April 2023

Unlocking Brain Health: New Video Series on Dementia Risk Reduction by BOLD Public Health Center of Excellence

The BOLD Public Health Center of Excellence on Dementia Risk Reduction recently released short videos highlighting six of the key modifiable risk factors for cognitive decline and dementia. 

Supporting Tribal Nations: The National Title VI Conference – Gathering of Tribes Working on Brain Health

A first-of-its-kind gathering of tribes that receive federal funding to work on brain health and dementia awareness took place in Washington, D.C. The meeting brought together tribal and public health leaders to share best practices, challenges, and key partners while connecting and leveraging tribes’ unique voices in the community. 

Virtual Learning and Networking Opportunity: Dementia Risk Reduction Summit on The Impact of Alcohol Consumption on Brain Health

BOLD Public Health Center’s Risk Reduction Summit on Alcohol Awareness Month: Conference – Gathering of Tribes Working on Brain Health

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Dementia: Last Call to Join the Conversation

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Leading Evidence: Alcohol Awareness Month: The Impact of Alcohol Consumption on Brain Health

April is Alcohol Awareness Month, an opportunity to update knowledge about alcohol and health. That includes brain health. A recent study found that heavy drinkers (those consuming more than 14 drinks per week) have a predicted brain age older than their actual age, while lighter drinkers and non-drinkers have younger predicted brain ages. These findings suggest that excessive drinking may negatively affect brain health and increase the risk of certain types of dementia, such as Alzheimer’s disease. 

Virtual Learning and Networking Opportunity: Local Health Departments and Brain Health Action

May 8 from 2 – 3 p.m. ET

Learn about collaborative strategies supporting brain health in local communities, with particular attention to the Healthy Brain Initiative Road Map by BOLD Public Health Center of Excellence on Dementia Risk Reduction. This first-of-its-kind gathering of tribes that receive federal funding to work on brain health and dementia awareness took place in Washington, D.C. The meeting brought together tribal and public health leaders to share best practices, challenges, and key partners while connecting and leveraging tribes’ unique voices in the community.

Recording Now Available: Hypertension and Brain Health Fireside Chat

The videos, which were presented by the foremost experts in the Alzheimer’s and dementia research field, contain information on the scientific evidence for each risk factor as well as the implications for public health.

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