

HBI Road Map for Indian Country: Opportunity for Input

In 2005, the Alzheimer’s Association® and the Centers for Disease Control and Prevention (CDC) started the Healthy Brain Initiative (HBI) to increase understanding of and action on dementia in public health practice. HBI partners work together on strategies that promote brain health, address dementia and help dementia caregivers. The HBI Road Map series guides this effort.

The Alzheimer’s Association and CDC recently released the fourth edition of the Healthy Brain Initiative Road Map for State and Local Public Health. Now, we are updating the HBI’s Road Map for Indian Country — the first-ever public health guide focused on dementia in American Indian and Alaskan Native (AI/AN) communities.

This updated Road Map for Indian Country will be used 2024–2029. This time period will align with CDC’s BOLD Public Health Program funding awards to put the HBI Road Map Series into action. The process will be guided by a Leadership Committee (see list below) and public input to enhance the Road Map’s relevance and usefulness.

This document aims to:

- » Inform leaders in tribal communities about the next HBI Road Map for Indian Country.
- » Provide an opportunity to submit feedback on the proposed content.

Your input is a valuable part of the update process. Please share your [thoughts](#) after reading this document.

If you would prefer to share your thoughts during a live meeting, please [register](#) for a special input session scheduled for Tuesday, January 9 from 4:00-5:00 p.m. EST.

Instructions for Submission

- 1. Read this document**
- 2. Compile responses**
 - View the submission questions at the link below
 - One submission per organization is appreciated
- 3. Submit feedback**
 - Use this [link](#) when your submission is drafted and ready to submit
 - Submit by January 19, 2024

**Questions? Email
publichealth@alz.org**

CONSIDERATION IN TRIBAL COMMUNITIES

“Present day experiences of Native Americans must be grounded in the past to acknowledge historical trauma, the loss of culture, and traditional ways of life precolonization.”¹

The cultural and traditional uniqueness of tribal communities will inform the text, graphics and the structure of the updated Road Map for Indian Country. Based on feedback received, a literature review and the first Leadership Committee meeting, we have started the following list:

- » Access to equitable and culturally competent health care
- » Being sensitive to the limitations of available data
- » Broken trust with Western medicine
- » Connection with land and environment
- » Honoring cultural traditions of healing practices
- » Impact of historical trauma, racism and discrimination
- » Importance of cultural participation and social engagement
- » Importance of spirituality in health and wellness
- » Importance of traditional food and nutrition
- » Important role of caregiving
- » Priority of family first
- » Respect for different viewpoints and cultural differences
- » Sources of health information
- » Urbanization of the American Indian Population
- » Use of social media
- » Use of storytelling techniques
- » Use of strength-based approaches to emphasize hope and possibilities
- » Use of visuals and graphical elements
- » Value of and respect for elders
- » Value of partnerships
- » Ways to normalize conversations about dementia

