

# RISK REDUCTION STRATEGIES FOR BRAIN HEALTH

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National Center for Chronic Disease Prevention and Health Promotion

Division of Population Health

Presented at the 2022 Mid-America Institute on Aging and Wellness on August 12, 2022



# OUTLINE

- What is a public health approach to dementia and risk reduction?
- What is the evidence behind risk factors?
- What are CDC and its award recipients doing?
- What resources are available to address Alzheimer's in Indiana?

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# WHAT IS THE PUBLIC HEALTH APPROACH?



**One at a time**



**Many at a time**



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# WHAT IS A PUBLIC HEALTH APPROACH?



- Not Duplication
- Population-Based
- Enhancing Sustainability
- Systems, Environments, and Policies





# POINTS OF PUBLIC HEALTH INTERVENTION

- **Primary Prevention:** Intervening before health effects occur, through measures such as altering risky behaviors (e.g., poor eating habits, tobacco use) and banning or regulating substances known to be associated with a disease or health condition
- **Secondary Prevention:** Detecting diseases in the earliest stages, before the onset of more severe symptoms
- **Tertiary Prevention:** Managing disease post diagnosis to minimize negative health and quality of life effects

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# ALZHEIMER'S DISEASE AND RELATED DEMENTIAS (ADRD) AS A PUBLIC HEALTH ISSUE



There are  
**WAYS** to  
**INTERVENE**

- Surveillance
  - Risk reduction—primary prevention
  - Early detection and diagnosis—secondary prevention
  - Management of co-morbidities—tertiary prevention
  - Caregiving (Dementia Caregiving)
-



# THE NATIONAL PLAN

National Alzheimer's Project Act (NAPA) requires Secretary of HHS to:

- Create and maintain an integrated national plan to overcome Alzheimer's
- Create an Advisory Council to review and comment on the national plan and its implementation

Advisory Council on Alzheimer's Research, Care, & Services

- Makes annual recommendations to Secretary and Congress on priority actions

# THE NATIONAL PLAN: INITIAL GOALS

1. Prevent and Effectively Treat Alzheimer's Disease by 2025
2. Optimize Care Quality and Efficiency
3. Expand Supports for People with Alzheimer's Disease and Their Families
4. Enhance Public Awareness and Engagement
5. Track Progress and Drive Improvement



# National Plan to Address Alzheimer's Disease: 2021 Update

**Goal 1:** Prevent and Effectively Treat Alzheimer's Disease and Related Dementias by 2025



**Goal 2:** Enhance Care Quality and Efficiency



**Goal 3:** Expand Supports for Individuals and their Caregivers



**Goal 4:** Enhance Public Awareness and Engagement



**Goal 5:** Improve Data to Track Progress



**New Goal 6:** Accelerate Action to Promote Healthy Aging and Reduce Risk Factors for ADRD



Pre-symptomatic

Symptom  
Onset

Mild

Moderate

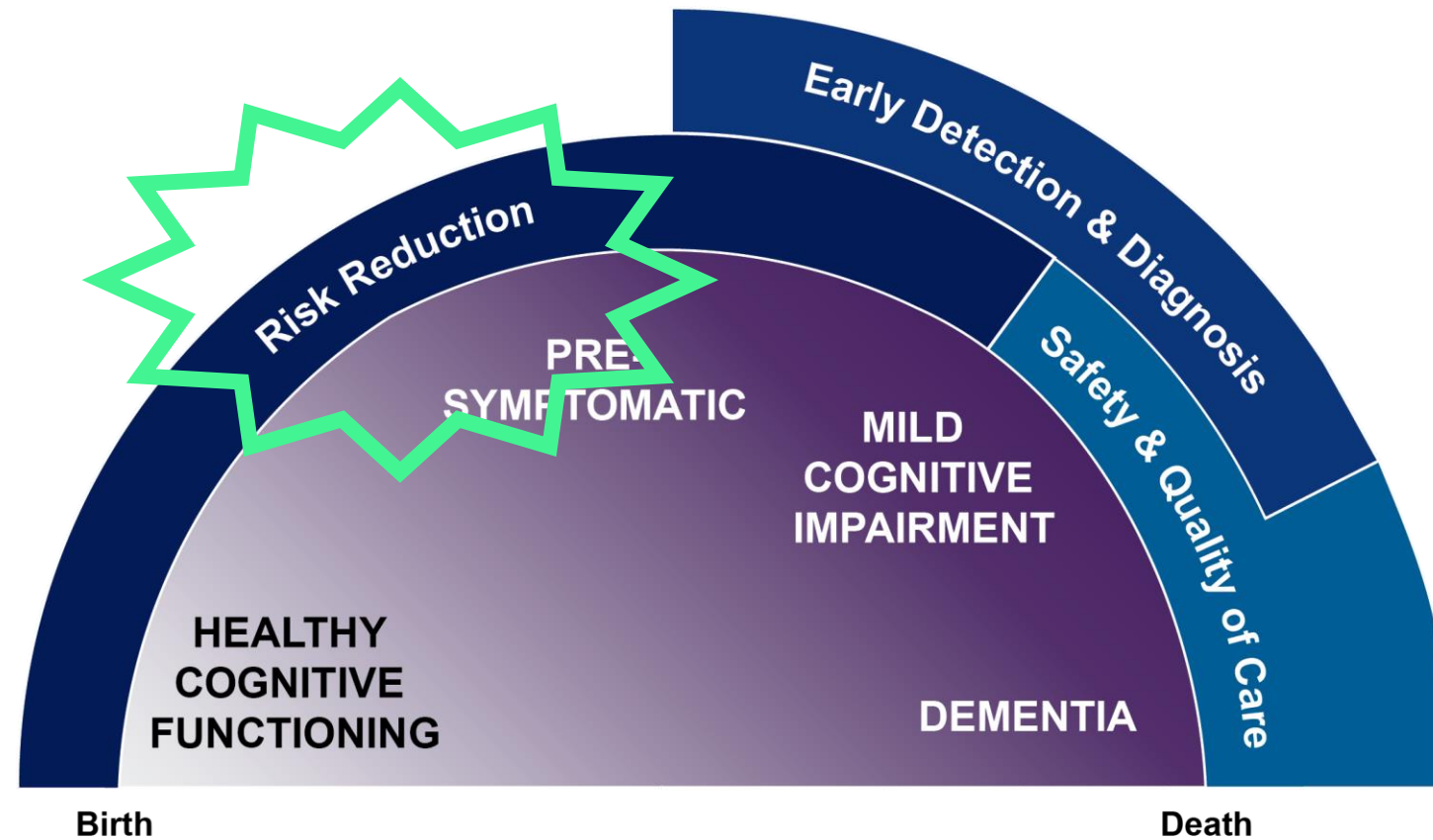
Severe

Dementia

## PURPOSE OF GOAL 6

- Prioritizes healthy aging
- Builds infrastructure
  - Identify and research risk reduction interventions
  - Quickly translate those interventions in healthcare and public health practices.
- Inequities in dementia
  - Higher burden on Black and Latino communities
  - Address the risk factors that lead to the higher prevalence of dementia.

# PUBLIC HEALTH APPROACH TO ADRD



# OUTLINE

- What is a public health approach to dementia and risk reduction?
- **What is the evidence behind risk factors?**
- What are CDC and its award recipients doing?
- What resources are available to address Alzheimer's in Indiana?

# WHAT CAUSES ALZHEIMER'S?

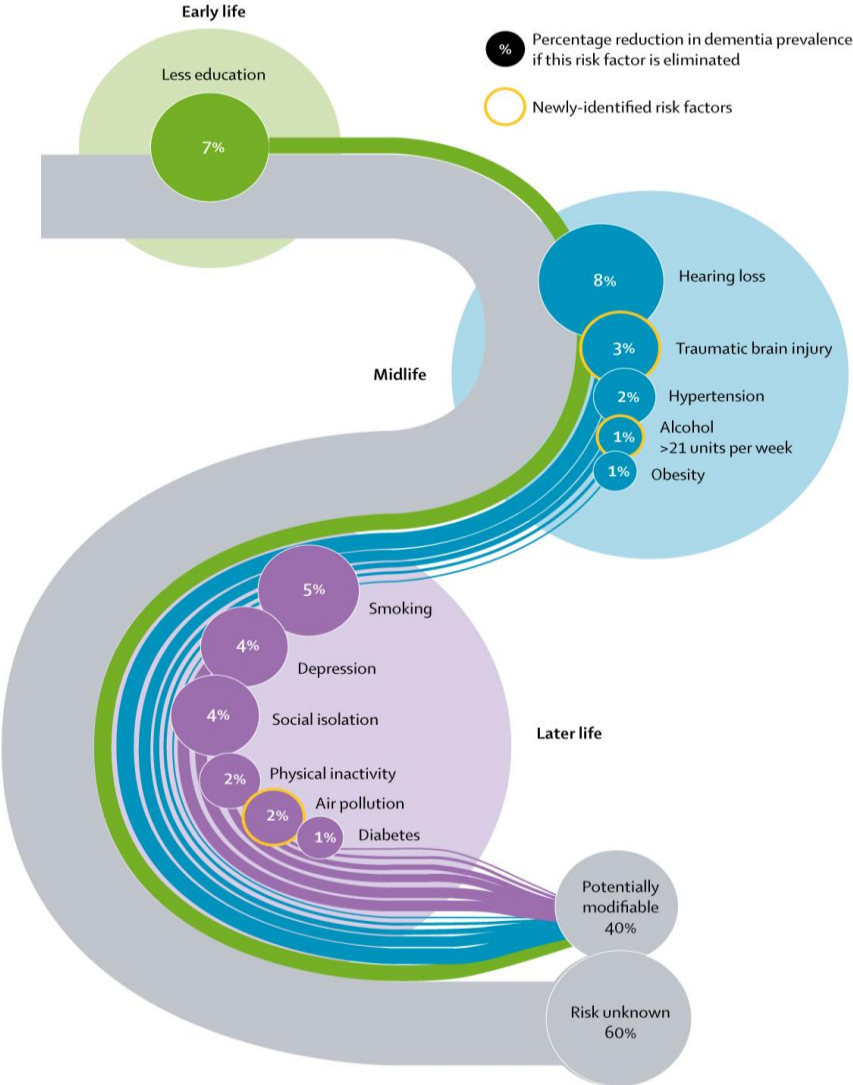
- Genetics accounts for <15% of known risk for developing Alzheimer's
- Greatest risk factors:
  - Age (risk doubles every 5 years after age 65)
  - Common medical conditions (cardiovascular)
  - Behavioral risk factors
- Complex interactions among multiple factors determine the risk of developing Alzheimer's
- Window of opportunity: many risk factors are modifiable



