



Alzheimer's Public Health News

July 2020

COVID-19 and Dementia

If you missed last month's **Contact Tracing: Special Considerations for Dementia** live webcast, the [recording](#) is now available. Viewers can learn specific ways that contact tracing programs and personnel can better accommodate people living with dementia to ensure robust tracing.

This contact tracing webinar complements previous offerings about the particular vulnerabilities of people living with dementia during the COVID-19 pandemic and how public health agencies can address them. At alz.org/publichealth-covid19, find tip sheets and webinar recordings for:

- [Contact tracing programs and personnel](#)
- [Homes and community-based settings](#)
- [Emergency departments and hospitals](#)
- [Long-term care communities](#)

As states continue to elevate and refine their response to COVID-19, innovative approaches are appearing. In Illinois, the Department of Public Health issued an [emergency rule](#) requiring all long-term care settings to develop a written testing plan and response strategy for the novel coronavirus. Plans must be made public, address testing capacity and collection, and adhere to CDC guidelines.

Stay up to date with the latest information about and for older adults and COVID-19 from CDC at cdc.gov/aging/covid19. Find the full CDC library on COVID-19 at cdc.gov/covid19.

Alzheimer's Association International Conference

Due to the ongoing global pandemic, the [Alzheimer's Association International Conference® 2020 \(AAIC\)](#) will be held virtually from July 27-31 and at no cost. AAIC is the largest and most influential international meeting dedicated to advancing dementia science, bringing together Alzheimer's and dementia investigators, clinicians, and care researchers to discuss and share the latest studies, theories, and discoveries on dementia. Several sessions are dedicated to innovations in policy and public health practice. [Register \(free!\) in advance](#) to gain full access to the virtual conference.

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

- A combination of healthy lifestyle factors — not smoking, weekly moderate/vigorous physical activity, eating a balanced diet, light to moderate alcohol consumption, and cognitive training — are associated with lower incidence rates of Alzheimer's dementia, according to [new research](#). In a retrospective analysis, participants with 4 or 5 of these lifestyle factors had a 60% lower risk than those with 0 or 1 factor.
- People who live in the most disadvantaged neighborhoods — neighborhoods with the lowest levels of educational attainment, employment, housing quality, and income among other social determinants of health — were 2.18 times more likely to have Alzheimer's neuropathology compared with those in the most advantaged neighborhoods, according to [new analysis of autopsy data](#).
- More researchers are examining the link between music and cognitive health and what benefits music may have on long-term cognition. The Global Council on Brain Health summarized the state of evidence in its new report [Music on Our Minds: The Rich Potential of Music to Promote Brain Health and Mental Well-Being](#). Earlier this year the Alzheimer's Association launched [Music Moments](#), a multi-genre digital album featuring artists coming together to help end Alzheimer's and all dementia. The album celebrates how music marks the most important moments and people in our lives.

Learn about the public health approach to Alzheimer's with topic-specific primers, examples, and resources at [alz.org/publichealth](https://alzheimer.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](https://alzheimer.org/publichealth).

Healthy Brain Initiative

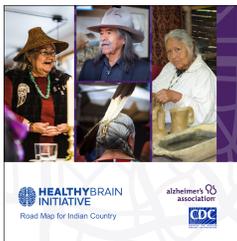
- New [infographics](#) from CDC highlight characteristics of caregivers and their caregiving situations. Developed from 2015-2018 Behavioral Risk Factor Surveillance System (BRFSS) data, infographics for several populations are available: [African Americans](#), [American Indians/Alaska Natives](#), [Hispanics](#), [Asians](#), [Hawaiians](#), and [Pacific Islanders](#), as well as [women](#), [men](#) and [veterans](#).
- New [Spanish-language infographics](#) from CDC now highlight data on subjective cognitive decline (SCD). Also developed from 2015-2018 BRFSS data, Spanish-language infographics are available for several populations: [African Americans](#), [American Indians/Alaska Natives](#), [Hispanics](#), [Asians](#), [Hawaiians](#), and [Pacific Islanders](#), as well as [women](#) and [men](#). SCD Spanish-language infographics are also available for [New Jersey](#), [New York](#), and [Puerto Rico](#).

- CDC's [Healthy Aging Data Portal](#) now includes data from the 2018 BRFSS survey and has expanded capabilities for obtaining data by age and race/ethnicity groupings. Users can access national, regional, and state data on older adults including data on subjective cognitive decline, caregiving, and key indicators of health and well-being. Public health practitioners can use the Healthy Aging Data Portal to generate snapshots of older adult health in their area, create charts and graphs, and examine differences among regions.



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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