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Unlocking Brain Health: New Video Series on Dementia Risk Reduction by BOLD Public Health Center of Excellence

The BOLD Public Health Center of Excellence on Dementia Risk Reduction recently released short videos highlighting five of the key modifiable risk factors for cognitive decline and dementia: [diabetes and obesity](#), [cardiovascular disease](#), [physical activity](#), and [tobacco use](#).

The videos, which are presented by the foremost experts in the Alzheimer's and dementia research field, contain information on the scientific evidence for each risk factor as well as the implications for public health.

[Learn more](#)

Supporting Tribal Nations: The National Title VI Conference – Gathering of Tribes Working on Brain Health

A first-of-its-kind gathering of tribes that receive federal funding to work on brain health and dementia was recently held in Washington, DC. The meeting brought together tribal and public health leaders to share best practices, challenges, and key partners while connecting and learning about each other's work. The Alzheimer's Association recently published [success stories](#) of work funded by the Association and the National Indian Health Board to improve health outcomes and address Alzheimer's and other dementias in Indian country.

A key resource for tribal nations working to address cognitive impairment and support caregivers of people living with dementia is the [Road Map for Indian Country](#). This strategic guide will be updated in the coming year.



If you have used the Road Map for Indian Country or are interested in being involved in the update process, please complete this short, four question form.

[Interest form](#)

Leading Evidence

Alcohol Awareness Month: The Impact of Alcohol Consumption on Brain Health

April is [Alcohol Awareness Month](#), an opportunity to update knowledge about alcohol and health. That includes brain health. A recent [study](#) found that heavy drinkers (those consuming more than 14 drinks per week) have a predicted brain age older than their actual age, while lighter drinkers and non-drinkers have younger predicted brain ages. These findings suggest that excessive drinking may negatively affect brain health and increase the risk of certain types of dementia, such as [Korsakoff syndrome](#).



To learn more about the current evidence on alcohol's impact on cognitive health and the implications for public health, read the summary on [tobacco and alcohol consumption](#) published by the Public Health Center of Excellence on Dementia Risk Reduction. It is one of several [short summaries](#) on the state of the science on various modifiable risk factors published by the Center.



Webinars and Upcoming Events

BOLD Public Health Center's Risk Reduction Summit on Dementia: Last Call to Join the Conversation

The BOLD Public Health Center of Excellence's Risk Reduction Summit is taking place May 16-17 in Atlanta, Georgia. This Summit will identify what public health agencies at the state, local, and tribal level can do to address dementia risk factors, including the social determinants of health. There are still a few spots open for state, local, and tribal public health staff. Please contact CenterOfExcellence@alz.org before Thursday, April 27 if you would like to attend.

Virtual Learning and Networking Opportunity: *Local Health Departments and Brain Health Action*

May 8 from 2 – 3 p.m. ET

Learn about initiatives supporting brain health in local communities, with particular attention to the Healthy Brain Initiative (HBI) Road Map Strategists. Local health department officials will share examples of ways they have integrated guidance from the HBI Road Map into their work, including barriers and successes to advancing their plans. National experts will share resources and opportunities to advance public health efforts on brain health in the local community. Following the presentations, participants will have the opportunity to network with HBI Strategists and other public health professionals from across the country. Secure your spot!

[Register](#)

Recording Now Available: Hypertension and Brain Health Fireside Chat

The [recording](#) of the National Hypertension Control Roundtable's (NHCR) fireside chat on hypertension and brain health, held on March 29, is now available online. The expert panel, featuring Dr. Richard Benson, Dr. Tony Kuo, and Jeff Williamson, discussed the crucial link between uncontrolled hypertension and dementia, and the importance of controlling hypertension for healthy brain aging. They also highlighted innovative campaigns, such as "Mind Your Risks," that are raising awareness about the risks of dementia associated with uncontrolled hypertension.

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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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