# RISK REDUCTION FOR DEMENTIA

## Risk Factors

- Depression
- Diabetes
- Hearing Loss
- Mid-life Hypertension
- Physical Inactivity
- Poor Diet Quality and Obesity
- Poor Sleep Quality and Sleep Disorders
- Tobacco Use
- Traumatic Brain Injury
- Unhealthy Alcohol Use



An update to the 2017 Lancet Commission on Dementia prevention, intervention, and care expands the life-course model showing the potentially modifiable risk factors that contribute to dementia. [Read the full Commission.](#)



# REVIEW OF RISK FACTORS



- Areas of focus aligned with other national and international initiatives
- Currently driven primarily by epidemiologic evidence
- Commitment to:
  - Translating research findings into improved care
  - Building a health equity, diversity, and inclusion focus into each field of study
  - Supporting prevention across the lifespan, from pediatric populations to older adults

# VASCULAR HEALTH (HYPERTENSION)

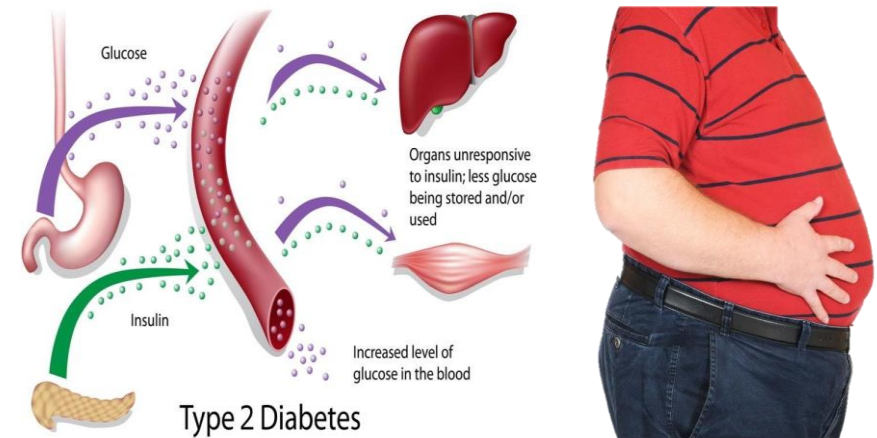
- Evidence for treating elevated blood pressure as a pathway to reducing cognitive impairment and dementia
  - Obtained in diverse populations
- U.S. guideline: systolic blood pressure <130 mm Hg
- Large potential for public health impact on cognitive health through hypertension prevention and control



# DIABETES AND OBESITY



- Compelling evidence:
  - Midlife obesity and Type 2 diabetes increase risk for cognitive deficits, accelerated cognitive decline, and cognitive impairment
  - Type 2 diabetes is preventable through lifestyle intervention
- Less compelling evidence:
  - Obesity is generally preventable long term
  - Treating obesity and diabetes reduces risks for cognitive decline and impairment
- Likely more effective if in the context of a multi-domain approach



# DIET AND NUTRITION



- Reviews find healthy dietary factors associated with better cognitive function and lower risk of dementia
  - Nutrients (e.g., vitamins from the B group, vitamin E, fatty acids)
  - Food groups (e.g., vegetables, fruits, fish, vegetable fats)
  - Diet patterns (e.g., Mediterranean diet, DASH diet, MIND diet)
  - Research gaps: Midlife vs. late life; time of “exposure”
- Limited but promising data from trials
  - Multi-domain interventions (FINGER)
  - Lack of effect for dietary supplements



# PHYSICAL ACTIVITY AND EXERCISE

- Growing evidence to support favorable effects of aerobic physical activity on preserving cognition
- Larger ongoing comprehensive clinical trials will inform whether exercise may be a therapeutic option to prevent cognitive decline and Alzheimer's and other dementias
- Consider various settings including health care and community level participation in physical activity



BRAIN GYM

# TOBACCO AND ALCOHOL USE



- Tobacco:
  - Smoking increases risk of dementia
  - Smoking cessation reduces risk of developing cognitive decline and dementia
- Alcohol:
  - Alcohol abuse increases risk of dementia
  - Cessation of alcohol abuse may lead to improvements in cognitive functioning, but deficits remain in brain structure



# SOCIAL ENGAGEMENT

- Only evidence is from cross-sectional and longitudinal observational studies
- Focus on racial and ethnic minority communities, single older persons, LGBT individuals, and rural populations
- Need for additional research (e.g., randomized controlled trials, intervention studies)



# SLEEP



- Strong evidence for a risk relationship
- Health care providers may discuss sleep disturbances
- Lacking large RCT data for sleep intervention strategies to reduce dementia risk
- Existing interventions include some low cost and non-pharmacological options
- Targeting sleep is beneficial for multiple organ systems

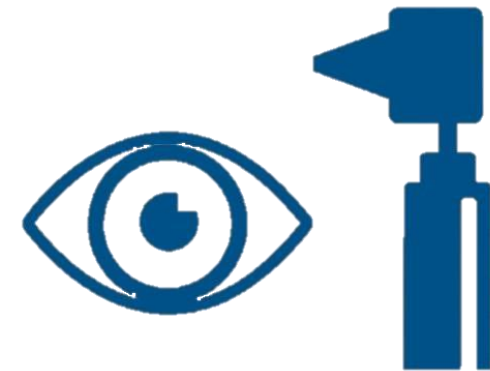




# SENSORY IMPAIRMENTS



- Meta-analyses support link between sensory impairment and cognitive decline/dementia
- Available evidence suggests persons with disabilities may benefit, and are unlikely to be harmed, especially from minimally invasive approaches to optimize vision/hearing
- Better evidence is needed to determine effect of sensory interventions on cognitive outcomes or effectiveness in persons with disabilities





# SUMMARY OF SCIENTIFIC REVIEW

- Strongest evidence around reducing risk of cognitive impairment and dementia involves managing hypertension
  - In diverse communities
  - Goal of SBP <130 mm Hg
- Strong epidemiologic evidence for other risk factors:
  - Physical activity and exercise
  - Diet and nutrition
  - Tobacco and alcohol
  - Social engagement
  - Diabetes and obesity
  - Sleep
  - Sensory impairments

# Modifiable Risk Factors for Alzheimer Disease and Related Dementias Among Adults Aged $\geq 45$ Years — United States, 2019

John D. Omura, MD<sup>1</sup>; Lisa C. McGuire, PhD<sup>1</sup>; Roshni Patel, MPH<sup>2</sup>; Matthew Baumgart<sup>3</sup>; Raza Lamb<sup>3</sup>; Eva M. Jeffers, MPH<sup>1,4</sup>; Benjamin S. Olivari, MPH<sup>1</sup>; Janet B. Croft, PhD<sup>1</sup>; Craig W. Thomas, PhD<sup>1</sup>; Karen Hacker, MD<sup>1</sup>

Did you know that there are known risks for **Alzheimer's disease and related dementias**?

not enough aerobic physical activity	cigarette smoking	excessive alcohol use	obesity
hypertension	diabetes	depression	hearing loss

**Keep your brain healthy!**  
Talk to your health care provider about things you can do to reduce your risk

 [bit.ly/mm7120a2](https://bit.ly/mm7120a2)   
MAY 20, 2022

# OBJECTIVES

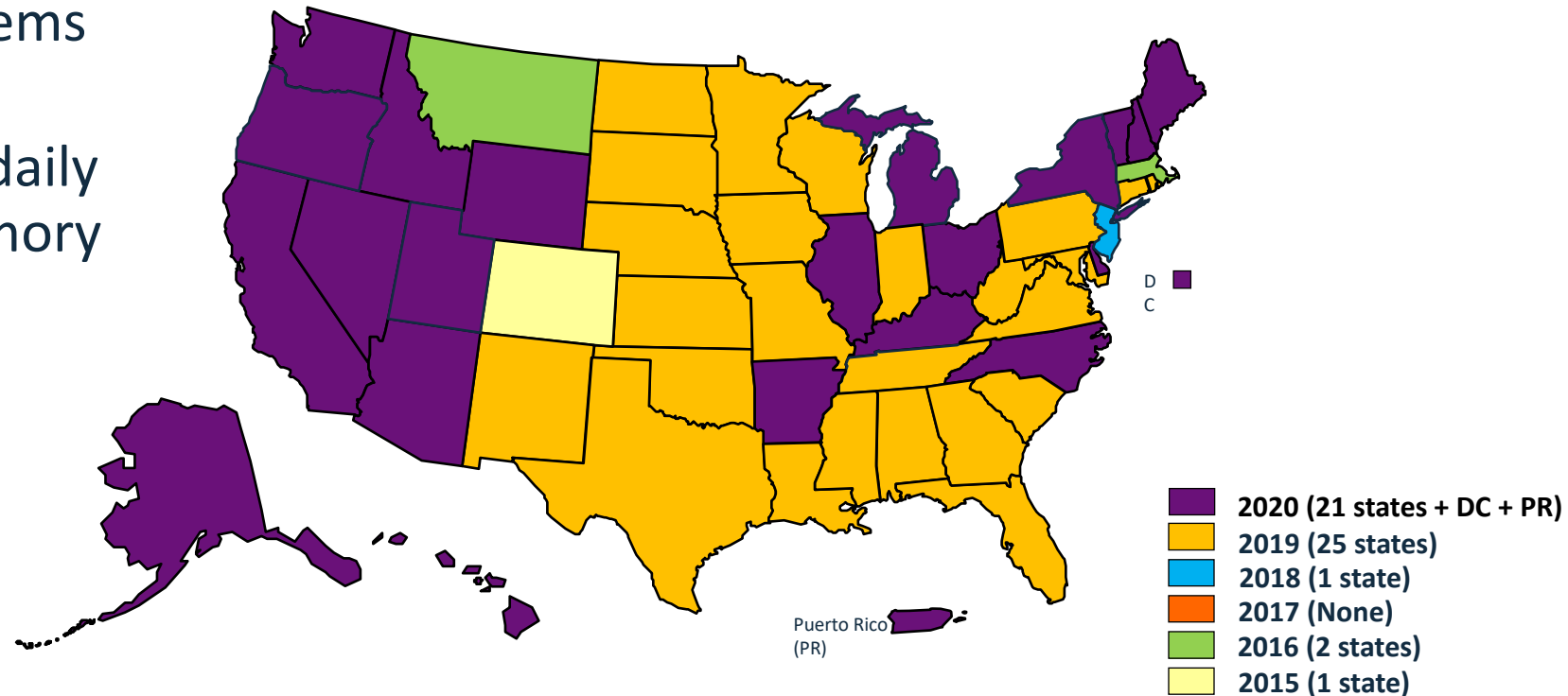
- To determine the prevalence of eight potential modifiable risk factors for ADRD among US adults aged  $\geq 45$  years, overall and by select characteristics
- To examine whether the prevalence of each risk factor and number of risk factors varies by SCD status among US adults aged  $\geq 45$  years