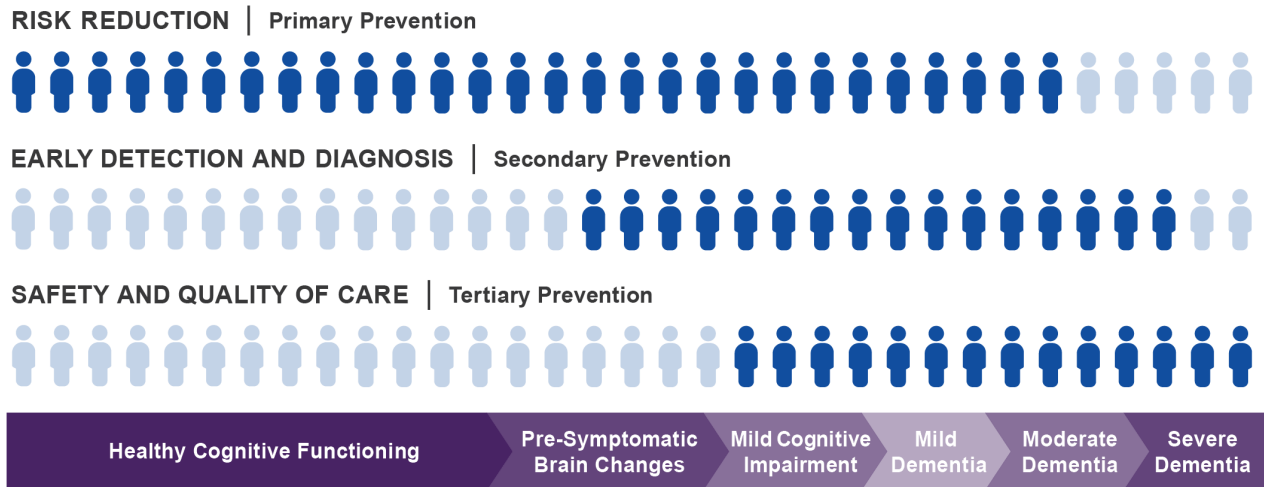
CORE ELEMENTS FROM THE CURRENT HBI STATE AND LOCAL ROAD MAP

We plan to incorporate some parts of the State and Local Road Map for Public Health, 2023–2027 in the updated revision of the Road Map for Indian Country. Three of these pieces are the HBI Road Map Domains and two graphics.

1. HBI Road Map Domains

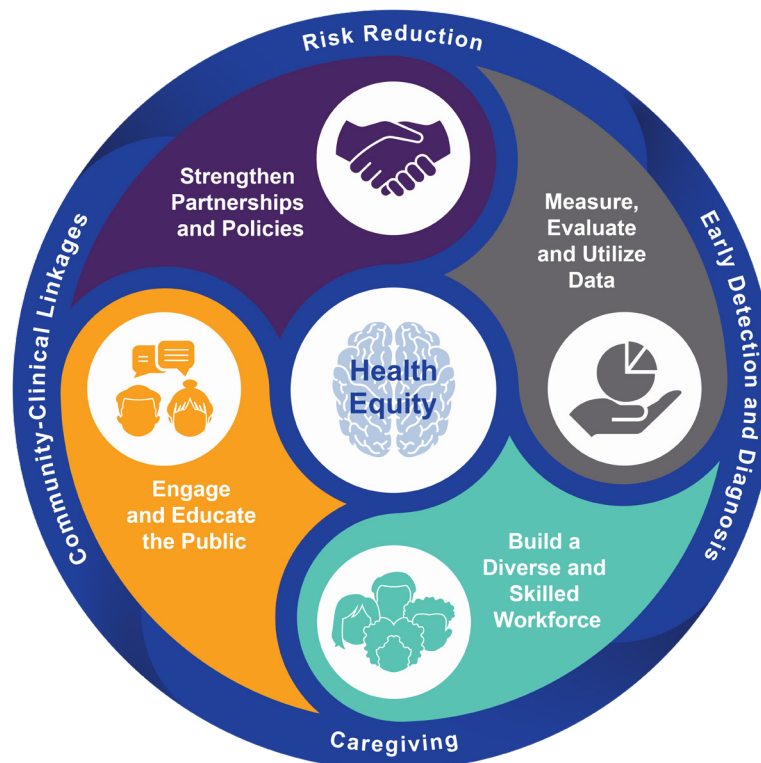
- » **Strengthen Partnerships and Policies (P Domain):** Public health strengthens, supports and mobilizes community partnerships to improve brain health. It also creates, champions and implements supportive policies and plans.
- » **Measure, Evaluate and Utilize Data (M Domain):** Public health monitors health status to identify and solve community health problems and evaluates effectiveness, accessibility and quality of personal and population-based health services. Findings are translated into programs and policies to improve brain health across the life course.
- » **Build a Diverse and Skilled Workforce (W Domain):** Public health trains and prepares the public and personal health care workforce to educate their constituents and provide the best care to people at risk for or living with dementia while supporting caregivers.
- » **Engage and Educate the Public (E Domain):** Public health engages with diverse communities to understand how messages are best delivered and what information to convey to specific populations. Public health communicates effectively to educate people about factors that influence brain health and ways to maintain or improve their cognitive health and quality of life.

2. Graphic 1 — Opportunities for Public Health Intervention Across the Dementia Life Course



Graphic Caption: There are opportunities for public health intervention across the dementia life course. The public health community can intervene across the points of prevention — primary, secondary and tertiary — to impact the brain health of the population. The figure shows the potential impact of the different prevention points throughout the continuum of dementia. Public health action is critical to reduce the risk of mild cognitive impairment, improve access to early detection and diagnosis and improve the safety and quality of care for people living with dementia

3. Graphic 2 — HBI Framework to Promote Brain Health in Communities



Graphic Caption: The framework of the HBI Road Map consists of four domains built from the Essential Public Health Services. The framework is centered on the principles of health equity and surrounded by the areas of practice across the life course. The wheel depicts the interconnectedness of these elements showing the essential nature of each in a successful strategy to improve brain health.

