



Alzheimer's Public Health News

May 2019

Upcoming Public Health Events

Join the Association of State and Territorial Health Officials (ASTHO) on **Monday, May 13 from 3-4 pm ET** for the final installment of the three-part [ASTHOConnects Series on Brain Health: Ask the Experts](#) — an interactive webinar exploring specific ways to incorporate brain health, Alzheimer's disease, and caregiver content into public health jurisdictions around the country.

Join the Alzheimer's Association webinar on **Thursday, June 6 from 3-3:45 pm ET** for [A to V \(Alzheimer's to Vascular\): A Public Health Tour of Types of Dementia](#). Alzheimer's and other types of dementias have distinct features that merit consideration when developing public health policies and interventions. The webinar will also highlight recent advances in scientific understanding about dementias. [Register](#) in advance.

New and Emerging Evidence

A new study from [Neurology](#) found that higher levels of physical activity in older adults may lead to slower cognitive decline and a lower risk for Alzheimer's disease. This study examined daily activity, cognition, and motor function of 454 adults two years before their deaths, finding that higher levels of physical activity (or better motor function) were associated with better cognitive functioning. Read the [study](#) or learn more about this [NIA-funded project](#).

Earlier this year, the [American Diabetes Association](#) released two new standards of care for people with cognitive difficulties. The standards recommend that 1) adults aged 65 and older with diabetes be screened for early detection of mild cognitive impairment or dementia and depression annually, as they are at higher risk of cognitive decline, and 2) older adults with cognitive impairment have less stringent glycemic goals than those with intact cognitive function, given the potential difficulty of strict goals on self-management.

The Road Map



The CDC Alzheimer's Disease and Healthy Aging Program and the Alzheimer's Association updated the Healthy Brain Initiative Road Map for the public health community — learn how 25 actions can help promote brain health, address cognitive impairment, and support the needs of caregivers.



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

[Alzheimer's Public Health Curriculum](#)

According to the CDC, age-adjusted death rates for dementia increased from 2000 to 2017. Changes to death certificate reporting, however, make interpreting changes over time difficult. See the full [study](#) for methodology and limitations.



HBI Road Map – Updates and Resources



Two additional Healthy Brain Initiative Issue Maps — *Data and Evidence for Action* and *Educating and Training Professionals* — are now available. These additions are the latest in a series of topic-specific issue maps that offer data, explain the need for action, suggest actions, and provide case studies specific to the issue to help public health agencies and partners in addressing Alzheimer’s and other dementias.



Using Behavioral Risk Factor Surveillance System (BRFSS) data, the Centers for Disease Control and Prevention has produced a set of infographics on subjective cognitive decline for three population groups: [African American](#), [American Indian/Alaska Native](#), and [Hispanic](#) adults. The CDC also released infographics on caregiving for these groups: [African American](#), [American Indian/Alaska Native](#), and [Hispanic](#) adults.



The Healthy Brain Initiative’s (HBI) *State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map* is designed to mobilize the public health community and help them mitigate the future impacts of Alzheimer’s and other dementias, especially among vulnerable populations. Jointly developed by the Alzheimer’s Association and the CDC, the HBI Road Map offers 25 expert-developed actions for public health leaders to promote brain health, better care for people with cognitive impairment and increase attention to dementia caregivers. Read the [full Road Map](#), [executive summary](#) or get started with the [planning guide](#).

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

The 10 Warning Signs



The Know the 10 Signs campaign is a national education effort to increase awareness of the warning signs of Alzheimer's disease and the benefits of early detection and diagnosis.

Contact

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

The Alzheimer’s Public Health E-News is supported (in part) by Cooperative Agreement #5 NU58DP006115-04, funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

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The [Alzheimer's Association](#) is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's disease®.

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