October 2023

Introducing the HBI Road Map Implementation Guide and Issue Maps

You can now build your own pathway to success with the new HBI Road Map Implementation Guide and Issue Maps. These resources are designed to equip public health professionals with the tools and strategies to engage diverse communities with the latest HBI Road Map. To explore the future of dementia and public health action, register for this pre-conference workshop to learn about using health equity road maps to drive public health action.

APHA in Atlanta, GA

November 8-12, Booth #208

Pick up a physical copy of the new HBI Road Map. Also, make sure to add the following sessions to your schedule to learn more about the public health efforts to address Alzheimer’s disease and other dementias, as well as comorbidities.

Public Health Action: The HBI Road Map Series

Thursday, November 9, 2:30-4 p.m. ET: Explore the impact of social determinants of health on dementia and how public health can address these factors to improve outcomes for people living with dementia and their caregivers.

Friday, November 10, 8-9:30 a.m. ET: Learn about the new HBI Road Map and how it can drive public health action. [Location: Room 115]

Friday, November 10, 10:30 a.m. ET: Take an in-depth look at the new Road Map and how public health can address the social determinants of health and dementia. [Location: Room 115]

Friday, November 10, 8:30-10:30 a.m. ET: Explore tailored strategies for addressing dementia in older adults and opportunities to engage diverse communities with the latest HBI Road Map. [Location: Georgia World Congress Center - B407]

Register for this pre-conference workshop to learn about using health equity road maps to drive public health action. [Location: Georgia World Congress Center - A403]

Research Roundup

Integrating Physical and Social Activity to Lower Dementia Risk in Older Women

Older women who do not exercise and have little social interaction are more likely to experience cognitive decline. The objective of this study was to test a hypothesis that supervised exercise combined with cognitive stimulation might prevent exercise-related cognitive decline in women with age-related brain atrophy (ABAD) and healthy aging women. Participants were randomly assigned to supervised exercise or no exercise for 12 months, and cognitive stimulation was added to the exercise intervention for participants with ABAD. Participants in the exercise group showed greater overall cognitive improvement than those in the control group. These findings suggest that exercise combined with cognitive stimulation may be effective in improving cognitive function and reducing the risk of cognitive decline in older women.

The deadline for submissions is November 15, 2023 at 5 p.m. ET. For more information, contact publichealth@alz.org.