

July 2024

One Year of Making an Impact with *The Healthy Brain Initiative: State and Local Road Map for Public Health, 2023-2027*

Since the 2023 release of the fourth edition of the [Healthy Brain Initiative \(HBI\) Road Map](#), state and local health departments have been taking action to enhance brain health across the life course.



The 24 actions of the HBI Road Map are helping guide public health efforts nationwide to promote brain health, improve diagnosis and maximize care in every community.

Hear more in the video below about how the HBI Road Map and the BOLD Public Health Program Awards are making an impact in local communities across the United States.



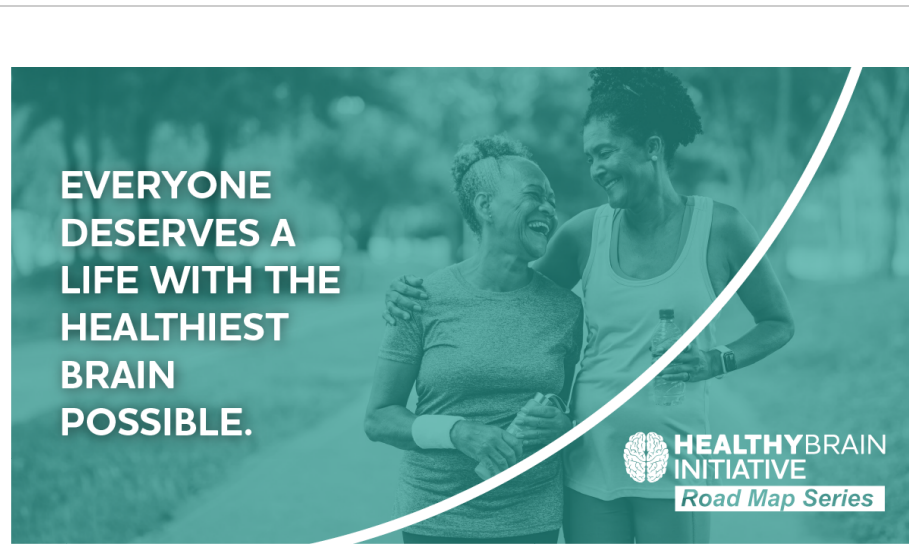
Health Departments are Implementing the HBI Road Map Across the Life Course

Earlier this year, state and local health departments in partnership with local Alzheimer's Association chapters collected data on implementation of the HBI Road Map. Using the HBI Road Map [Evaluation Tool](#), participating health departments shared data about the activities they undertook and the populations they reached. In total, 26 state and local health departments shared implementation data. Some of the key findings include:

- Action across all four domains: Health departments are implementing actions from each of the HBI Road Map's domains, with nearly all agencies (92%) undertaking activity in the *Strengthen Partnerships and Policies* domain.
- Action taken by domain: Among all implementation activities, nearly 60% is concentrated in the domains of *Strengthen Partnerships and Policies* (29%) and *Engage and Educate the Public* (29%).
- Action across the life course: Health departments are implementing actions at each level of prevention —primary, secondary and tertiary. Within a domain, implementation is distributed among the prevention levels, indicating that health departments are taking a life course approach to brain health, dementia and caregiving.

	Percent of Health Departments Taking Action in:	Percent of Total Actions Taken In:	Percent of Actions at Primary Prevention Level:	Percent of Actions at Secondary Prevention Level:	Percent of Actions at Tertiary Prevention Level:
Partnerships & Policies	92%	29%	28%	28%	29%
Measurement & Evaluation	69%	17%	24%	25%	26%
Workforce Development	69%	24%	17%	18%	18%
Engagement & Education	69%	29%	30%	28%	27%

A special thanks to the state and local health departments that participated in this baseline evaluation. The next round of data collection will begin in the fall and is open to all states.



Advance Local Action with the *Implementation Guide*

The HBI Road Map [Implementation Guide](#) provides a step-by-step approach to implementing the actions of the HBI Road Map, focusing on collaboration, community needs and equitable representation. The guide is designed for both health departments just getting started as well as those looking to advance and build on existing work.

[View Guide](#)

Apply Now for Two Opportunities for Local Health Departments

Local health department (LHD) officials can now apply for two new opportunities to enhance brain health and address dementia within their communities.

