

July 2023

First-of-Its-Kind Study Reveals Highest Prevalence of Alzheimer's in Eastern and Southeastern United States

A landmark study, released at the [Alzheimer's Association International Conference \(AAIC\)](#) in Amsterdam, showed that the Eastern and Southeastern United States have the highest prevalence of Alzheimer's among those aged 65 and older. The study — the first-ever to estimate Alzheimer's prevalence at the county level — suggests that the denser populations of older people and Black and Hispanic residents could account for the higher prevalence rates. For counties with a population of 10,000 or more individuals aged 65 or older, the study found the highest Alzheimer's prevalence rates are in:

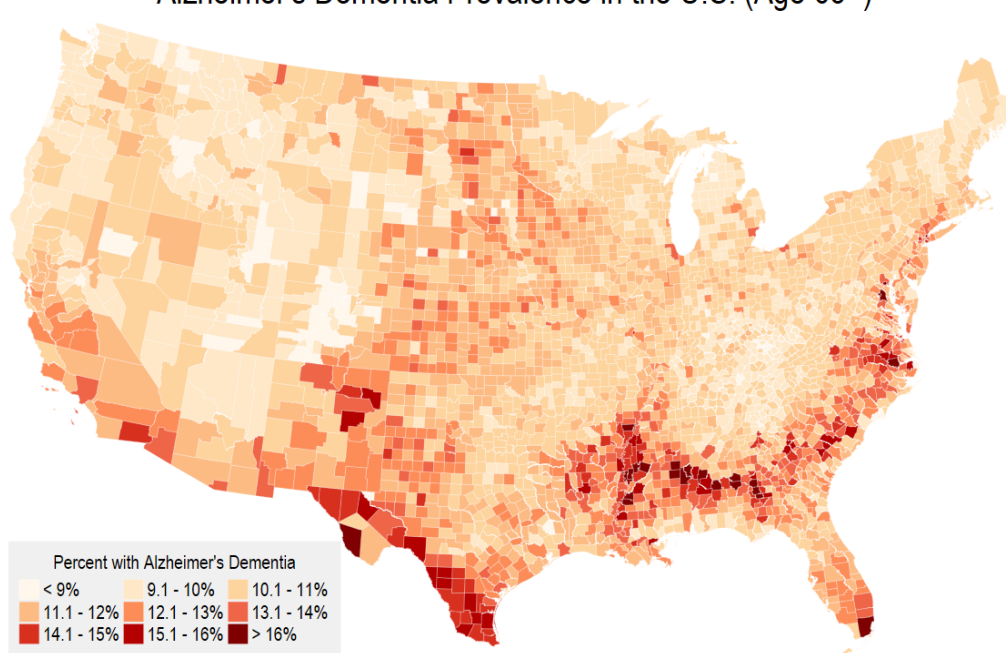
- Miami-Dade County, Fla. (16.6%)
- Baltimore City, Md. (16.6%)
- Bronx County, N.Y. (16.6%)
- Prince George's County, Md. (16.1%)
- Hinds County, Miss. (15.5%)
- Orleans Parish, La. (15.4%)
- Dougherty County, Ga. (15.3%)
- Orangeburg County, S.C. (15.2%)
- Imperial County, Calif. (15.0%)
- El Paso County, Texas (15.0%)

“County-level estimates help us better understand and pinpoint areas of high risk and high need — where, for example, culturally-sensitive health support and caregiver training services are needed.”

Matthew Baumgart, Alzheimer's Association vice president of health policy

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Alzheimer's Dementia Prevalence in the U.S. (Age 65+)



Based on data from: Dhana et al., Alzheimer's & Dementia, 2023

[Learn More](#)

AAIC23 Leading Evidence

In addition to the county-level prevalence study, several other research findings of interest to public health were released at AAIC.

New Research Links Less Frequent Bowel Movements to Cognitive Decline

According to new research, experiencing less frequent bowel movements is associated with cognitive decline. Two additional studies define specific gut bacteria that are associated with increased dementia risk, as well as gut bacteria that may be neuroprotective. Previous research has connected the health and makeup of the gut microbiome, which is the community of microorganisms that live in our digestive tracts, with a number of other vital body functions. The new findings add to mounting research aligning a healthy gut with a healthy brain.

