporting caregivers. These AI/AN leaders recognized Alzheimer's and other dementias as a serious and growing problem. In response, these leaders wanted ways to learn more about dementia and promote wellness while preparing for the future. This expertise shaped the Road Map for Indian Country into a guide that AI/AN communities could tailor and generate their own solutions based on local priorities and unique heritage.

### The HBI Road Map



Designed for state and local public health practitioners, the Healthy Brain Initiative Road Map encourages 25 actions that help promote brain health, address cognitive impairment, and support the needs of caregivers.

### Road Map for Indian Country



Designed for American Indian/Alaska Native (AI/AN) communities, the Healthy Brain Initiative *Road Map for Indian Country* is a guide for AI/AN leaders to learn about Alzheimer's and begin planning their response to dementia.

The full HBI *Road Map for Indian Country* — along with an executive summary, a growing database of implementation examples, and readymade resources — can be accessed at [alz.org/publichealth/indiancountry](http://alz.org/publichealth/indiancountry) (more details below). The guidebook is also online at [cdc.gov/aging](http://cdc.gov/aging), which has a wide array of data to inform this critical public health work. Be sure you and your colleagues to stay up-to-date on Alzheimer's news by subscribing to our newsletter at [alz.org/publichealth](http://alz.org/publichealth).

### Now Available: Communication Materials for Indian Country



A new series — *Communicating in Indian Country: Healthy Heart, Healthy Brain* — is available for American Indian and Alaska Native communities to learn more about brain and heart health. Developed by the Association of State and Territorial Health Officials (ASTHO), the CDC, and the International Association for Indigenous Aging (IA2), these ready-to-use materials provide key

messages, important health information, and the latest evidence on the connection between brain and heart health. The series includes posters, flyers, a providers' guide, public service announcements recordings for radio, and short videos designed to educate and empower communities throughout Indian Country.

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Learn about the public health approach to Alzheimer's with topic-specific primers, examples, and resources at [alz.org/publichealth](http://alz.org/publichealth)

### Alzheimer's Public Health Curriculum



A free curriculum to introduce undergraduates to Alzheimer's as a growing public health issue.

#### Contact

For more information on the Healthy Brain Initiative, public health priorities, or Alzheimer's disease in general, contact [Molly French](mailto:Molly.French@alz.org) or check out [alz.org/publichealth](http://alz.org/publichealth).