

Upcoming Webinar: African Americans and Alzheimer's

alzheimer's association



Alzheimer's Public Health News

June 2017

Upcoming Webinar - African Americans and Alzheimer's: Innovating to Turn the Tide

**REGISTER
ONLINE**

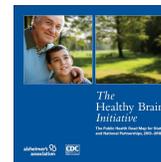
Join us and [The Balm in Gilead](#), our webinar co-host, for *African Americans and Alzheimer's: Innovating to Turn the Tide* on **Thursday, July 20, 2017**, from **2:00-3:00 p.m. EDT**. This interactive webinar will feature promising population-based responses to the heavy burden of Alzheimer's in African American communities. Please [register](#) in advance.

Older African-Americans are about twice as likely to have Alzheimer's or other dementias as older whites and some evidence suggests that missed diagnoses of Alzheimer's and other dementias are more common among older African Americans. After an overview of these and other disparities by Lisa McGuire, PhD, [Centers for Disease Control and Prevention](#) (CDC), webinar participants will learn about The Balm in Gilead's innovative efforts from Pamela Price, deputy director. The Balm in Gilead is raising awareness of cognitive health issues among African Americans by working through networks of faith-based institutions and other partners.

In addition, Basia Belza, PhD, RN, FAAN, [Healthy Brain Research Network](#), will describe some of the Network's cutting-edge interventions to address the disproportionate risk for Alzheimer's and other dementias in African Americans and other populations.

Please [register](#) in advance (if prompted, use meeting number 743 174 527).

The Road Map



The CDC Healthy Aging Program and the Alzheimer's Association partnered to develop an updated Road Map for the public health community to address cognitive health, Alzheimer's disease, and the needs of caregivers through 35 actions.

Alzheimer's Public Health Curriculum



alzheimer's association CDC

A free curriculum to introduce undergraduates to Alzheimer's as a growing public health issue.

Upcoming Webinar – Public Health Curriculum for Undergraduate Courses

REGISTER ONLINE

Join us and the Emory Centers for Training and Technical Assistance for *A New Tool for Helping Students Learn about Alzheimer's: A Free Curriculum*, a webinar on

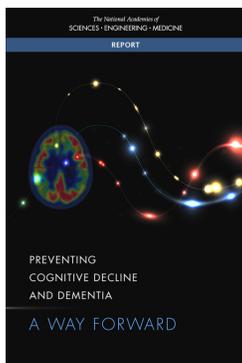
Wednesday, July 19, 2017, from 1:00-1:45 p.m. EDT.

Designed especially for faculty teaching undergraduate public health courses and others with an interest, the webinar will provide an overview of a new curriculum – *A Public Health Approach to Alzheimer's and Other Dementias* – featuring flexible curriculum modules and resources as well as the development of the curriculum. Presenters will include faculty who will provide their insights on its use during a pilot test.

The peer-reviewed curriculum from the Alzheimer's Association, in collaboration with the CDC and Emory University, provides an easy way for faculty and other educators to introduce undergraduate students to Alzheimer's and other dementias as a multi-layered public health issue. Webinar participants will learn how the curriculum incorporates five recognized public health competency sets.

Please [register](#) in advance.

Reducing Risk for Dementia: New Report Points to Three Interventions



A new report, *Preventing Cognitive Decline and Dementia: A Way Forward*, from the National Academies of Sciences, Engineering, and Medicine (NASEM) found encouraging evidence that three interventions – blood pressure management for people with hypertension, cognitive training, and increased physical activity – may delay or slow age-related cognitive decline or slow Alzheimer's-related dementia. The authoring committee noted the promise these interventions may have on maintaining or improving cognition. However, they caution that more research is needed to fully understand the connection between cognitive impairment and modifiable risk factors.

Specifically, the report found encouraging evidence that hypertension control among those with the condition may prevent, delay, or slow Alzheimer's dementia while increased physical activity may slow or delay cognitive decline related to aging. Both these interventions have other established benefits on health as well. Additionally, cognitive training showed modest evidence that it may slow or delay cognitive decline. The report differentiates cognitive training from computer "brain training" programs, which were found to have short-term, limited benefits.

