



Alzheimer's Public Health News

December 2021

Promoting Caregiving Across the Full Community

Strong public health leadership is essential to engage community partners and caregivers in driving structural changes that support effective, sustained caregiving for all people living with dementia. The number of people living with dementia is growing, and a common and persistent challenge is providing equitable access to supportive resources that meet the needs of diverse caregivers, no matter their age, race or ethnicity, geography, employment status, language or other factors.

A new [two-page executive summary](#) and [webinar recording](#) spell out six strategies for public health to promote the health of caregivers across all populations. The full action brief — [Promoting Caregiving Across the Full Community: The Role for Public Health Strategists](#) — also includes tools and resources that public health officials can use in applying their chief health strategist role to the issue of dementia caregiving.

Now Available: New Summaries on Modifiable Risk Factors for Dementia

Short summaries on modifiable risk factors for cognitive decline and dementia are now available from the [Public Health Center of Excellence on Dementia Risk Reduction](#). Each paper reviews the current state of the science and discusses the implications for public health. Nine summaries are available, covering diabetes and obesity; physical activity; social engagement; diet and nutrition; vascular health; sleep; smoking and alcohol; sensory impairments; and traumatic brain injury. For more information, contact CenterOfExcellence@alz.org.

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.

Emerging Evidence

Subjective Cognitive Decline More Common Among Caregivers

One in 8 unpaid caregivers over age 45 report subjective cognitive decline (SCD), a rate 24% higher than for non-caregivers, according to a [new analysis](#) recently published in [MMWR](#). Based on data from the Behavioral Risk Factor Surveillance System (BRFSS), SCD – self-reported difficulties in memory or thinking that are getting worse – was reported by 12.6% of caregivers compared with 10.2% of non-caregivers. Caregivers with SCD are more likely than noncaregivers to report frequent mental distress, a history of depression, and frequent activity limitations. Among caregivers, those with SCD are more likely to be men, employed, and have other chronic health conditions.

Upcoming Webinars and Recordings

- The National Alzheimer’s and Dementia Resource Center will host a [webinar](#) on **Wednesday, January 19 at 3:00 p.m. ET**. Participants will learn about the benefits of intergenerational programming, understand how to create mutually beneficial programming, learn how to assess the needs of both children and clients with dementia, and identify children and youth who can provide care to someone with dementia.
- A [recording](#) from the BOLD Public Health Center of Excellence on Dementia Caregiving is now available. The webinar addressed how and why dementia caregiving is a public health concern.
- [Recordings](#) from AARP’s Global Council on Brain Health webinar series are now available. The series of webinars explored the area of behavior change as it relates to brain-healthy lifestyles.

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



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 [Karissa Charles](#) or check out alz.org/publichealth.