



Alzheimer's Public Health News

April 2022

Public Health & Dementia: The BOLD Infrastructure for Alzheimer's Act Webinar

The passage of the *Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Act* marked a significant moment in the history of dementia public health and policy nationwide. On **Tuesday, April 26 from 1:30 – 2 p.m. ET**, join the [Alzheimer's Association](#) and the Centers for Disease Control and Prevention's (CDC) [Alzheimer's Disease Program](#) to learn more about the importance of this law and the ways it is changing the landscape of public health.

Specifically, the webinar will highlight aspects of programs funded under the BOLD Act as well as by the Healthy Brain Initiative (HBI), including Public Health Centers of Excellence and program grants to health departments around the country. Available resources for public health professionals to take action on cognitive health and dementia in their own states, counties and cities will be shared.

By the end of the webinar, participants will be able to:

- Explain the significance of the BOLD Infrastructure for Alzheimer's Act
- Describe the goals of the BOLD and HBI programs
- List at least two accomplishments of state health departments to advance work on dementia
- Know where to find resources and tools to inform public health action on cognitive health

Attendance is free; [register](#) in advance.

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.

Registration Open for Workshop on Dementia-Related Social Determinants of Health

The prevalence of many dementia risk factors is higher among certain racial and ethnic groups, as well as among those with a relatively low socio-economic status. This is due, in part, to a variety of social determinants of health (SDOH). Some SDOH may directly increase the risk of dementia, while others may be linked to specific risk factors. It is of critical importance that public health actions to address dementia risk also address dementia-related SDOH.

Understanding the SDOH related to dementia risk is the subject of a workshop sponsored by the BOLD Public Health Center of Excellence on Dementia Risk Reduction. The workshop will take place at the [Alzheimer's Association International Conference® \(AAIC®\)](#), **Friday, July 29 from 9:00 a.m. – 4:00 p.m. ET**, in San Diego, California. Bringing together dementia researchers and public health professionals, the workshop will explore how SDOH relate to dementia risk and the actions public health can take to address them.

Registration is free, and travel scholarships are available for public health officials and academics. If you are attending AAIC, you can register through the [AAIC registration process](#). If you wish to attend only the SDOH workshop, you can register [here](#).

Healthy Brain Initiative Road Map Feedback

The Alzheimer's Association is seeking feedback and input from state and local public health practitioners about the [Healthy Brain Initiative \(HBI\) State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map](#) (HBI Road Map). These guided virtual discussions will be held by the [Association of State and Territorial Health Officials \(ASTHO\)](#). Participants should be familiar with the HBI Road Map and represent a health department that has engaged in work on dementia, cognitive health, or caregiving as public health issues.

Space is limited. If you are interested in participating, please complete this [form](#) **no later than close-of-business April 20**. Participants will be notified by April 25.

Emerging Evidence

Cholesterol and Glucose Levels Linked to Incidence of Alzheimer's Disease

Higher levels of HDL-C, or "good cholesterol," during early and middle adulthood are associated with a decreased risk of later developing Alzheimer's disease, according to a new [analysis](#) of data from the Framingham Heart Study. The analysis also found that higher blood glucose levels in middle-age are associated with an increased risk of developing Alzheimer's

Public Health Officials

alz.org/publichealth

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

Contact

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

disease. This suggests that public health efforts aimed at maintaining healthy HDL-C and glucose levels throughout adulthood might reduce dementia later in life. Further studies are needed to assess the impact on the development of other forms of dementias.

Long and Frequent Naps May Increase Risk for Dementia

Long and frequent daytime naps are associated with lower cognitive performance and an increased risk of Alzheimer's dementia, according to a [study](#) published in *Alzheimer's & Dementia*. At the same time, the study found that Alzheimer's dementia increases the frequency and duration of daytime napping above that normally associated with aging. The association between excessive daytime napping and the risk of developing Alzheimer's dementia was found to be independent of nighttime sleep disturbances, which have previously been associated with an increased risk for dementia.

Upcoming Events and Recordings

Join the [Alzheimer's Association](#) and the [CDC Alzheimer's Disease Program](#) on **April 26 from 1:30 – 2:00 p.m. ET** for the virtual webinar, *Public Health and Dementia: The BOLD Infrastructure for Alzheimer's Act* to learn more about the importance of this law and the ways it is changing the landscape of public health. Attendance is free; [register](#) in advance.

The [BOLD Public Health Center of Excellence on Dementia Caregiving](#) will hold the *Public Health Opportunities and Challenges of Dementia Caregiving National Conference* on **June 14-15, 2022**, in Minneapolis. The keynote session will highlight why dementia caregiving is and should remain a public health priority. The conference includes virtual and in-person sessions. Attendance is free; [register](#) in advance.

The [Alzheimer's Association](#), with support from the [National Institute on Aging \(NIA\)](#), is holding the *Promoting Diverse Perspectives: Addressing Health Disparities Related to Alzheimer's and All Dementias* conference on **June 21-22, 2022**, in Washington, D.C. Alzheimer's and dementia researchers are invited to [submit an abstract](#) on select topics for a poster presentation. Deadline for submission is April 22. Conference participation is available both virtually and in person. Attendance is free; [register](#) in advance.

The [BOLD Public Health Center of Excellence on Dementia Risk Reduction](#) workshop on social determinants of health (SDOH) will take place at the [Alzheimer's Association International Conference® \(AAIC®\)](#), **Friday, July 29 from 9:00 a.m. – 4:00 p.m. ET**, in San Diego, California. This workshop will bring together dementia researchers and public health professionals to explore how SDOH relate to dementia risk and the actions public health can take to address them.

Attendance is free. If you are attending AAIC, you can register for the workshop as part of the [AAIC registration process](#). To register just for the free workshop, you can do so [here](#). Travel scholarships are available for public health officials and public health academics.

A three-part virtual symposium – *Public Health Action to Advance Early Detection of Dementia* – will be held on the afternoons of **October 25-27**. At this event, sponsored by the [BOLD Public Health Center of Excellence on Early Detection of Dementia](#), leaders in dementia detection will share effective strategies and lessons learned. Interactive workshops will provide public health professionals the opportunity to share dementia detection goals and identify opportunities for collaboration. [Registration](#) is now open.

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