

January 2024

Prioritizing Brain Health: *10 Healthy Habits for Your Brain*

The Alzheimer's Association® has just released a new tool to promote brain health, *10 Healthy Habits for Your Brain*. The campaign encourages Americans of all ages to take steps to keep their brains healthy – and possibly reduce their risk of developing dementia – through positive, everyday actions.

Science is now at the point where we know what habits will help keep our brains healthy. *10 Healthy Habits for Your Brain* outlines these steps with easy-to-understand brain health strategies. Anytime is a good time to take charge of your brain health.

The *10 Healthy Habits for Your Brain* are:

- Challenge your mind
- Stay in school
- Get moving
- Protect your head
- Be smoke-free
- Control your blood pressure
- Manage diabetes
- Eat right
- Maintain a healthy weight
- Sleep well



alz.org/healthyhabits

Through the Public Health Center of Excellence on Dementia Risk Reduction and the Healthy Brain Initiative, the Alzheimer's Association works to support public health practitioners as they strive to build healthier communities. While developed outside of these initiatives as a direct-to-consumer marketing tool, [10 Healthy Habits for Your Brain](#) can be easily used and adapted by public health officials in their communities and networks.

Three Key Opportunities to Advance Dementia Public Health Research

1. AAIC 2024 Public Health Track: Abstracts are now being accepted for the public health track of the Alzheimer's Association International Conference® (AAIC®). Held in Philadelphia from July 28-August 1, AAIC 2024 is an opportunity for public health researchers to showcase their work on a global stage and engage with leading dementia experts. Research abstracts are due January 22.

[Learn More](#)

2. Alzheimer's Association Interdisciplinary Summer Research Institute (AA-ISRI): AA-ISRI is an immersive, no-cost opportunity for early career researchers in public health or psychosocial care to further a career in dementia science and accelerate breakthroughs in the field. The Institute will take place in Chicago from August 19-23, 2024. Applications are due March 11.

[View Application](#)

3. Alzheimer's Association MATTER Pitch Competition: The second annual Pitch Competition invites researchers, teams, and startups to develop innovative solutions that increase access to quality, person-centered care for underserved people living with Alzheimer's disease. Up to five finalists will be selected to receive expert mentorship, present at a final showcase on March 19, and receive up to \$15,000. Applications are due January 21.

[Learn More](#)

Final Call for Public Input: Help Shape the Next Healthy Brain Initiative (HBI) Road Map for Indian Country

Input is now being sought for the next edition of the HBI Road Map for Indian Country. The deadline to submit feedback is January 19. Tribal organizations, their partners and interested individuals are invited to:

- Read the [HBI Road Map for Indian Country: Opportunity for Input](#) document.
- Complete the [feedback form](#) by January 19.

Learn more about the development process, the Leadership Committee and timeline in the Alzheimer's Association press release.

[Read Press Release](#)



Data Spotlight:

Risk Factors for Cognitive Decline

Looking to understand dementia risk factors in your community? The BOLD Public Health Center of Excellence has prepared state-specific fact sheets on the prevalence of risk factors for cognitive decline and dementia, which are now available on each state's public health page at alz.org/publichealth. The fact sheets include data on rates of hypertension, physical inactivity, smoking, inadequate sleep, diabetes and obesity.

[Find Your State](#)



Upcoming Events

Evaluate Impact with HBI Road Map: Introducing the HBI Road Map Evaluation Tool
January 24 from 2-3 p.m. ET

This webinar will guide state and local health departments on using the new Evaluation Tool to measure and track HBI Road Map implementation. Participants will hear from CDC and the Alzheimer's Association about the importance and use of the tool itself, as well as from a panel featuring the Georgia Department of Public Health and the Alzheimer's Association Georgia Chapter about their partnership and plans to use the tool.



The Evaluation Tool will be posted to alz.org/HBIRoadMap after the webinar.

[Register](#)

Black Men's Brain Health Conference February 6-7 in Las Vegas, NV

Focused on brain health among Black men, this conference presents a unique opportunity for health care and public health professionals to explore targeted outreach strategies and learn about the latest research. Visit the registration page for more details.

[Learn More](#)

Recordings and Resources

Public Health and Dementia Caregiving Curriculum Webinar

Missed the live session? Watch the recorded webinar on the the new Alzheimer's public health curriculum module, *Public Health and Dementia Caregiving*. Developed by Alzheimer's Association and the University of Minnesota's BOLD Public Health Center of Excellence on Dementia Caregiving, the module helps public health students and practitioners understand the role public health plays in addressing caregiving. Learn more about this and other modules at alz.org/publichealthcurriculum.

[View Recording](#)

Transcript Available: BOLD Risk Reduction Center Conversation at AAIC

At AAIC 2023, the BOLD Public Health Center of Excellence on Dementia Risk Reduction hosted a conversation among international researchers and organizations about successful ways to engage public health agencies on brain health. A transcript of the conversation is now available. Public health practitioners can learn about successful strategies and tactics from around the world.

[View Transcript](#)

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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 dementia®.

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