## Subjective Cognitive Decline (SCD):

- Self-reported memory problems that have been getting worse over the past year
- An early indicator of possible future ADRD

# BRFSS COGNITIVE DECLINE OPTIONAL MODULE

- Worsening memory problems
- Potential difficulties with daily living associated with memory problems
- Any discussions with healthcare professionals
- Adults 45 years or older



# METHODS

- 2019 cognitive decline module: 31 states and DC
- Combined (landline and mobile) median response rate = 49.4%

## SCD:

During the past 12 months, have you experienced confusion or memory loss that is happening more often or is getting worse?

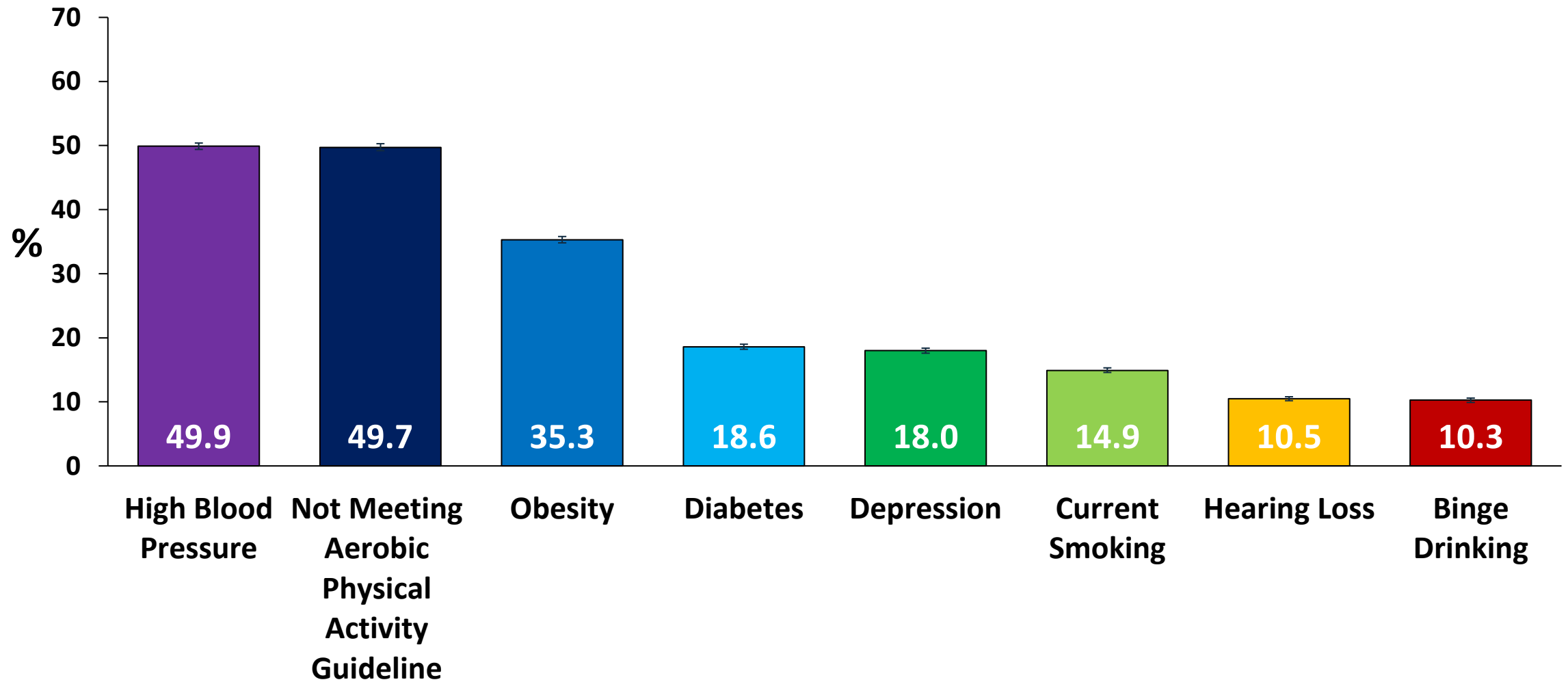
## Risk Factors:

- High blood pressure
- Not meeting the aerobic physical activity guideline
- Obesity
- Diabetes
- Depression
- Current smoking
- Hearing loss
- Binge drinking

