



# Alzheimer's Public Health News

October 2021

## Three-Quarters of People with Dementia Worldwide are Undiagnosed

An estimated 41 million people worldwide are living with dementia but are undiagnosed, according to the [World Alzheimer's Report 2021](#) from [Alzheimer's Disease International](#). That represents 75% of all dementia cases, with the undiagnosed rate reaching as high as 90% in low- and middle-income countries. The annual report — which this year focuses on the importance of diagnosis through the lens of those living with dementia, caregivers, clinicians and researchers — concluded that clinician stigma may be a major barrier to diagnosis. It also noted that delays in diagnosis have increased due to COVID-19.

## 2019 Caregiving Infographics Available from CDC

The Centers for Disease Control and Prevention (CDC) recently published infographics on caregiving for states that collected the data as part of their 2019 Behavioral Risk Factor Surveillance System (BRFSS) surveys. New infographics are available for the following states: [Hawaii](#), [Maine](#), [Maryland](#), [New York](#), [Ohio](#), [Oregon](#), [Tennessee](#), [Texas](#), [Utah](#) and [Virginia](#).

## Emerging Evidence

### Depressive Symptoms Associated with Cognitive Impairment and Cognitive Decline

A [new study](#) suggests that depressive symptoms across the life course may increase the risk for dementia. Among a group of more than 6,000 older adults, the odds of cognitive impairment were 73% higher for those who had symptoms of depression in early adulthood. The likelihood of cognitive impairment was 43% higher for adults who experienced depression later in life. The study found depressive symptoms were also associated with faster rates of cognitive decline.

### MIND Diet Could Preserve Cognition

Adherence to the MIND diet — a hybrid of the Mediterranean diet and the Dietary Approaches to Stop Hypertension diet — can result in better memory and thinking skills among older adults, according to a [study](#) from researchers at Rush University in Chicago. Utilizing data from the Rush Memory and Aging Project, researchers found the MIND diet was associated with better overall cognitive functioning, even

## Alzheimer's Public Health Curriculum



A free, flexible curricular resource introduces Alzheimer's as a public health issue.

## 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.

among those with the brain pathology associated with Alzheimer's disease. The authors concluded this suggests the MIND diet may contribute to cognitive resilience in older adults.



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

### Contact

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

---

### Upcoming Events and Recordings

The Alzheimer's Association and the National Indian Council on Aging will host a [webinar](#) on **Wednesday, October 20 at 2:00 pm ET**. The webinar will examine the impact of Alzheimer's in American Indian and Alaska Native communities. Presenters will also discuss disease stages and risk factors as well as current research and treatments.

Visit the Alzheimer's Association at the American Public Health Association's 2021 Annual Meeting and Expo in Denver, Colorado. Stop by Booth 704 in the in-person Exhibition Hall or the Virtual Expo Hall from **Sunday, October 24 to Tuesday, October 26** to learn more about the [Healthy Brain Initiative](#), the [BOLD Public Health Center of Excellence on Risk Reduction](#), and the [Interdisciplinary Summer Research Institute](#) for early career researchers.

The National Alzheimer's and Dementia Resource Center will host a [webinar](#) on **Tuesday, October 26 at 2:00 pm ET**. Presenters will discuss the intersection between brain health and dementia as well as resources the Administration of Community Living has developed to raise awareness around the importance of brain health.

A [recording](#) of a recent training hosted by Trust for America's Health is now available. The September Age-Friendly Public Health Systems training discussed the importance of advocating and initiating age-friendly transformation in a public health or aging services organization.

[Session recordings](#) from the Healthy Aging Symposium are now available for viewing. Hosted by Trust for America's Health and the Office of Disease Prevention and Health Promotion at the U.S. Department of Health and Human Services, the Symposium provided information on the latest science, best practices, and innovative solutions to improve the lives and health of older Americans.

---

This edition of Alzheimer's Public Health News is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,795,933 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

*For subscription services, please visit [alz.org/publichealth](https://alz.org/publichealth)*

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®.

Alzheimer's Association National Office, [225 N. Michigan Ave., Fl. 17, Chicago, IL 60601](https://alz.org)  
©2021 Alzheimer's Association. All rights reserved.  
800.272.3900 | [alz.org](https://alz.org)®

Please add [info@alz.org](mailto:info@alz.org) to your address book to ensure you receive all future emails.

[View your email preferences or unsubscribe.](#)