



Alzheimer's Public Health News

Link Found Between Risk Factors and Subjective Cognitive Decline

Individuals aged 45 and older with any of seven modifiable risk factors (hypertension, diabetes, obesity, smoking, physical inactivity, depression and hearing loss) are more likely to report subjective cognitive decline (SCD) than individuals without these risk factors, according to [an analysis of BRFSS data](#) published in [Morbidity and Mortality Weekly Report](#) (MMWR). And, the more risk factors individuals have, the greater the odds that they will have SCD. The prevalence of SCD in individuals who report four or more risk factors is more than six times higher than the prevalence of SCD among those who report none of the risk factors.

CDC Healthy Brain Resource Center Launched

The Centers for Disease Control and Prevention (CDC) Alzheimer's Disease and Healthy Aging program has launched the [Healthy Brain Resource Center \(HBRC\) webpage](#). The HBRC is a new webpage to support public health professionals at the state and local levels as they work to implement actions from the Healthy Brain Initiative's (HBI) [2018-2023 Road Map to Address Dementia](#) and the [Road Map for Indian Country](#). The HBRC is designed to be a "centralized clearinghouse of existing resources from federal, state, local, and tribal agencies and organizations; national nonprofit organizations; academic and research institutions; and the private sector" ([HBRC User Manual](#)). These resources include reports, fact sheets, how-to guides, video tutorials, toolkits, and more. All available resources are identifiable by the HBI Road Map topic for which subject matter experts have said they are relevant, as well as by relevance to populations of interest and by language. New resources will be continuously added and users are invited to submit resources for consideration.

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.

Alzheimer's Association Public Health Webpage Redesigned

The [Alzheimer's Association Public Health webpage](#) was relaunched in May following the incorporation of suggestions by users on increasing accessibility and ease of use. The site continues to host a variety of tools for public health professionals to use to address Alzheimer's and related dementias as well as guidance and curriculum for continued public health professional education. [Resources and materials](#) are available on Alzheimer's and related dementia-specific topics such as risk reduction, early detection, caregiver support, and health equity. [State specific information](#) is available on implemented policies and initiatives. [State-level data](#) from the Cognitive Decline and Caregiving modules of the Behavioral Risk Factor Surveillance System (BRFSS) are also available.

Eight Modifiable Risk Factors Account for More Than One-Third of Alzheimer's Cases

More than one-third of Alzheimer's cases in the United States can be attributed to eight modifiable risk factors, according to a [cross-sectional study](#) published in *JAMA Neurology*. Of the eight risk factors analyzed, midlife obesity, low educational attainment, and physical inactivity are the most prominent causes. The new study also found that the strongest association between risk factors and the number of individuals with Alzheimer's differs by race and ethnicity. Midlife obesity has the strongest association for Black, White, and Native Americans. For Hispanics, the greatest association is low educational attainment; and for Asian Americans, it is physical inactivity.

Emerging Evidence

Association Between Physical Activity and Lower Risk of Dementia Seen Across Racial and Ethnic Groups

Moderate or vigorous physical activity in mid- to late-life (ages 45-75) decreases risk of dementia among Whites, Latinos, Japanese Americans, and Native Hawaiians, according to a recent [analysis](#) of individuals in the Multiethnic Cohort study. While the association was not seen among Black Americans overall, there was an association with decreased risk among Blacks who did not have the APOE e4 allele – a gene form that has been found to increase risk of Alzheimer's disease. The authors suggested that social determinants of health related to structural racism and inequities may have offset any beneficial effect of physical activity among Black Americans.

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 [Ben Denno](#) or check out alz.org/publichealth.

Healthy Lifestyles Increase Life Expectancy and Years Lived Without Dementia

Adherence to a healthy lifestyle is associated with both longer life expectancies and more years lived without Alzheimer's dementia in both men and women, according to a new [study](#). Individuals examined in the [Chicago Health and Aging Project](#) were considered to have a healthy lifestyle if they participated in four or five of the following behaviors: a healthy diet, late life cognitive activities, moderate or vigorous physical activity, refraining from smoking, and light to moderate alcohol consumption. Those who, at the age of 65, engage in four or five healthy behaviors spend an average of 10.8% (women) and 6.1% (men) of their remaining lives with Alzheimer's dementia. In contrast, those with none or only one healthy behavior at age 65 spend an average of 19.3% (women) and 12.0% (men) of their remaining lives with Alzheimer's dementia. The latest results add to a [2020 study](#), in which the same researchers found adherence to such a lifestyle was associated with a 60% decrease in risk for Alzheimer's dementia.

Air Pollution Poses Long-Term Risk for Dementia

Long-term exposure to fine particulate matter and nitrogen dioxide increases incidence of dementia, according to a recent [study](#) published in *Alzheimer's & Dementia*. Researchers estimated the exposure of individuals in the study for up to two decades prior to participation and found that the earliest assessed exposure period has the strongest association with incidence of dementia. These findings suggest that exposure to air pollution can have implications far into the future.

Upcoming Events and Recordings

The [BOLD Public Health Center of Excellence on Dementia Caregiving](#) will hold the *Public Health Opportunities and Challenges of Dementia Caregiving National Conference* on **June 14-15, 2022**, in Minneapolis. The keynote session will highlight why dementia caregiving is and should remain a public health priority. The conference includes virtual and in-person sessions. Attendance is free; [register](#) in advance.

The [Alzheimer's Association](#), with support from the [National Institute on Aging \(NIA\)](#), is holding the *Promoting Diverse Perspectives: Addressing Health Disparities Related to Alzheimer's and All Dementias* conference on **June 21-22, 2022**, in Washington, D.C. Conference participation is available both virtually and in person. Attendance is free; [register](#) in advance.

The [BOLD Public Health Center of Excellence on Dementia Risk Reduction](#) workshop on social determinants of health (SDOH) will take place at the [Alzheimer's Association International Conference® \(AAIC®\)](#), **Friday, July 29 from 9:00 a.m. – 4:00 p.m. ET**, in San Diego, California. This

workshop will bring together dementia researchers and public health professionals to explore how SDOH relate to dementia risk and the actions public health can take to address them. Attendance is free. You can register for the workshop [here](#). Travel scholarships are available for public health officials and public health academics.

A three-part virtual symposium – *Public Health Action to Advance Early Detection of Dementia* – will be held on the afternoons of **October 25-27**. At this event, sponsored by the [BOLD Public Health Center of Excellence on Early Detection of Dementia](#), leaders in dementia detection will share effective strategies and lessons learned. Interactive workshops will provide public health professionals the opportunity to share dementia detection goals and identify opportunities for collaboration. [Registration](#) is now open.

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