## Number of Risk Factors:

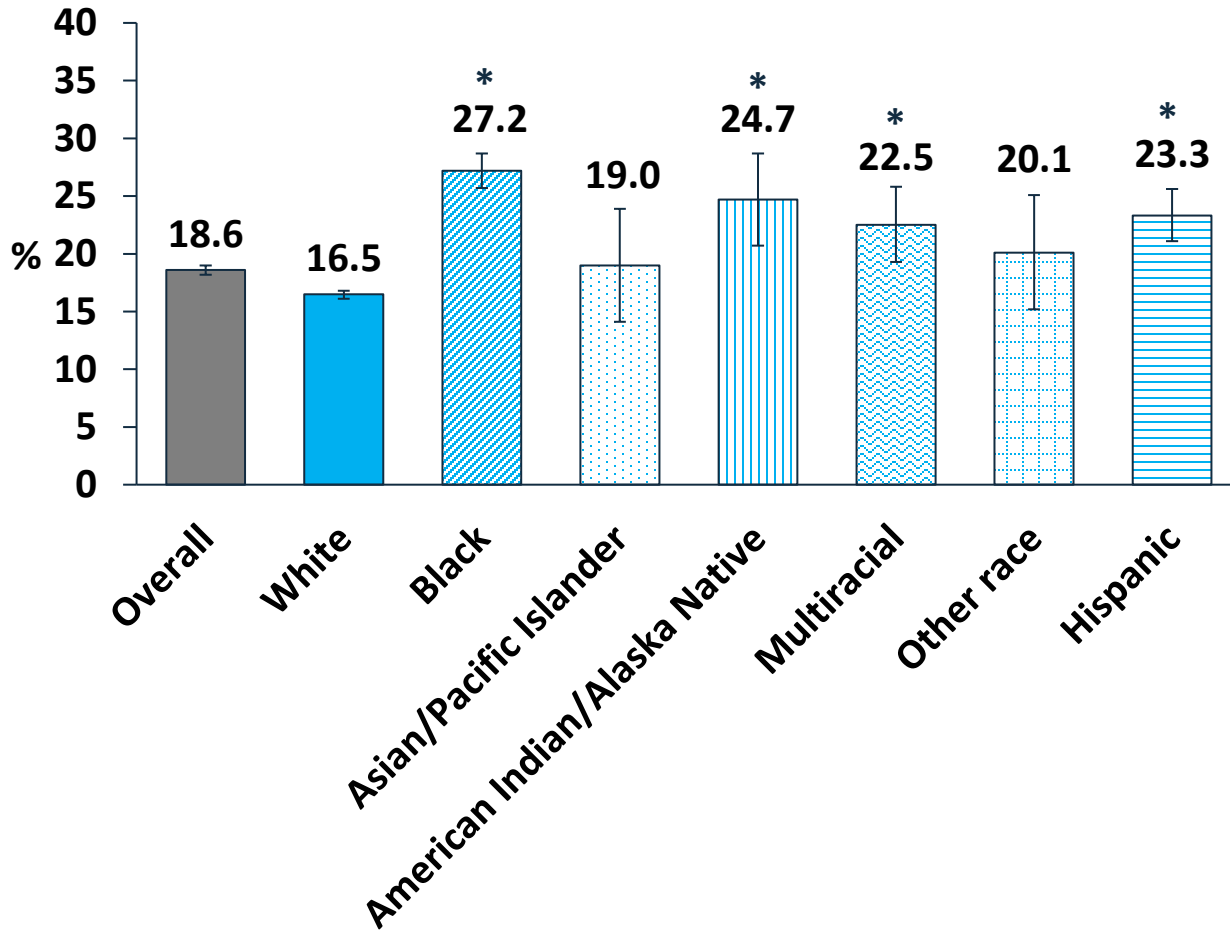
0, 1, 2, 3, 4+

# Prevalence of Risk Factors: Overall

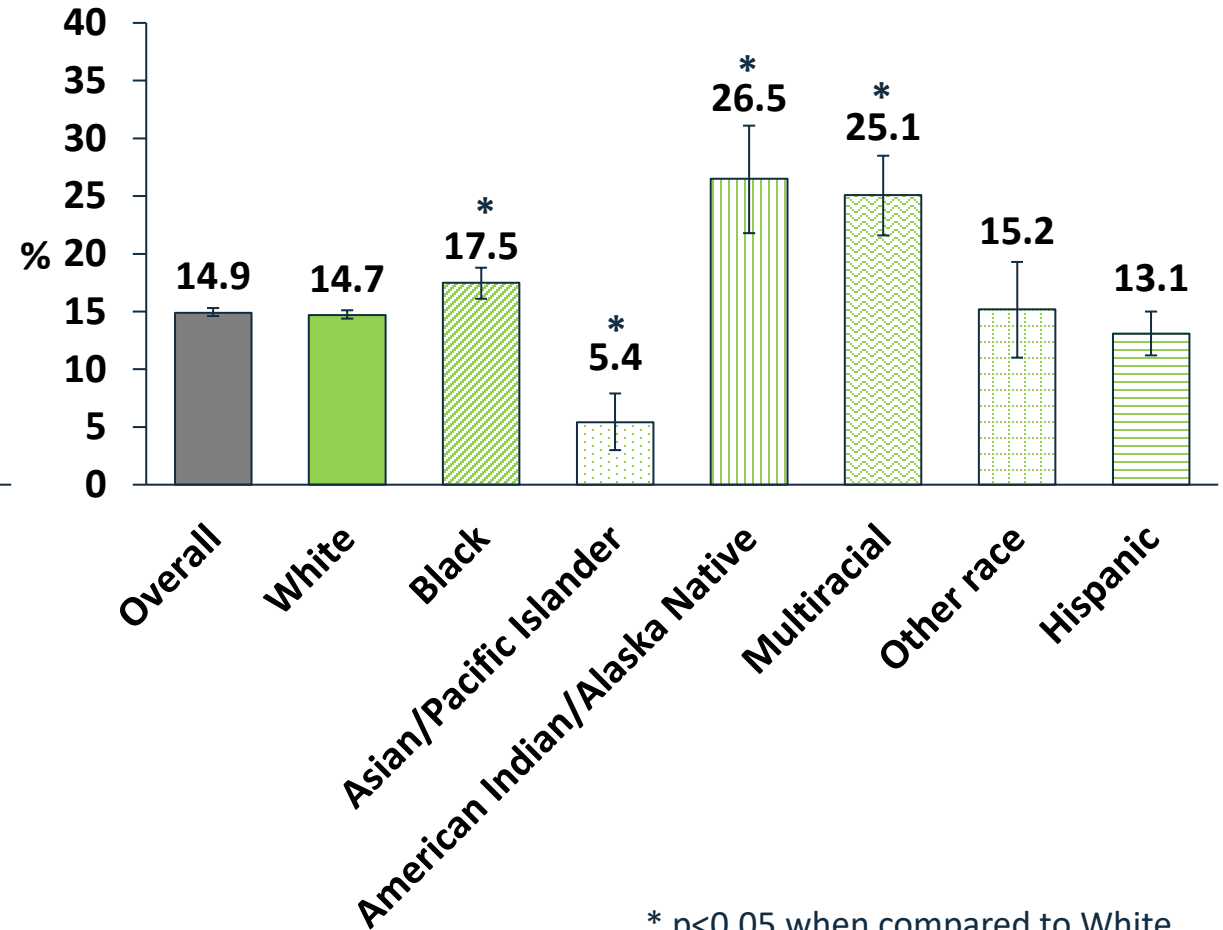


# Prevalence of Select Risk Factors: by Race/Ethnicity

## Diabetes



## Current Smoking

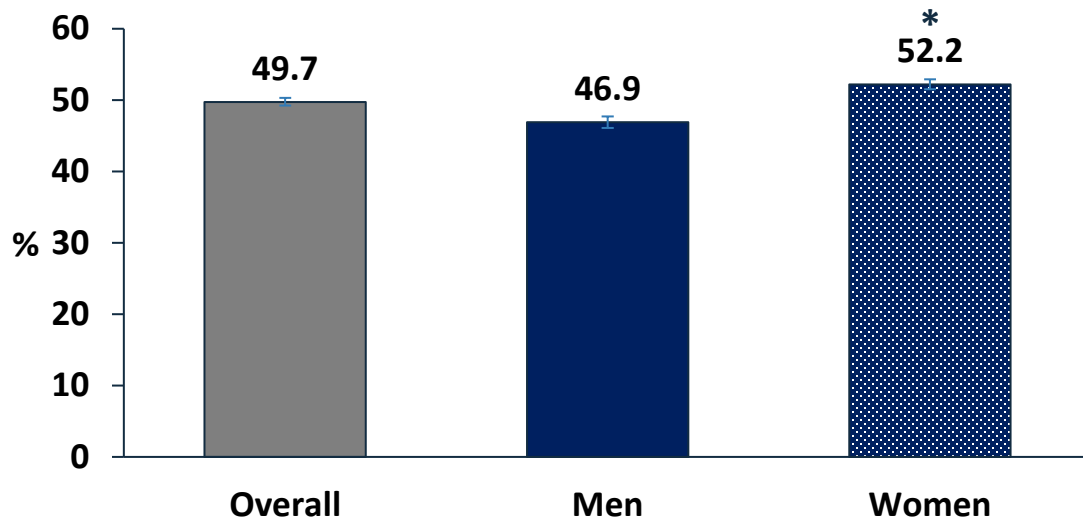


\* p<0.05 when compared to White

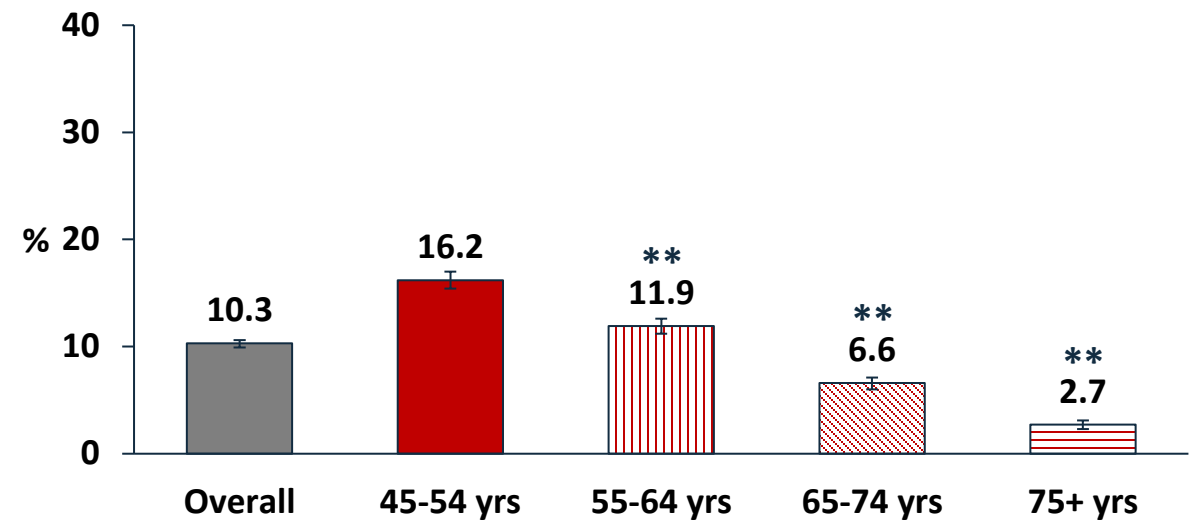


# Prevalence of Select Risk Factors: by Various Characteristics

### Not Meeting Aerobic Physical Activity Guideline, by Sex

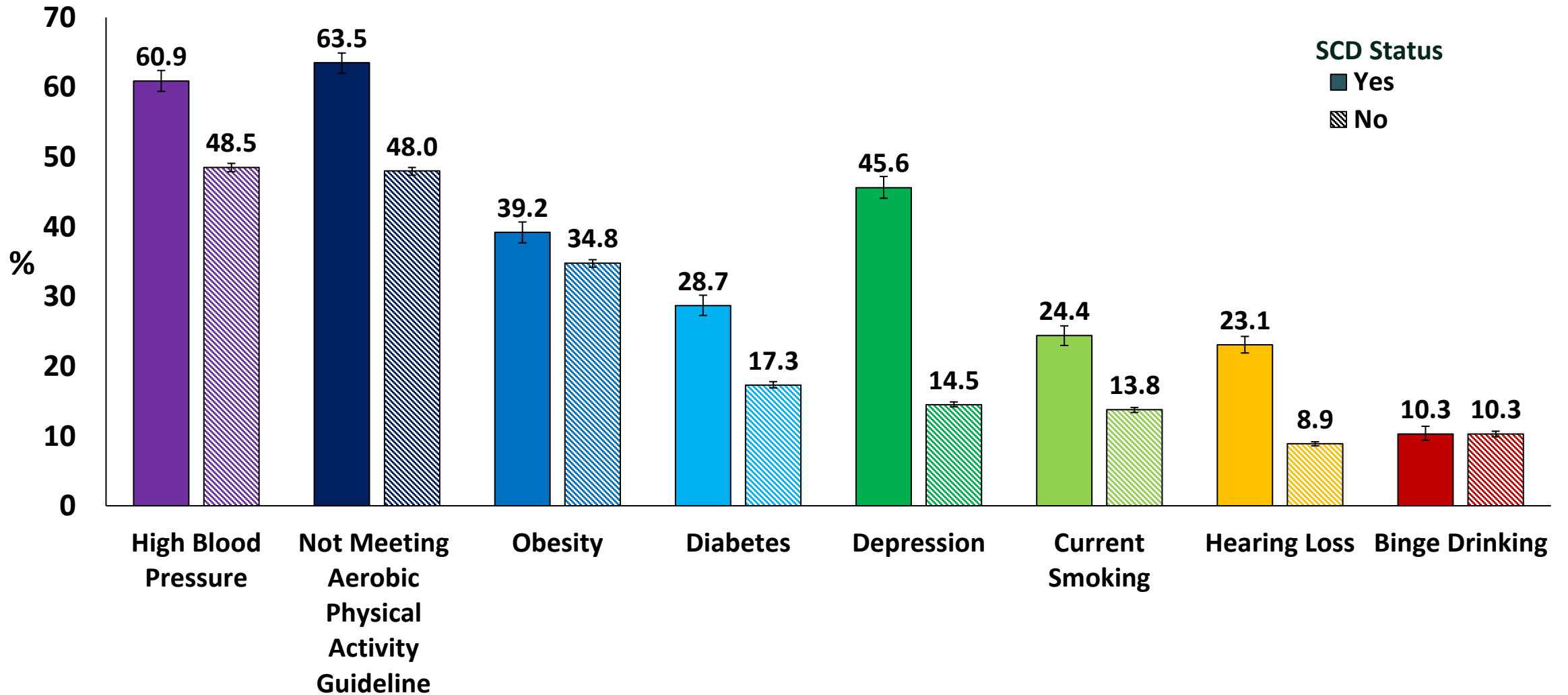


### Binge Drinking, by Age

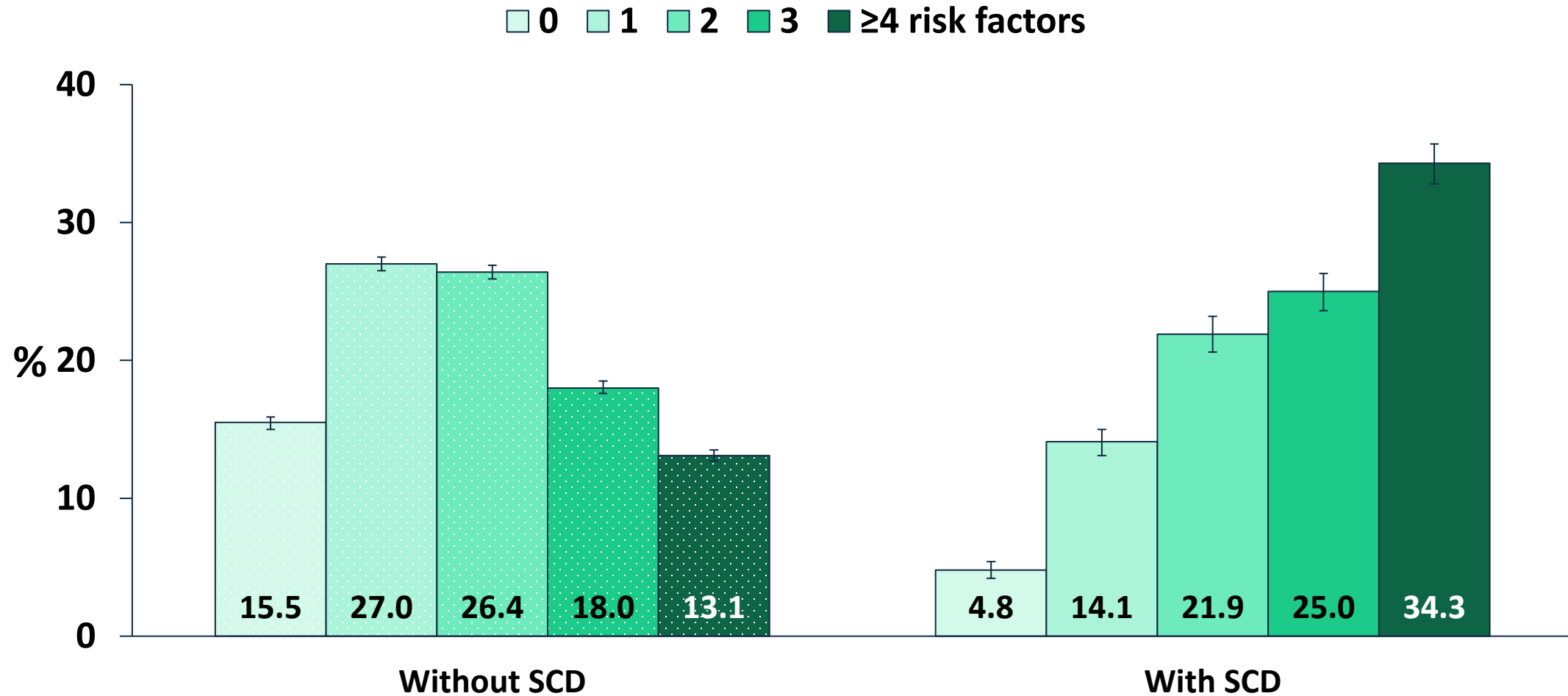


p<0.05 when compared to \*men, \*\*45-54 yrs

# Prevalence of Risk Factors: by SCD Status



# Proportion with Number of Risk Factors by SCD Status



# PUBLIC HEALTH IMPLICATIONS

- Identify priorities for public health action for ADRD risk reduction
  - Strategies tailored to those at highest risk
- Early detection of SCD and associated risk factors
- Many evidence-based activities (e.g., managing hypertension, promoting physical activity) can serve as potential strategies

