

FACTSHEET

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Healthy People 2030

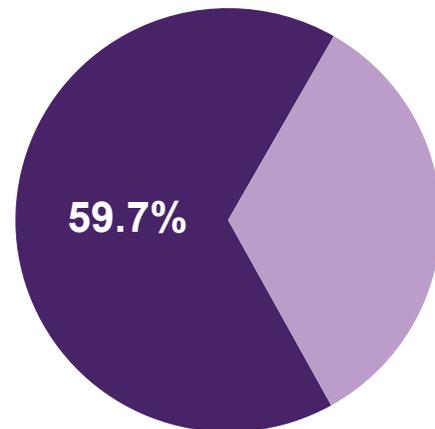
In *Healthy People 2030*, the United States has established three public health goals on Alzheimer's and other dementias.

- *Healthy People* is the process of establishing, and monitoring progress toward, national objectives aimed at improving the health and well-being of all Americans.
- The topic area — “Dementias, including Alzheimer's” — contains goals regarding diagnosis disclosure, preventable hospitalizations, and talking to a health care provider about memory problems.

The first dementia objective is to increase the proportion of those diagnosed with dementia, or their caregivers, who are aware of the diagnosis.

- As many as half of those with Alzheimer's have not been diagnosed. And, even when physicians diagnosis an individual with the disease, they often do not disclose that diagnosis to the patient or the caregiver.
- Early detection and diagnosis — and disclosure of that diagnosis — is essential to providing the best care to the individual and is crucial in managing co-occurring chronic conditions.
- In 2013-2015, 59.7% of adults aged 65 and older with diagnosed Alzheimer's and other dementias, or their caregiver, were aware of the diagnosis.
- *Healthy People 2030* sets a goal of increasing this percentage by 9% to 65.1%.

Percent Diagnosed with Alzheimer's or Other Dementias, or Their Caregivers, Who Are Aware of the Diagnosis



What Is Healthy People 2030 and Why Is It Important?

Healthy People 2030 — with its 62 topic areas — provides 355 measurable objectives that communities, governments, and other stakeholders can use to guide evidence-based policies, programs, and other actions. The Healthy People framework ([healthypeople.gov](https://www.healthypeople.gov)) recognizes that achieving the full potential for health and well-being for all requires eliminating health disparities, achieving health equity, and attaining health literacy.

To meet the Healthy People dementia objectives, state, local, and tribal public health agencies should implement the relevant actions in the Healthy Brain Initiative's Road Map series ([alz.org/publichealth](https://www.alz.org/publichealth)).

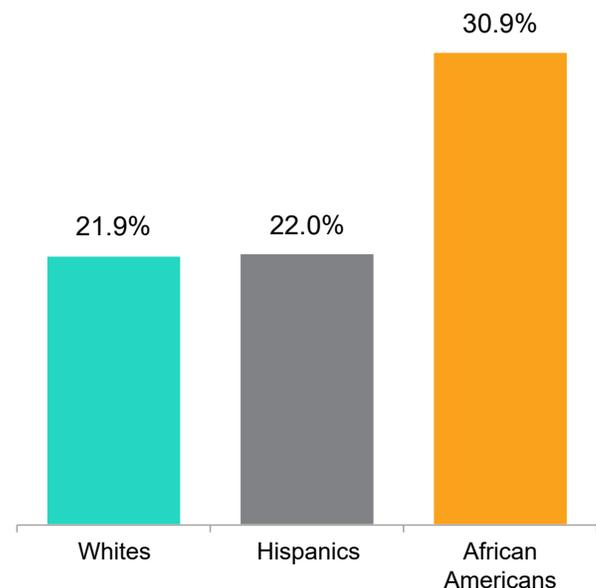
The second dementia objective is to reduce the proportion of preventable hospitalizations among those with Alzheimer's and other dementias.

- Older adults with Alzheimer's and other dementias have twice as many hospital stays each year as those without Alzheimer's and other dementias.
- Most of these hospitalizations are not for Alzheimer's itself, but for a condition often complicated by or resulting from Alzheimer's. And many of these hospitalizations are preventable with better quality care.
- In 2013-2015, among adults aged 65 and over with diagnosed Alzheimer's and other dementias, 23.5% had at least one preventable hospitalization.
- The rate was substantially higher for African Americans with diagnosed Alzheimer's and other dementias, where 30.9% had at least one preventable hospitalization — nearly one and a half times greater than the rate for whites and Hispanics.
- *Healthy People 2030* sets a goal of decreasing the rate of preventable hospitalizations in people with Alzheimer's and other dementias to 22%.

What Is a Preventable Hospitalization?

For purposes of the *Healthy People 2030* dementia objective, the definition of a potentially preventable hospitalization is consistent with the definition used by the Agency for Healthcare Research and Quality. It includes hospitalizations for diabetes, COPD, hypertension, congestive heart failure, dehydration, bacterial pneumonia, urinary tract infection, angina, asthma, and lower extremity amputations among those with diabetes.

Percent of Individuals with Alzheimer's and Other Dementias Who Have Had at Least One Preventable Hospitalization



The third dementia objective is to increase the proportion of those with subjective cognitive decline (SCD) who talk to a health care provider about their memory issues.

- SCD is self-reported problems with thinking or memory that have worsened in the previous 12 months.
- SCD may be an early warning sign of Alzheimer's or other dementias. Clinical research shows that individuals with SCD are more likely to go on to develop mild cognitive impairment and dementia.
- In 2015-2016, less than half (45.4%) of adults aged 45 and older with SCD talked to a health care professional about it.
- *Healthy People 2030* sets a goal of increasing this percentage to 50.4%.