TERMINOLOGY

The State and Local Road Map for Public Health has a glossary with key terms about public health action on cognitive health, dementia and caregiving. We plan to have a similar glossary in the Road Map for Indian Country. Examples from the glossary include:

Brain health is about making the most of the brain's ability and helping to reduce some risks that occur with aging. Brain health is the ability to use the strengths of the brain to remember, learn, play, concentrate, and maintain a clear, active mind.

Caregivers help people with everyday tasks because they have a health condition, disability or illness. The person needing help might live in their own home or with friends or family. They might also live in a skilled care home. The person could be any age. Because they work closely with their friend or family member who lives with dementia, the caregiver might also be called a "care partner" or "carer."

The Leadership Committee also wants to use appropriate terms to describe the American Indian/Alaska Native population. Possible terms include:

- » American Indian/Alaska Native
- » Indian Country
- » Indigenous people
- » Native American
- » Sovereign tribal nations
- » Tribal communities
- » Urban Indian

OUTLINE OF THE HBI ROAD MAP FOR INDIAN COUNTRY

The major sections of the Road Map will consist of the following:

- » **Foreword**
 - Letter from sponsoring organizations (Alzheimer's Association and CDC)
 - Statement about how decisions were made about terminology for referring to peoples with ancestral and cultural origins in the United States
- » **Action Agenda at a Glance**
 - A summary list of the public health actions included in the Road Map
- » **Introduction**
 - Background on HBI and Road Map Series
 - Outcomes of Road Map
 - Summary of Road Map structure and contents
- » **Dementia in Indian Country**
 - Data about dementia and brain health in tribal communities: prevalence, impact of disease, and cost
 - Taking a life course approach to dementia: strategies to sustain cognitive function, promote early detection and diagnosis, and enhance treatment and support including caregiving
- » **Considerations in Tribal Communities**
 - Cultural and traditional practices to consider when doing actions in tribal communities
- » **Detailed Action Agenda**
 - Actions presented by Domain
 - Sidebars with data to support actions
 - Supplementary text with examples of how tribal communities could do actions

» **Communities in Action**

- Success stories to celebrate and share recent work of tribal communities doing Road Map actions

» **Conclusion**

» **Glossary**

- Definitions of key terms in the Road Map (see Terminology)

» **Appendices**

- Process for Developing the Road Map
- Leadership Committee, Federal Liaisons, Staff, Consultants and Reviewers

» **References**

LEADERSHIP COMMITTEE

- | | |
|--|--|
| » Co-Chair: Lisa McGuire – Centers for Disease Control and Prevention | » Cynthia LaCounte – Administration for Community Living |
| » Co-Chair: Carl Hill – Alzheimer’s Association | » J. Neil Henderson – RAISE Council, Memory Keepers |
| » Abigail Echo-Hawk – Urban Indian Health Institute, Seattle Indian Health Board | » Jordan Lewis – University of Minnesota |
| » Bill Benson – International Association for Indigenous Aging | » Julianna Reece – Healthy Tribes, CDC |
| » Billie Tohee – National Indian Council on Aging | » Kim Hartwig – Nimiipuu Health |
| » Blythe Winchester – Cherokee Health System | » LaRita F. Laktonen-Ward – Alaska Native Tribal Health Consortium |
| » Bruce Finke – Indian Health Service | » Ronny Bell – University of North Carolina |
| » Catherine Phillips Carrico – University of Wyoming | » Ryan Eagle – North Dakota State University |
| » Chandra Wilson – Northwest Portland Area Indian Health Board | » Turner Goins – Western Carolina University |
| » Colette Adamsen – University of North Dakota | » Twila Martin Kekahbah – TMK Independent Contractor |
| | » Will Funmaker – Great Lakes Inter-Tribal Epidemiology Center |

Thank you for reviewing this document about the planned revisions to the HBI Road Map for Indian Country. Your input is a valuable part of the update process. Please [share your thoughts](#) after reading this document.

To paste the full link into your browser for the input document, use https://rsph.co1.qualtrics.com/jfe/form/SV_cBn6qDuYBH5OuKq

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Questions? Email publichealth@alz.org