Learn more: [Full Article](#), [Podcast](#), [Web Feature](#), [Blog \(forthcoming\)](#), [Medscape CE \(forthcoming\)](#)

# OUTLINE

- What is a public health approach to dementia and risk reduction?
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# NATIONAL INITIATIVES





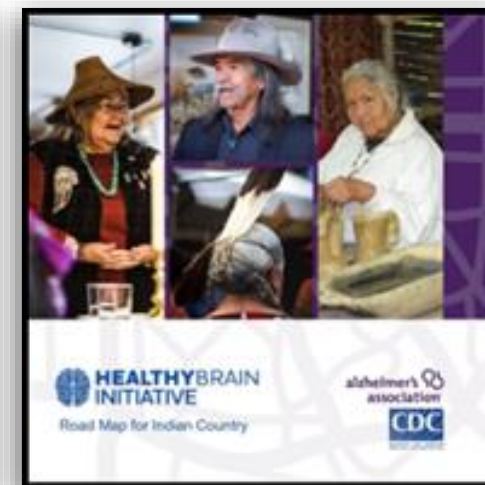
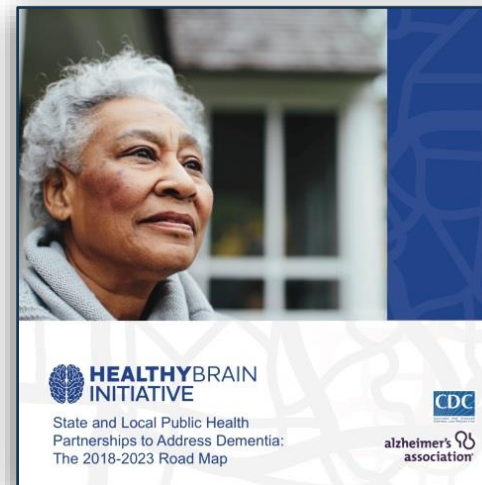
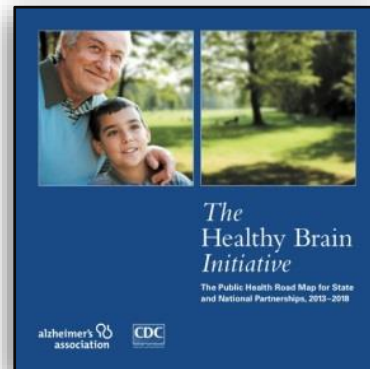
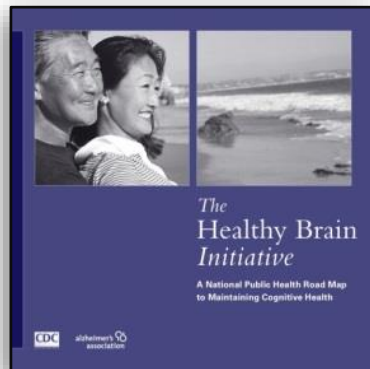
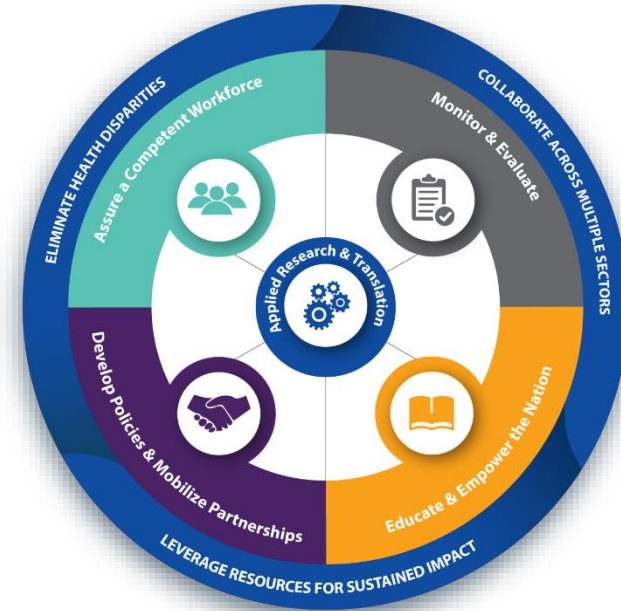
# HEALTHYBRAIN INITIATIVE

**Advances brain health** as a central  
part of public health practice



# **HEALTHYBRAIN INITIATIVE**

Public health strategies to promote brain health, address dementia, and help support caregivers



[www.cdc.gov/aging](http://www.cdc.gov/aging)



# Road Map Framework

## 25 actions consistent with 4 essential services of public health

- Assure a competent workforce
- Monitor and evaluate
- Develop policies and mobilize partnerships
- Educate and empower communities



