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alzheimer's public health news

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Alzheimer's Disease Remains a Leading Cause of Death

Alzheimer's disease remains America's sixth leading cause of death, according to new data published in the December 9th [Mortality and Morbidity Weekly Report](#). The data shows the age-adjusted death rates for the ten leading causes of death in the United States. Alzheimer's is the only cause of death among the top ten without a way to prevent, cure, or even slow its progression.

Association Chapters Receive *Healthy People 2020* Grants for 10 Warning Signs Campaign

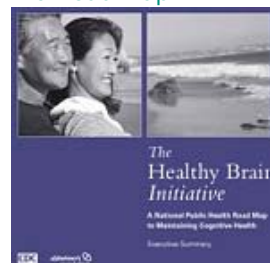
Last month, two Alzheimer's Association chapters were awarded mini-grants from the U.S. Department of Health and Human Services to advance [Alzheimer's disease related objectives](#) in the federal government's Healthy People 2020 report. The two chapters will focus on promoting early detection and diagnosis in communities at increased risk for Alzheimer's, specifically with Hispanics in Kansas and the Native American

Public Health Agenda



The Alzheimer's Association has identified three key elements of an Alzheimer's public health agenda: surveillance, early detection, and promotion of brain health.

The Road Map



The Centers for Disease Control and Prevention

population in Eastern Washington and Northern Idaho. The grants will use a train-the-trainer model, educating community leaders and other respected individuals on the early warning signs of Alzheimer's. Those individuals will then conduct education sessions in their communities, thereby increasing the reach of the program. The chapters will use the Association's 10 Warning Signs campaign to advance the report's objective on diagnosis of Alzheimer's disease.

Early detection and diagnosis is part of our [public health agenda](#). Public health officials and practitioners can use the 10 Warnings Signs to:

- Educate the public and the medical community about the warning signs of possible dementia and the benefits of early detection.
- Help develop best practices aimed at early detection and risk reduction of co-morbid conditions in individuals with Alzheimer's.

For more information on how you can use 10 Warning Signs to promote early detection and diagnosis, contact [Kate Morrison](#).

New Study Reports on the Benefits of Eating Fish
Consumption of baked or broiled fish at least one time per week was positively associated with brain structure, according to a new study from researchers at the University of Pittsburgh. Larger brain volumes were related to reduced risk for cognitive decline over 5 years.

The researchers studied 260 cognitively normal individuals from the Cardiovascular Health Study and derived information on participant fish consumption using the National Cancer Institute Food Frequency Questionnaire. Participants also had MRI imaging of the brain. The researchers found no statistically significant relationship between consumption of fried fish and brain structure or cognitive decline. The research was presented at the [Radiological Society of North America Annual Meeting](#) in Chicago last month.

Not enough information is available at this time to indicate what quantities of these foods might be most beneficial for brain health. There is a clear need for long-term clinical trials of risk reduction and prevention strategies in Alzheimer's disease. On the [Alzheimer's Association website](#), we give our best recommendations based on existing data about maintaining brain health as we age, including eating a brain-healthy diet that is low

(CDC) and the Alzheimer's Association formed a partnership to examine how best to bring a public health perspective to the promotion of cognitive health. The resulting publication, *The Healthy Brain Initiative: A National Public Health Road Map to Maintaining Cognitive Health* outlines 44 priority actions to guide the public health community in surveillance, prevention research, communication, and policy.

The 10 Warning Signs



The Know the 10 Signs campaign is a national education effort to increase awareness of the warning signs of Alzheimer's disease and the benefits of early detection and diagnosis.

Contact

For more information on the Healthy Brain Initiative, the public health agenda, or Alzheimer's disease in general, contact [Catherine Morrison](#).

in fat and cholesterol; high in dark colored vegetables and fruits, which contain antioxidants; and high in cold water fish that contain beneficial omega-3 fatty acids, such as halibut, mackerel, salmon, trout and tuna.

With this emerging evidence, the public health community has the opportunity to undertake campaigns to promote brain health and healthy living practices. By combining healthy eating campaigns and brain health promotion messages, public health officials can potentially change the course of leading causes of morbidity and mortality.

For additional information or questions, please contact catherine.morrison@alz.org.
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Our vision is a world without Alzheimer's

Formed in 1980, the Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research.