



# Alzheimer's Public Health News

March 2020

## Dementia Care Among Primary Care Physicians

· As the number of people living with Alzheimer's continues to escalate, half of primary care physicians (PCPs) say the medical profession is not prepared to meet this demand, according a new survey appearing in the Alzheimer's Association *2020 Alzheimer's Disease Facts and Figures* report.

· This year's special report — *On the Front Lines: Primary Care Physicians and Alzheimer's Care in America* — examines the experiences, training, and attitudes related to dementia care among PCPs. Findings include:

- Of PCPs, 82% say they are on the front lines of providing dementia care.
- Nearly 2 in 5 (39%) report they are “never” or only “sometimes comfortable” making a diagnosis of Alzheimer's or other dementias.
- Nearly one-third (27%) report they are “never” or only “sometimes comfortable” answering patient questions about Alzheimer's or other dementias.
- 22% of all PCPs had no residency training in dementia diagnosis and care. Of the 78% who did undergo training, 65% reported that the amount was “very little.”
- More than half (55%) say there are not enough dementia care specialists in their geographic area to meet patient demand. The percentage of PCPs who say this include 71% in rural areas, 63% in small cities/towns, 54% in suburbs, and 44% in large cities.

· The special report also reveals that 53% of PCPs say they are answering questions related to Alzheimer's or other dementias from their patients every few days or more frequently.

· Read the special report at: [alz.org/facts](http://alz.org/facts).

## 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.

· The Healthy Brain Initiative's [State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map](#) recommends educating health care professionals on early detection of cognitive impairment and diagnosis of Alzheimer's to better improve health outcomes, coordinate care, and allow for care planning. Public health can strengthen the competencies of PCPs and other health care professionals through education and interprofessional training, ensuring they know where to find credible and up-to-date sources of information and tools.

---

### Latest Alzheimer's Facts and Figures

· The Alzheimer's Association [2020 Alzheimer's Disease Facts and Figures](#) report was released this week and provides the latest national and state-specific statistics on Alzheimer's prevalence, incidence, mortality, costs of care, and caregiving.

· Updated [state-specific fact sheets](#) are available for each state and the District of Columbia. They provide a comprehensive picture of Alzheimer's in the state and include estimates of Alzheimer's prevalence and incidence, the number of dementia caregivers in the state (including total hours of unpaid care provided and value of that care), the total cost of Alzheimer's to the state Medicaid program, and more.

### Prevalence and Mortality

- More than 5 million Americans aged 65 and older are living with Alzheimer's dementia in 2020. Eighty percent are aged 75 and older.
- Two-thirds of Americans over age 65 with Alzheimer's dementia (3.6 million) are women.
- Alzheimer's is the sixth-leading cause of death in the United States, and the fifth-leading cause of death for those aged 65 and older.

### Cost of Care

- Total health and long-term care costs in 2020 for all individuals with Alzheimer's or other dementias are estimated at \$305 billion (not including unpaid caregiving). Medicare and Medicaid are expected to cover \$206 billion or 67% of the total. Out-of-pocket spending is expected to be \$66 billion.
- These costs are projected to increase to more than \$1.1 trillion in 2050 (in 2020 dollars).
- The total lifetime cost of care for someone with dementia was estimated at \$357,297 (in 2019 dollars).



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

## Caregiving

- In 2019, the 16 million caregivers of people with Alzheimer's or other dementias provided more than 18 billion hours of unpaid care, a contribution to the nation valued at \$244 billion.
- Nearly half of all caregivers (48%) who provide help to older adults do so for someone with Alzheimer's or another dementia.
- As many as two-thirds of caregivers are women, and one-third of dementia caregivers are daughters.
- 41% of caregivers have a household income of \$50,000 or less.

· Download the full report, find infographics, and other quick facts at [alz.org/facts](https://alz.org/facts).

---

## **Dementia Caregiving Webinar**

Register for ***Supporting the Front Line: The Public Health Approach to Dementia Caregiving***, a live webcast on **Tuesday, March 17 from 2:00-3:00 p.m. ET.**

· More than 16 million friends, family members, and neighbors regularly care for a person living with dementia. Dementia caregiving is long, intense, and intimate, and can take a toll on the health of caregivers themselves. Public health can play a central role ensuring dementia caregivers have access to support, receive training on how to best provide dementia care, and are able to manage their own health. Caregivers in underserved communities should be a priority population.

Presenters include:

- Valerie Edwards, PhD, Centers of Disease Control and Prevention — will discuss new nationwide data on caregiving, caregiver health, and caregiver burden
- Babak M. Nayeri, NMD, FABMP, FABFM, Arizona Department of Health Services — will discuss a new dementia caregiver self-management support program
- Kristen Felten, MSW, APSW, Wisconsin Department of Health Services — will discuss an online training module designed to educate dementia caregivers
- Grace Whiting, JD, National Alliance for Caregiving — will provide discussant remarks on the presentations and connect them to the larger, national landscape

· The webinar will also feature actions of the [\*Healthy Brain Initiative — State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map\*](#) that state and local public health agencies can take to better meet the needs of caregivers.

· Be sure to [register in advance](#) and share this announcement with colleagues.

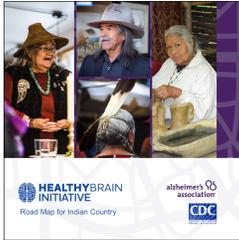
---

## Healthy Brain Initiative



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.

*The Alzheimer's Public Health E-News is supported (in part) by Cooperative Agreement #5 NU58DP006115-05, funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention or the Department of Health and Human Services.*

For subscription services, please visit [alz.org/publichealth](http://alz.org/publichealth)