# WHAT ARE CDC AND ITS AWARD RECIPIENTS DOING?

## The National Healthy Brain Initiative (CDC-RFA-DP20-2003)

- Five-year, multi-component approach for Alzheimer's disease public health activities

<https://www.cdc.gov/aging/healthybrain/index.htm>

**Component A:** Funds an organization with national scope and reach within states, to develop and implement public health strategies guided by the Healthy Brain Initiative (HBI) Road Map Series

- The Alzheimer's Association

<https://www.alz.org/professionals/public-health/public-health-approach/alz-association-efforts>

**Component B:** Funds organizations to support populations with a high burden of ADRD

- International Association for Indigenous Aging (IA<sup>2</sup>) - American Indian/Alaska Native

<https://bolddementiacaregiving.org/>

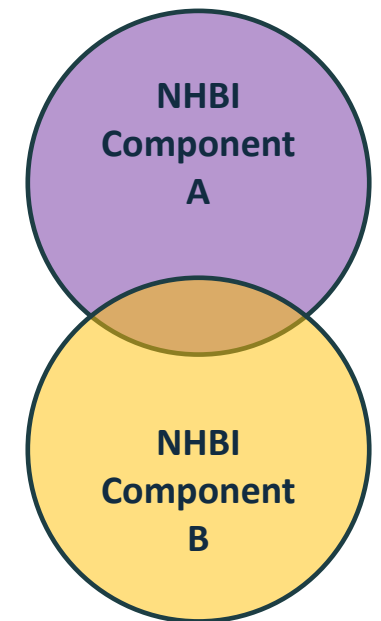
- University of Illinois at Chicago (UIC) - Intellectual and Developmental Disabilities

<https://healthmattersprogram.org/healthybrain/>

- Us Against Alzheimer's (UsA2) - Hispanic/Latino & African American

<https://www.usagainstalzheimer.org/>

## National Healthy Brain Initiative





**Building Our Largest Dementia Infrastructure (BOLD)** is designed to create a **strong public health infrastructure** for dementia and dementia caregiving



Establishes  
Alzheimer's Centers  
of Excellence



Provides funding for  
public health departments  
across the country



Increases data  
analysis and  
timely reporting

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# BOLD PRIORITY AREAS

Address Alzheimer's as an **urgent** public health issue to **create population-level change**

- Early detection and diagnosis
- Preventable hospitalizations
- Care planning and management
- Support for caregivers

## Attention to:

- Health disparities
- Rural areas
- High burden populations



# WHAT ARE CDC AND ITS AWARD RECIPIENTS DOING?



## BOLD Public Health Programs

**Building Our Largest Dementia Infrastructure (BOLD)—Public Health Programs to Address Alzheimer’s Disease and Related Dementias (CDC-RFA-DP20-2004)** funds a **total of 23 recipients from states, counties, cities, and tribal organizations** for 3-year awards at the *Enhanced or Core* level.

Provides funding to **improve the lives of those with Alzheimer’s disease and related dementias and to provide support for their caregivers by**

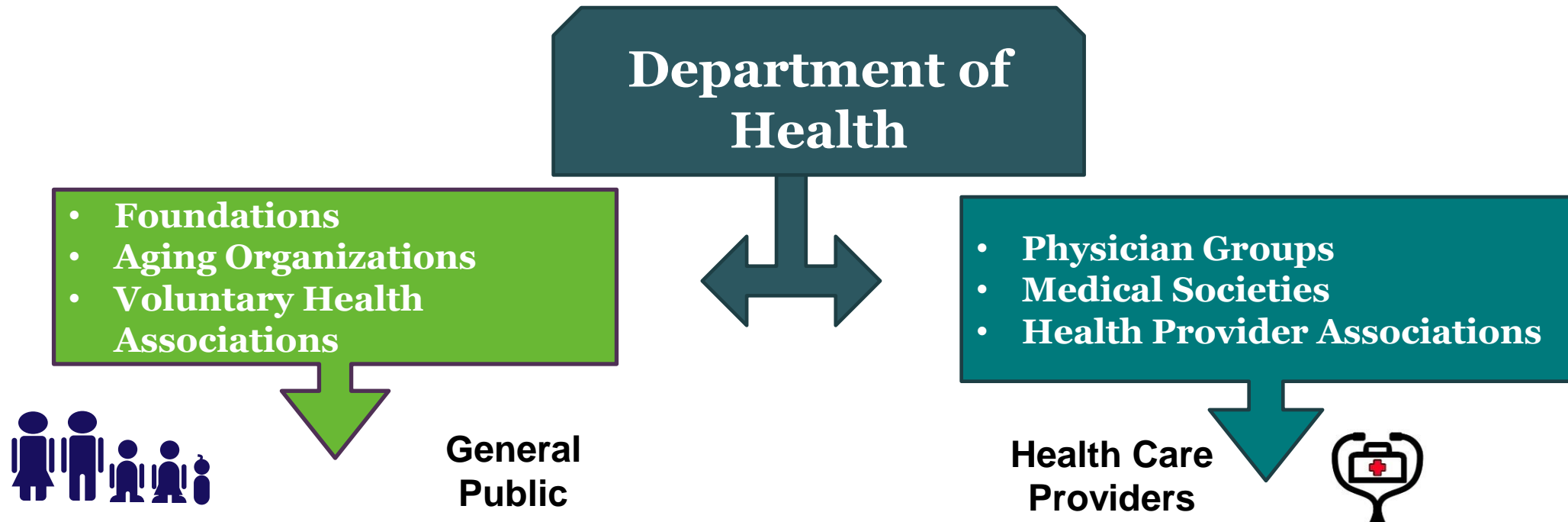
- Building/maintaining a **community coalitions** for identifying and monitor ADRD priorities (Core)
- Creating/updating a community **ADRD strategic plans including Road Map actions** (Core)
- Generating **actions plans** for implementing ADRD strategic plans (Core)
- **Implementing ADRD programming** in their community (Enhanced)

<https://www.cdc.gov/aging/funding/php/index.html>

# WHAT ARE CDC AND ITS AWARD RECIPIENTS DOING?

## BOLD Public Health Programs - Example

Partner with local groups to distribute information about brain health and Alzheimer's



# WHAT ARE CDC AND ITS AWARD RECIPIENTS DOING?

**Building Our Largest Dementia Infrastructure (BOLD)—Public Health Centers of Excellence to Address Alzheimer’s Disease and Related Dementias (CDC-RFA-DP20-2005)**

<https://www.cdc.gov/aging/funding/phc/index.html>

## **Funded 5-year awards to 3 Public Health Centers of Excellence**

### **Early Detection & Diagnosis – NYU Grossman School of Medicine**

➤ National resource and driving force for evidence-based and evidence-informed public health strategies dedicated to increasing **early detection of dementia** to improve the lives of people who are living with ADRD

<https://bolddementiadetection.org/>

### **Dementia Caregiving - University of Minnesota**

➤ Supports state, tribal and local public health agencies nationwide in implementing actions that protect the wellbeing and meet the needs of family members, friends, partners, and other unpaid **caregivers of people with dementia**

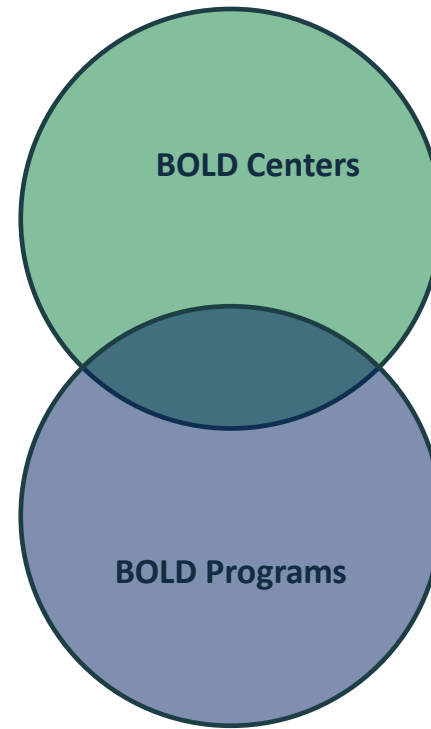
<https://bolddementiacaregiving.org/>

### **Risk Reduction – Alzheimer’s Association**

➤ Coordinates **risk reduction** efforts and helps public health agencies share best practices

<https://www.alz.org/professionals/public-health/public-health-approach/alz-association-efforts>

