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Public Health Announcement

- Hypertension is a major risk factor for numerous health and chronic conditions, including cognitive impairment. The public health community can help reduce the risk of cognitive decline in populations by preventing and managing high blood pressure. Learn more in a new action brief — [Protecting the Heart and the Brain: Managing Hypertension to Reduce the Risk of Cognitive Decline](#).

Emerging Evidence

- People with subjective cognitive decline (SCD) — that is, a self-reported worsening of memory problems or increased confusion — are more likely to have other chronic conditions (including heart disease, stroke, and diabetes) than people without SCD, according to a new [analysis](#) of data from the Behavioral Risk Factor Surveillance System (BRFSS). For example, adults with SCD are 4.3 times more likely to also have had a stroke than those without SCD.
- New data show mixed progress on two dementia-specific objectives of Healthy People 2020. Compared with baseline data, there are fewer [preventable hospitalizations](#) among people with dementia, but fewer individuals with diagnosed dementia are [aware of their diagnosis](#).

Public Health News

- Two frameworks can help public health agencies build comprehensive responses to healthy aging, cognitive health, dementia and caregiving concerns. Learn the ins and outs of the [Healthy Brain Initiative Road Map](#) as well as the [Framework for an Age-Friendly Public Health System](#).
- The next decade has been deemed the “[Decade of Healthy Ageing](#)” by the World Health Organization (WHO). From 2020-2030, the WHO calls on governments, civil society, international agencies, academia, and the media to collaborate on action that improves the lives of all older adults worldwide.

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

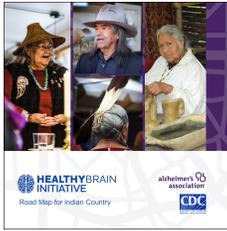


Designed for American Indian/Alaska Native (AI/AN) communities, the Healthy Brain Initiative *Road Map for Indian Country* is a guide for AI/AN leaders to learn about Alzheimer's and begin planning their response to dementia.

Healthy Brain Initiative Road Map



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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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
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For more information on the Healthy Brain Initiative, public health priorities, or Alzheimer's disease in general, contact [Molly French](mailto:Molly.French@alz.org) or check out alz.org/publichealth.