Does Chronic Constipation Age Your Brain?

Having infrequent bowel movements (every 3 days+) was associated with:

73% higher odds of subjective cognitive decline

3 YEARS additional years of cognitive aging

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*According to data presented at #AAIC23

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Promising Results: Finger Prick Blood Test Shows Over 80% Accuracy in Detecting Alzheimer's Disease

Could a single drop of blood detect Alzheimer's?

A pilot study found a simple finger prick blood sample was able to detect markers for Alzheimer's.

ALZHEIMER'S ASSOCIATION

*According to data presented at #AAIC23



A simple finger prick blood test shows promise in the ability to detect Alzheimer's disease. A blood test was more than 80% accurate in identifying Alzheimer's-related changes — significantly better than doctors in the study who did not have access to the test. Blood tests are already being implemented in Alzheimer's drug trials for further verification of their effectiveness and for screening potential participants, which would be a significant evolution from more expensive and invasive procedures that are currently common practice.

[Learn More](#)



Large Clinical Trial Shows Hearing Aids and Auditory Counseling Halve Cognitive Decline in Older Adults

The use of hearing aids, supplemented by ongoing auditory counseling, can halve cognitive decline in older adults, according to the results of a randomized controlled trial of more than 1,700 individuals. The study focused on participants who suffered from hearing problems and were at increased risk of cognitive decline. The findings add to the body of evidence that addressing hearing loss may be an avenue to maintain cognitive health in older adults.

[Learn More](#)

BRFSS Subjective Cognitive Decline Data Analyzed

Findings from analysis of subjective cognitive decline (SCD) data from the Behavioral Risk Factor Surveillance System (BRFSS) were the subject of three poster presentations. Among the findings:

- Native Americans/Alaska Natives have the highest rate of SCD at 21%; among those with SCD, 63% of Hispanics have functional difficulties — the highest rate among racial/ethnic groups.
- Of those who get less than 7 hours sleep on average per night, transgender and nonbinary adults are more likely to report SCD.
- Adults with SCD in Delaware are two to three times more likely than those without SCD to have diabetes, stroke, asthma, angina, a heart attack, COPD, cancer, arthritis, and kidney failure.

[Find your States Data](#)

Addressing Elder Abuse: New Research Brief Sheds Light on the Mistreatment of People Living with Dementia

[Mistreatment of People with Dementia](#), a new research brief from the [National Center on Elder Abuse](#) (NCEA), offers a deep dive into the issue of elder abuse, specifically among individuals living with dementia. The report offers crucial insights for public health professionals, policymakers, and the broader community and underscores the importance of addressing the issue.

Webinars and Upcoming Events



TOMORROW: Explore the New HBI Road Map with Experts: Charting the Course to Better Brain Health.

July 26 from 4 – 5 p.m. E

The [Healthy Brain Initiative \(HBI\): State and Local Road Map for Public Health, 2023-2027](#) has been released. Learn about strategies and actions to implement the Road Map in the launch webinar, *Explore the New HBI Road Map with Experts: Charting the Course to Better Brain Health*. Learn how to take action, prioritize health equity, and shift policies to promote brain health for every member of your community.

[Register](#)

Advancing Health Equity in Dementia: Introducing a New Public Health Curriculum

August 23 from 1 – 2 p.m. ET.

Join the Alzheimer's Association's Healthy Brain Initiative for a webinar launching the new, free, interactive public health curriculum on health equity and dementia, created in partnership with the Centers for Disease Control and Prevention and Emory University. The webinar will include a demonstration of the curriculum module, Health Equity and Dementia — Using a Demonstration of the Curriculum and Public Health Professionals on how they plan to integrate this module into their course curriculum and staff training.

[Register](#)

First-Ever Dementia Risk Reduction Summit: Recording Now Available

The recording of the first-ever Dementia Risk Reduction Summit, sponsored by the [Public Health Center of Excellence on Risk Reduction](#), has been posted. The groundbreaking summit focused on how public health can address risk factors for cognitive decline and dementia, covering a broad spectrum of prevention strategies.

[Watch Recording](#)

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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 dementias.

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