# WHAT ARE CDC AND ITS AWARD RECIPIENTS DOING?



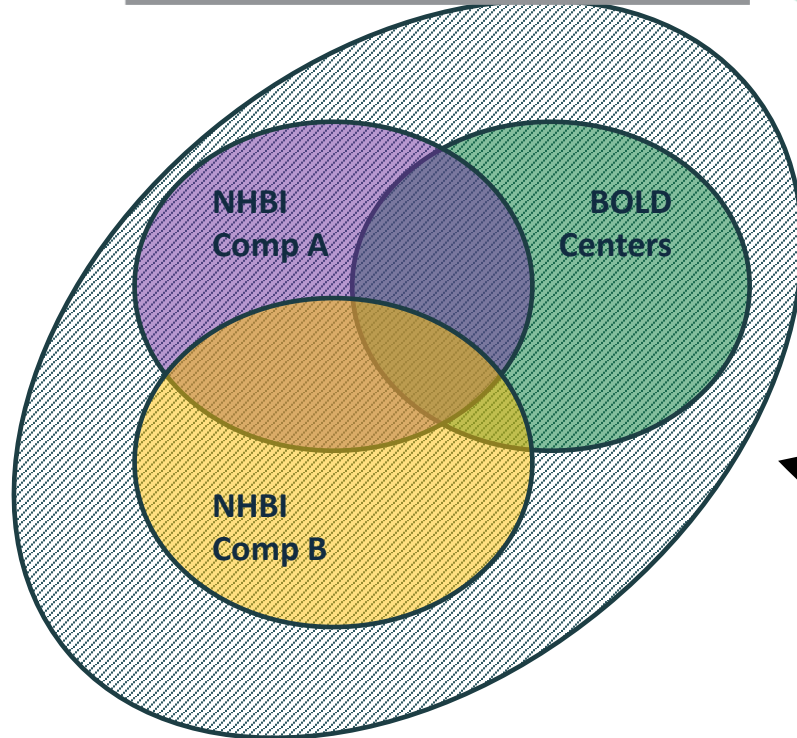


# WHAT ARE CDC AND ITS AWARD RECIPIENTS DOING?



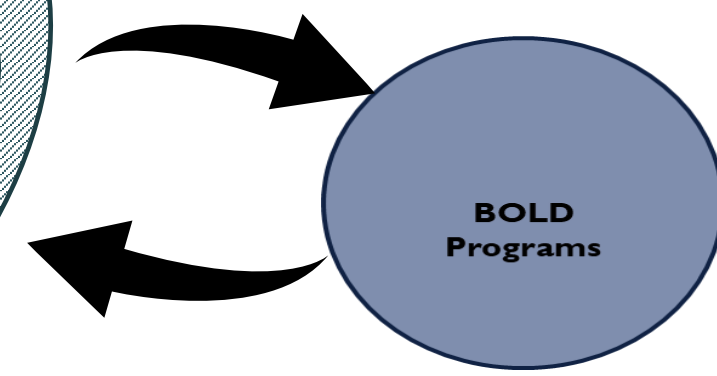
**HEALTHYBRAIN  
INITIATIVE**

*Collaborative*



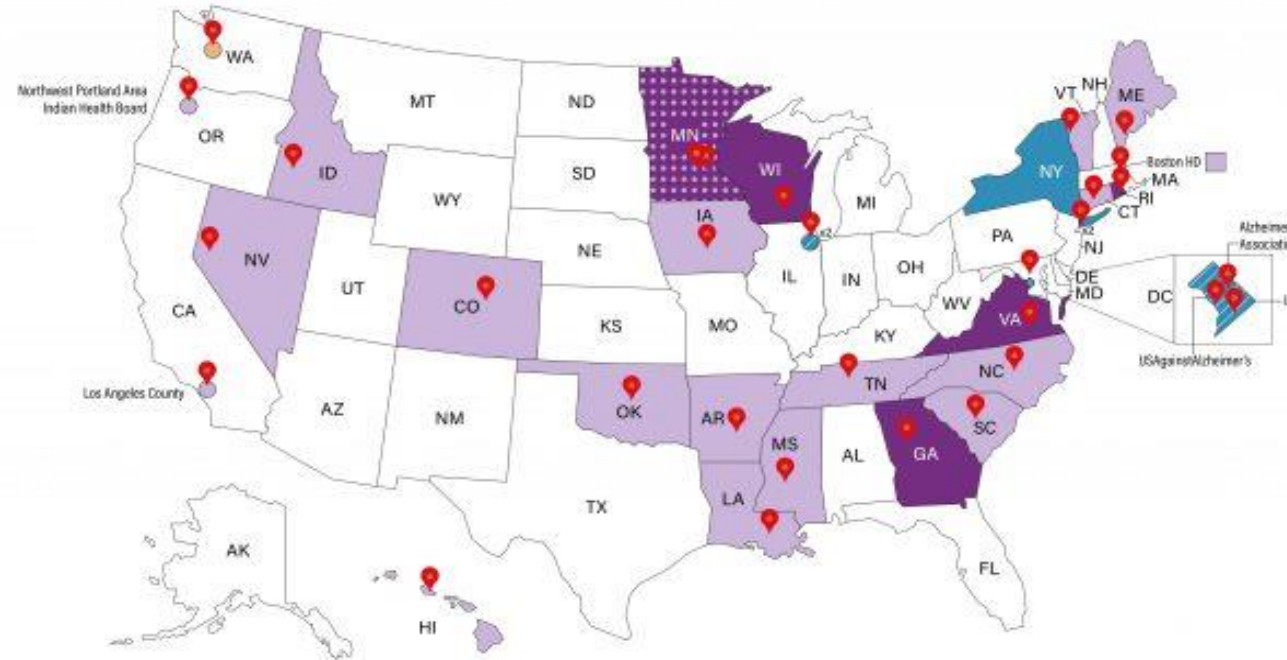
## Long-term Outcomes

- 1) Diagnosis and awareness of ADRD
- 2) Talk to provider about changes in memory
- 3) Reduce preventable hospitalizations
- 4) Utilization of Medicare benefits



# WHAT ARE CDC AND ITS AWARD RECIPIENTS DOING?

NHBI, BOLD Award Recipients | September 2021



**KEY**

- Geographic Location of Awardees
- BOLD Public Health Programs Core Capacity
- BOLD Public Health Programs Enhanced Capacity
- BOLD Public Health Centers of Excellence
- NHBI Component A: Alzheimer's Association, US Against Alzheimer's
- BOLD Center of Excellence - UMN and State - Enhanced Capacity
- Special Interest Project UW PRC

<https://www.cdc.gov/aging/funding/php/index.html>

# WHAT ARE CDC AND ITS AWARD RECIPIENTS DOING?

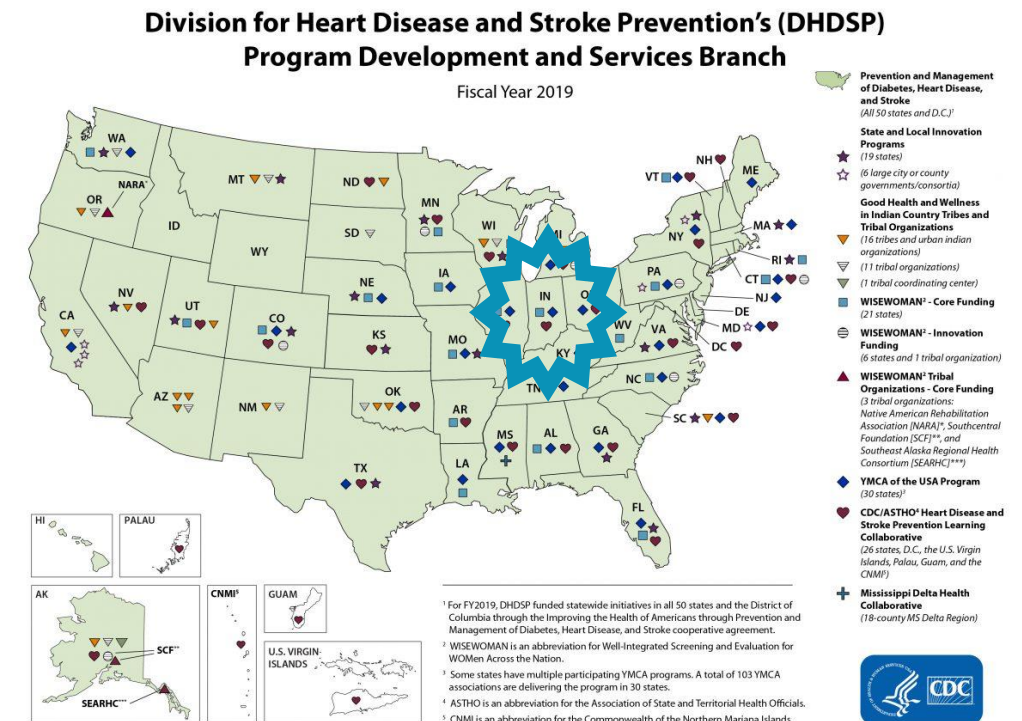
## CDC Programs That Address Alzheimer's Risk Factors Heart Disease and Stroke Prevention

Supports public health efforts that address heart disease and stroke

<https://www.cdc.gov/dhdsp/>

- Funds **all 50 states and Washington D.C. (including Indiana)** to address the serious national health problems of diabetes, heart disease, and stroke (DP18-1815)
- Funds 20 state and local health departments for **prevention, management, and reduction of the risk factors associated with heart disease and stroke (DP18-1817)**
- Connect with the heart disease and stroke program at the Indiana Department of Health for information & potential collaboration

<https://www.in.gov/health/cdpc/cardiovascularhealth/cardiovascular-health-home/>



# WHAT ARE CDC AND ITS AWARD RECIPIENTS DOING?

## CDC Programs That Address Alzheimer's Risk Factors Diabetes

Supports programs and activities to prevent or **delay the onset of type 2 diabetes** and to **improve health outcomes for people diagnosed with diabetes**.

<https://www.cdc.gov/diabetes/index.html>

- Funds all 50 states **(including Indiana)** and Washington D.C. to **prevent and manage diabetes, heart disease, and stroke. (DP18-1815)**
- Funds 20 state and local health departments to **prevent or delay the onset of type 2 diabetes** and to **improve health outcomes for people diagnosed with diabetes (DP18-1817)**
- Connect with the diabetes program at the Indiana Department of Health for information & potential collaboration

### Funded Programs

DP18-1815



Improving the Health of Americans Through Prevention and Management of Diabetes, Heart Disease, and Stroke

DP18-1817



Innovative State and Local Public Health Strategies to Prevent and Manage Diabetes, Heart Disease, and Stroke

DP17-1705



Scaling the National Diabetes Prevention Program in Underserved Areas

<https://www.in.gov/health/cdpc/diabetes/diabetes-home/>

# WHAT ARE CDC AND ITS AWARD RECIPIENTS DOING?

## CDC Programs That Address Alzheimer's Risk Factors Physical Activity and Nutrition

Leads the national effort to prevent chronic diseases by **promoting good nutrition, regular physical activity, and a healthy weight**

<https://www.cdc.gov/nccdphp/dnpao/index.html>

Funds obesity prevention projects in 40 states via SPAN, HOP, & REACH (including REACH in Indiana)

- Connect with the physical activity and nutrition program at the Indiana Department of Health for information & potential collaboration  
<https://www.in.gov/health/dnpa/>

### SPAN

The State Physical Activity and Nutrition (SPAN) carries out evidence-based strategies at state and local levels to improve nutrition and physical activity.