1. Risk Reduction Learning Collaboratives:

Join regional leaders from LHDs in organizing community action planning meetings focused on enhancing brain health. Hosted by the Alzheimer's Association Public Health Center of Excellence on Dementia Risk Reduction, in collaboration with the Association of State and Territorial Health Officials (ASTHO) and the National Association of County and City Health Officials (NACCHO), these collaboratives aim to deepen understanding of social determinants of health and equip LHDs with confidence in developing actionable plans to mitigate dementia risk. **Applications are due August 2, 2024.**

[View Application](#)

2. Healthy Brain Initiative (HBI) Road Map Strategists:

Become part of a select group of change agents from across the nation working to address dementia using a public health approach. Hosted in collaboration with NACCHO, the year-long Road Map Strategists program provides 10 LHDs funding of up to \$48,000 each — along with education, peer support and technical assistance — to develop expertise on dementia and implement strategies to address dementia in their communities. **Applications are due September 26, 2024.**

[View Application](#)

Visit the [application page](#) to learn more and apply. For questions, contact publichealth@alz.org.

Register for the *Community Matters: Understanding Social Determinants of Health to Reduce Dementia Risk* Webinar Series

Register for the four-part webinar series exploring the connection between social determinants of health and dementia risk. The Alzheimer's Association Public Health Center of Excellence on Dementia Risk Reduction will continue the series on July 24 with *Nourishing Minds: Exploring Nutrition and Food Security's Role in Dementia Risk Reduction* from 3-4 p.m. ET.



[Register Today](#)



Research Roundup

Type 2 Diabetes and Dementia Risk

Individuals with impaired glucose tolerance (IGT) who develop type 2 diabetes face a higher incidence of dementia over 10 years compared with individuals with IGT who do not develop diabetes, according to a new study from New Zealand. The increased incidence rate was even more pronounced among individuals of non-European ethnicity, those from socioeconomically deprived populations, and smokers. The research underscores the importance of diabetes prevention efforts, especially among those at higher risk for developing diabetes.

[Read the Study](#)

Brain Health Tip



Manage Diabetes. Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary. Learn more at alz.org/healthyhabits.



Upcoming Events

Disseminating Evidence-Based Programs to Support Family Dementia Caregivers: The Role of Public Health

July 24 from 1-2 p.m. ET

The [Public Health Center of Excellence on Dementia Caregiving](#) will host a webinar on July 24, focusing on key actions health agencies can take to disseminate supportive programs and resources for caregivers. The session will highlight the crucial role of public health in ensuring accessibility to these services.

[Learn More](#)

Showcasing the Alzheimer's Association Public Health Efforts at NACCHO360 in Detroit, MI

Detroit, MI | July 23-26 — Booth #135

Explore the public health work of the Alzheimer's Association at the [NACCHO360](#) conference. Meet the Association's public health team and learn about local strategies for integrating Alzheimer's and dementia care into public health action.

Health Equity Across the Life Course Through Community Health Improvement at NACCHO360

Detroit, MI — Room #141 | Thursday, July 25 at 1:30 p.m. ET

This in-person NACCHO360 session will educate attendees about healthy aging, dementia and community health improvement. The session will highlight two public health guides that incorporate healthy aging and brain health into the community health improvement process. Add this session to your NACCHO360 agenda. Learn more about both guides:

- [Indicators of Healthy Aging: A Guide to Explore Healthy Aging through Community Health Improvement](#)
- [Integrating Brain Health Into Health Improvement Planning: The Healthy Brain Initiative Road Map and MAPP 2.0](#)

Virtual Event: AAIC For All

AAIC® For All is an extension of the Alzheimer's Association International Conference® (AAIC), the largest international conference dedicated to advancing dementia science. A no-cost, single-day online event, AAIC For All is an opportunity to learn about the latest research findings.

[Learn More](#)

Resources

Virtual Coach: HealthMatters Program — Fall 2024 Enrollment Open

Enrollment for the [Virtual Coach: HealthMatters Program](#), an evidence-based 12-week health promotion for individuals with intellectual and developmental disabilities (IDD), is now open for fall 2024. This program equips frontline staff and caregivers with strategies and materials to promote healthy choices among people with IDD. It includes interactive online health education lessons and physical activity videos.

[Learn More](#)

Get Started at alz.org/PublicHealth



HBI Road Map



State Resources and Data



10 Healthy Habits for Your Brain



HBI Road Map for Indian Country



Public Health and Dementia Curriculum



10 Early Signs of Alzheimer's

The Healthy Brain Initiative is supported by the Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$11,433,732 with 100 percent funding by CDC/HHS. The contents are those of the Alzheimer's Association and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

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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