



Alzheimer's Public Health News

February 2020

Dementia Caregiving

- Join us on **Tuesday, March 17 from 2:00-3:00 p.m. ET** for the live webcast, ***Supporting the Frontline: The Public Health Approach to Dementia.*** Hear just-released nationwide data on the burden faced by caregivers and innovative state public health efforts in Arizona and Wisconsin to help dementia caregivers maintain their own health and prepare them for their role. Please [register in advance](#).
- One in five adults report being an unpaid caregiver to a friend or family member, and nearly 20% say they are in fair or poor health, according to a [new analysis](#) of the Caregiver Module data from the Behavioral Risk Factor Surveillance System (BRFSS). Examining three years of data across 44 states and the District of Columbia, the analysis also found that a majority of caregivers were employed (57%) and a majority were women (58%).
- Best Practice Caregiving** is a new, searchable database that allows providers and caregiving organizations to discover and compare evidence-based programs for dementia caregiving. The database provides detailed information about the intended outcome, delivery method, evidence and research findings, and implementation requirements of each program listed.

Public Health Announcements

On March 17 in Omaha, Nebraska, the National Indian Health Board and CDC will be hosting an action-oriented public health institute on brain health, focused on American Indian and Alaska Native (AI/AN) communities. Tribal leaders, health directors, clinicians, Tribal program staff, and AI/AN community members are encouraged to attend. [Pre-registration](#) is required. This institute is part of the pre-summit for the 11th Annual National Tribal Public Health Summit.

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.

- In Case You Missed It: View the recording of **Fab 5: Jump into Action with the HBI Road Map.** Co-hosted by the Alzheimer's Association and the National Association of Chronic Disease Directors, this webinar featured data, tips, and implementation examples for each of the five core areas of the Healthy Brain Initiative Road Map.

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 [Molly French](#) or check out alz.org/publichealth.

Emerging Evidence

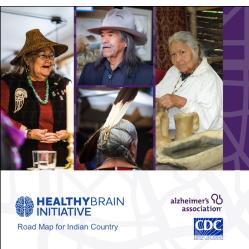
- Reliable and sensitive neuropsychological testing may reveal increased risk of dementia, even when PET or MRI imaging does not, according to [new research](#). Among people experiencing objectively defined subtle cognitive difficulties (Obj-SCD) — that is, subtle, but measurable cognitive changes — 46% later developed mild cognitive impairment compared with 17% of controls.
- Medicaid spending among dual-eligible enrollees of a home-based dementia care coordination program grew 1.12% slower than those in the comparison group, according to a [recent study](#). Beneficiaries enrolled in the Maximizing Independence (MIND) at Home program received care coordination from community health workers to support people living with dementia and their care partners. Medicaid savings came from slower growth in inpatient and long-term nursing home use.
- Adults, including persons in their 70s and 80s, should actively manage cardiovascular risk factors to improve heart health and reduce risk of cognitive decline and dementia, according to a [consensus statement](#) from the AARP-founded Global Council on Brain Health (GCBH).

Healthy Brain Initiative

- Additional Spanish language educational briefs are available from the Alzheimer's Disease and Healthy Aging Program at CDC: [Caring for Yourself When Caring for Another \(Español\)](#) and [Caregiving for a Person with Alzheimer's Disease or a Related Dementia \(Español\)](#).



The Healthy Brain Initiative's (HBI) *State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map* is designed to mobilize the public health community in mitigating the future impacts of Alzheimer's and other dementias, especially among vulnerable populations. Read the [full Road Map](#), [executive summary](#) or get started with the [planning guide](#).



The Healthy Brain Initiative's *Road Map for Indian Country* is a guide for American Indian and Alaska Native leaders to learn about dementia, educate their communities, and start taking action against Alzheimer's. Read the [full Road Map](#), [executive summary](#), or the [dissemination guide](#) to get started.

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