Public Health Priorities



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 10 Warning Signs



The CDC Healthy Aging Program and the Alzheimer's Association partnered to develop an updated Road Map for the public health community to address cognitive health, Alzheimer's disease, and the needs of caregivers through 35 actions.

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.

The findings of the NASEM report align with two actions from the [Healthy Brain Initiative Road Map](#): providing evidence-based information about brain health online and integrating evidence-based messages into existing public health campaigns. A separate [evidence review by the Alzheimer's Association](#) identified increased physical activity and improved cardiovascular health as key opportunities to reduce risk for cognitive decline and possibly dementia.

It is important to note that the NASEM committee's conclusions were largely informed by a [systematic evidence review by the Agency for Healthcare Research and Quality \(AHRQ\)](#). The AHRQ review applied a clinical perspective that prioritized results from randomized controlled trials (RCTs) on individuals, not populations. The committee recognized the challenges of this standard, particularly the ethical problems created when participants are randomized into a control group and thus, would not receive a potentially life-enhancing intervention. While this standard of evidence is optimal, currently available evidence draws from larger, population-based epidemiological studies, providing sufficiently strong population-based evidence that regular physical activity and management of cardiovascular risk factors (diabetes, obesity, smoking, and hypertension) reduce the risk of cognitive decline and may reduce the risk of dementia.

WHO Adopts Global Action Plan on Dementia



World Health Organization

combatting dementia and its effects on the global community.

Last month, the [World Health Organization \(WHO\)](#) adopted a first-ever [global action plan](#) regarding the public health response to the growing worldwide dementia crisis.

Delegates at the World Health Assembly voted to commit to the development of strategies for

Aimed at improving the lives of all people living with dementia – as well as their families and caregivers – the plan outlines several areas for action including reducing risk for dementia, improved diagnosis, better treatment and care, and development of supportive environments for caregivers. The plan emphasizes the use of population-based approaches and calls on the WHO Secretariat to offer technical support, tools, and guidance to help member states plan and strengthen efforts to address Alzheimer's and other dementias. The WHO also calls for a global research agenda to coordinate research efforts around the world and enhance innovation within the field. Currently, an estimated 47 million people worldwide live with Alzheimer's or another dementia.

Alzheimer's Age-Adjusted Deaths Increase 55%



Between 1999 and 2014, the age-adjusted death rate for Alzheimer's disease rose 55

percent according to a recent [Morbidity and Mortality Weekly Report](#) (MMWR). MMWR also reported a shift in the place of death. During the study period, rates of Alzheimer's deaths at home nearly doubled (rising from 14 percent in 1999 to 25 percent in 2014) while death rates declined in medical facilities and nursing homes. This finding underscores the need for public health attention to changing demand for in-home care, caregiver education, respite care, and case management.

This increase in the age-adjusted death rate, however, likely underestimates the total number of deaths from Alzheimer's disease in the United States. The data used to calculate death rates only allows for a single cause of death, which will not capture individuals who have Alzheimer's, but ultimately die from another health problem or for whom the cause of death was attributed to not-otherwise-specified dementia.

These types of analyses can be used to inform and direct public health programming, as recommended in the [Healthy Brain Initiative Road Map](#). Designed as a guidebook by public health professionals, the *Road Map* offers 35 actions the public health community can take to address cognitive impairment, promote cognitive functioning, and meet the needs of caregivers.

Correction

The last edition of the *Alzheimer's Public Health News* misattributed a statistic on the number of individuals living alone with Alzheimer's. The last edition stated that new research showed that 800,000 persons with Alzheimer's live alone, but that statistic did not originate from the study. We apologize for the error. To learn more, please read the [study](#) or the Association's [fact sheet](#).

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For subscription services or to view previous issues of *Alzheimer's Public Health News*, please visit <http://alz.org/publichealth/public-health-news.asp> or contact John Shean (jshean@alz.org).

The [Alzheimer's Association](#) is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's disease®.

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