[About SPAN](#)

[SPAN Recipients](#)

### HOP

The High Obesity Program (HOP) funds land grant universities to work with community extension services in counties where more than 40% of adults have obesity.

[About HOP](#)

[HOP Recipients](#)

### REACH

The Racial and Ethnic Approaches to Community Health (REACH) program addresses racial and ethnic health disparities through local, culturally appropriate projects.

[About REACH](#)

[REACH Recipients](#)

# OUTLINE

- What is a public health approach to dementia and risk reduction?
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# WHAT RESOURCES ARE AVAILABLE TO ADDRESS ALZHEIMER'S IN INDIANA?



## Public Health Center of Excellence – Risk Reduction



Review the scientific evidence

- Available to assist state, local, and tribal public health agencies to address risk factors for dementia



Translate evidence into actionable tools

- Learn more at:

[alz.org/publichealth](https://alz.org/publichealth)



Assist public health agencies to act

- Contact:

[CenterOfExcellence@alz.org](mailto:CenterOfExcellence@alz.org)

**First-of-its-Kind Center Focuses on Deterring Dementia**

Researchers are zoning in on ways to fight dementia. The need for effective risk reduction strategies that help all communities grows larger by the day: two-thirds of Americans live in high-risk areas, and the number of Americans with Alzheimer's could more than double by mid-century.

The **Public Health Center of Excellence on Dementia Risk Reduction** coordinates risk reduction efforts and helps public health agencies share best practices. Headed by the Alzheimer's Association—the leading voluntary health organization in Alzheimer's care, support and research—the Center launched in 2020 with funding from the Centers for Disease Control and Prevention.

**Public Health Center of Excellence on Dementia Risk Reduction**

**We Can Help**

The science on dementia risk reduction is quickly evolving, and major breakthroughs are within reach. For example, there is growing evidence that people who adopt healthy lifestyle habits — like regular exercise and blood pressure management — can lower their risk of dementia. To reduce dementia risk, the Center helps public health agencies:

- Rally communities
- Educate the workforce
- Disseminate information
- Undertake health improvement planning
- Change health systems
- Expand local capacity
- Respond to social determinants of health
- Implement interventions
- Serve diverse communities
- Know the science

The Center offers:

- **One-on-One Engagement** with public health officials to encourage action in their communities.
- **Regional Learning Collaboratives** to educate public health officials about dementia and build capacity for action.
- **Technical Assistance** that helps public health officials design, implement and evaluate risk reduction activities.
- **Webinars, Publications and E-newsletters** to spread the latest information on dementia risk reduction, effective interventions and best practices.
- **Online Resources** to inform the public about the latest science on dementia risk reduction, and what the public health community can do about it.

To get started, contact us at [CenterOfExcellence@alz.org](mailto:CenterOfExcellence@alz.org). Learn more at [alz.org/publichealth](https://alz.org/publichealth).

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# WHAT RESOURCES ARE AVAILABLE TO ADDRESS ALZHEIMER'S IN INDIANA?

## Chronic Disease Risk Reduction Messages that Promote Brain Health

*Nuevo en español!*



Healthy Blood Pressure/Healthy Brain  
Presión Arterial Saludable/Cerebro Sano



Healthy Blood Sugar/Healthy Brain  
Nivel Saludable de Azúcar en la Sangre/Cerebro Sano



Healthy Body/Healthy Brain  
Saludable/Cerebro Sano



Healthy Diet/Healthy Brain  
Alimentación Saludable/Cerebro Sano



Healthy Brain Infographic  
Infografía de Cerebro Sano

Review the Modification Process for the Rack Cards

## Fliers

National Association of Chronic Disease Directors (NACDD) produced 4 fliers and 1 infographic for use on websites, in doctors' offices, and other venues.

Messages highlight the importance of maintaining healthy blood sugar, healthy blood pressure, a healthy body, and a healthy diet.

Rack cards and infographic can be customized to include your organization's logo.

These resources are available in Spanish. For more information and approval to customize these rack cards visit the NACDD website

➤ [NACDD Action on Healthy Aging and Brain Health](#)



# WHAT RESOURCES ARE AVAILABLE TO ADDRESS ALZHEIMER'S IN INDIANA?

## Healthy Brain Resource Center

### Healthy Brain Resource Center

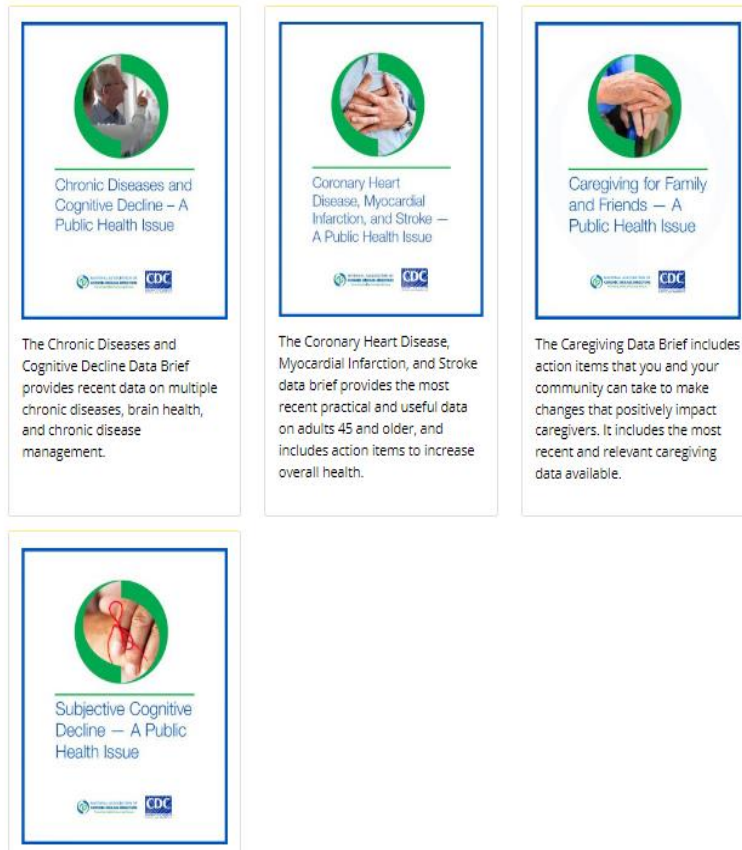


- **The Healthy Brain Resource Center (HBRC)** is an easy-to-navigate website that helps users find credible public information and materials to support implementing the Healthy Brain Initiative (HBI) Road Map actions.

[https://nccd.cdc.gov/DPH\\_HBRC/](https://nccd.cdc.gov/DPH_HBRC/)

# WHAT RESOURCES ARE AVAILABLE TO ADDRESS ALZHEIMER'S IN INDIANA?

## Data Briefs



State of Aging and Health in America Data Briefs are a series of topic-specific documents from the National Association of Chronic Disease Directors that focus on public health issues related to older adults

Provide the most recent and relevant data available on health and aging related conditions and include breakdowns by state, age, gender, and ethnicity

Useful in making informed decisions and policies related to these issues

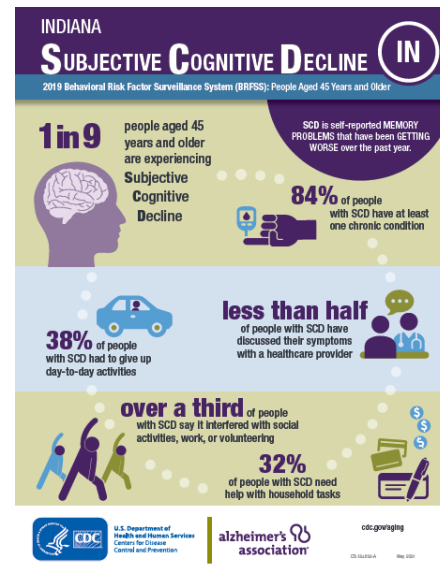
<https://www.cdc.gov/aging/publications/healthy-brain-issue-maps.html>

# WHAT RESOURCES ARE AVAILABLE TO ADDRESS ALZHEIMER'S IN INDIANA?

## National & Indiana Infographics

### Social Cognitive Decline

### Caregiving



<https://www.cdc.gov/aging/data/index.htm>

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[www.cdc.gov/aging](http://www.cdc.gov/aging)

The screenshot shows the CDC website for Alzheimer's Disease and Healthy Aging. At the top, there is a search bar and a navigation menu. The main content area features a large image of an elderly woman with glasses, with a text overlay that reads: "Evidence-based, scientific information to educate, inform, and assist translating research into public health practice." Below this is a "What's New" section with several links: "Dementia Risk Reduction", "Modifyable Risk Factors for Alzheimer Disease and Related Dementias Among Adults Aged ≥ 65 Years", "The Healthy Brain Resource Center", "Memory Loss Among Caregivers", "2020 State Caregiving and SCD Indicators", and "Publication: Impact Dementia Caregiver A Policy and Public Health Imperative". A "What is Alzheimer's Disease?" section follows, with a "More about Alzheimer's disease and related dementias" link. Below this are three columns of featured content: "Alzheimer's Disease" with an image of an elderly man, "Caregiving" with an image of two women, and "Healthy Brain Road Maps" with an image of an elderly woman. At the bottom, there are six boxes with icons and text: "Communications Center" (Listen to our podcasts, watch our videos, and read our web features for the latest Alzheimer's and Healthy Aging updates), "Emergency Preparedness for Older Adults", "Resources & Publications", "Awardees" (National Healthy Brain Initiative and Building Our Largest Dementia (BOLD) Infrastructure), "Healthy Brain Resource Center" (Easy to navigate website for users to find credible public information and materials to support implementing the Healthy Brain Initiative (HBI) Road Map actions), and "Training for Public Health Professionals".

## Homepage

# THANK YOU



**HEALTHY**BRAIN  
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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

