



November 2022

November is National Family Caregivers Month and National Alzheimer's Disease Awareness Month

The care provided to people living with Alzheimer's disease and other dementias is wide-ranging and, in some instances, all-encompassing. Caregivers for people living with dementia tend to provide more time-intensive and extensive assistance – and experience more difficulty – than caregivers of individuals without dementia.

According to [Alzheimer's Disease Facts and Figures](#), more than 11 million people in the United States are providing unpaid care to a person living with dementia.



SUPPORTING CAREGIVERS A HEALTHY BRAIN INITIATIVE ISSUE MAP

- In 2021, these caregivers provided an estimated 16 billion hours of unpaid care valued at more than \$271 billion.
- Approximately two-thirds of caregivers are women, and one-third of dementia caregivers are daughters.
- Approximately one-quarter of dementia caregivers are “sandwich generation” caregivers, meaning they care not only for an aging parent but also for children under age 18.
- 41% percent of caregivers have a household income of \$50,000 or less.

Public health has a role to play in assisting dementia caregivers. To learn how see:

[Promoting Caregiving Across the Full Community: The Role for Public Health Strategists Action Brief](#)

[Supporting Caregivers Issue Map](#)

Announcing Second Road Map Strategist Cohort

The Alzheimer's Association, in partnership with the [National Association of County and City Health Officials](#) (NACCHO), has announced the second cohort of the [Healthy Brain Initiative](#) (HBI) Road Map Strategists. As the first nation-wide effort focused on addressing dementia at the local level, the Road Map Strategist Initiative increases the capacity of local health departments and tribal health organizations to address brain health.

The latest recipients of the grants are:

- Aleutian Pribilof Islands Association (Alaska)
- Los Angeles County Department of Public Health (California)
- West Central Health District (Georgia)
- Barnes City-County Health District (North Dakota)
- Franklin County Public Health (Ohio)
- Knox County Health Department (Tennessee)
- Cameron County Public Health (Texas)
- Village of Greendale Health Department (Wisconsin)

Awardees will designate a part-time HBI Road Map Strategist, a public health official working in support and coordination with public health partners, including health systems. With support and guidance from the Alzheimer's Association and NACCHO, Road Map Strategists will conduct a public health needs assessment, train local health officials and key community partners, and lead implementation of public health action on dementia, informed by guidance from the [State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map](#).

ASTHO's 2022 Environmental Scan Executive Summary is Now Live

The Association of State and Territorial Health Officials (ASTHO) annual environmental scan provides a snapshot of the country's public health department's priorities. Seventy-eight percent of State Health Agencies (SHA) listed Access to and Linkage with Care as a priority in their state plans. The report underscores that meeting the needs of an aging population was a key priority for state health agencies within this area.

2022 Environmental Scan



Public Health Framework for Family Caregiving Released

A new [framework](#) for expanding the family caregiver support infrastructure within the public health sector has been released by [The John A. Hartford Foundation](#), the [National Association of Chronic Disease Directors](#) (NACDD), and [the National Alliance for Caregiving](#) (NAC). This framework is based on recognizing two main root level issues: that family caregiver health and wellness is a growing public health issue and that care coordination efforts are of particular concern as the complexity of care increases.

The framework provides policy recommendations, implementation opportunities, and messaging content aimed at enhancing the family caregiver support infrastructure through a public health lens. It also helps to identify the appropriate practices that could be implemented through various avenues, including public health departments, community-based organizations, faith-based organizations, direct care workers, insurers, health care providers, and employers.

The webinar recording of the report's release can be found [here](#).

Emerging Evidence

Over 1 in 3 Caregivers Have Arthritis

Caregivers have higher rates of arthritis when compared with non-caregivers. A new [analysis](#) of [Behavioral Risk Factor Surveillance System](#) (BRFSS) data from 17 states found that 35.1% of caregivers have arthritis – a rate 43% higher than non-caregivers. The analysis also examined differences between caregivers with and without arthritis. It found that while both groups provide similar types of care, those with arthritis are more likely to provide care for more hours per week, provide care for more years, and have more disabilities.

1 in 10 Adults 65 and Over Develop Dementia

One in 10 adults age 65 and older have dementia, according to a nationally representative study of a subset of participants in the Health and Retirement Survey, known as the Harmonized Cognitive Assessment Protocol (HCAP). The [findings](#) were published in *JAMA Neurology*. The study also found that 22% of adults over the age of 65 show symptoms of mild cognitive impairment (MCI), which is early-stage memory loss that is not yet interfering with activities of daily living.

ALZ Talks: Alzheimer's and Dementia FAQs

December 15 at 1:00 P.M. ET

Join us as a panel of experts answers some of the most commonly asked questions about the disease, caregiving, and the latest research.

Register [here](#)

SAVE THE DATE: Dementia Risk Reduction Summit at CDC

May 16 — May 17, 2023

Mark your calendars for May 16-17, 2023 when the [Public Health Center of Excellence on Dementia Risk Reduction](#) will hold the Dementia Risk Reduction Summit at the CDC in Atlanta. The goals of the Summit include: translating the science around modifiable risk factors for dementia, including social determinants of health, into actionable campaigns; and



creating recommendations on how public health can address dementia risk factors across the public health prevention spectrum. Registration will open in early 2023.

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The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research.

Our mission is to lead the way to end Alzheimer's and all other dementia -- by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®.

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