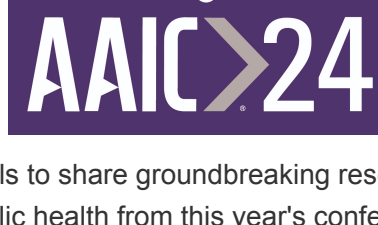


August 2024

Public Health Insights from AAIC 2024

The Alzheimer's Association International Conference® (AAIC®) is the largest international meeting dedicated to advancing dementia science. Each year, AAIC convenes researchers, clinicians and dementia professionals to share groundbreaking research discoveries. Here are highlights of interest to public health from this year's conference in Philadelphia:



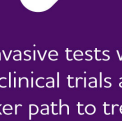
Blood Tests Could Revolutionize Alzheimer's Detection

Blood tests could improve the accuracy of Alzheimer's diagnostic methods. New research shows that blood tests assessing Alzheimer's biomarkers were about 90% accurate in identifying Alzheimer's among patients with cognitive symptoms, compared with 63% accuracy among primary care physicians and 73% among specialists when not using a blood test. These findings still need to be confirmed, and blood tests are not currently recommended for use in clinical practice.

[Read More](#)

Detecting Alzheimer's with a Blood Test

Some blood tests for Alzheimer's may revolutionize the accuracy of diagnosis.

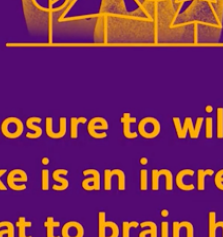


Simpler, less-invasive tests will greatly support recruiting for clinical trials and may provide a quicker path to treatment.

According to new data presented at #AAIC24

Wildfire Smoke: A Rising Threat to Brain Health

Wildfire smoke may be particularly hazardous to brain health, according to a 10-year study of more than 1.2 million southern Californians. The risk of exposure to fine particulate matter (PM2.5) air pollution is much more pronounced when the source is wildfire smoke than when it comes from other sources, such as motor vehicles and factories.

[Read More](#)


Exposure to wildfire smoke is an increasing threat to brain health.

According to new data presented at #AAIC24

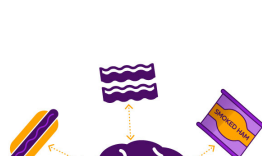
Processed Red Meat May Lead to Higher Dementia Risk

Eating two servings of processed red meat weekly, such as bacon and salami, may increase dementia risk by 14% compared with those who eat less than one serving per week on average. The new study also found that replacing a serving of processed red meat for a serving of nuts, beans or tofu daily could reduce the risk of dementia by 20%.

[Read More](#)

CAN WHAT YOU EAT CHANGE YOUR BRAIN?

Eating too much processed red meat may increase dementia risk, according to new research unveiled at #AAIC24.



About **2 SERVINGS A WEEK** of processed red meat

IS ASSOCIATED WITH A

14% higher risk of dementia than those who eat less than about three servings a month.

Brain Health Tip



Eat right. Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

Understanding Alzheimer's as a Public Health Issue

Alzheimer's affects millions across the life course, requiring public health action to address it. A new video and [infographic](#) from the Alzheimer's Association outline how public health can address Alzheimer's by promoting brain health, increasing access to early detection, and providing support for people living with dementia and their caregivers.



Three Upcoming Learning Opportunities

Curriculum Launch Webinar: *Understanding the Public Health Impact of Dementia*

September 5 | 3-4 p.m. ET

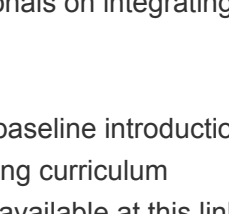
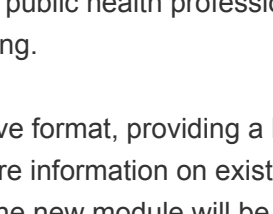
Join the Alzheimer's Association Healthy Brain Initiative for a webinar introducing the new, free, interactive public health learning module, *Public Health and Dementia — Part 1: Understanding the Public Health Impact of Dementia*.

Developed in partnership with the Centers for Disease Control and Prevention (CDC) and Emory Centers for Public Health Training and Technical Assistance, this webinar will explore the public health impact of dementia, demonstrate the new module, and share insights from educators and public health professionals on integrating this module into course curricula and staff training.

This module is the third in the updated interactive format, providing a baseline introduction to the public health impact of dementia. For more information on existing curriculum modules, visit alz.org/publichealthcurriculum. The new module will be available at this link after the launch webinar on September 5.

[Register Today](#)


Webinar
NEW LEARNING MODULE
UNDERSTANDING THE PUBLIC HEALTH IMPACT OF DEMENTIA



Webinar Series: *Community Matters — Understanding Social Determinants of Health to Reduce Dementia Risk*

August 28 | 3-4 p.m. ET

Join the Alzheimer's Association Public Health Center of Excellence on Dementia Risk Reduction for the third installment in our webinar series exploring the connection between social determinants of health and dementia risk. This month's webinar focuses on *Breaking Barriers: Combating Dementia Through Social Engagement*.



Webinar Series
COMMUNITY MATTERS: UNDERSTANDING SOCIAL DETERMINANTS OF HEALTH TO REDUCE DEMENTIA RISK

[Register Today](#)

Missed part of the series? Find previous installments below:

[Building Resilience: Understanding Economic Stability to Reduce Dementia Risk](#)

[Nourishing Minds: Exploring Nutrition and Food Security's Role in Dementia Risk Reduction](#)

All webinar recordings are available on the Association's [Public Health YouTube playlist](#).

Travel Scholarships Available: APHA Workshop and Conference

October 26 | 1-4 p.m. CT

The Healthy Brain Initiative (HBI) Collaborative is hosting a pre-conference workshop — [Multi-Sector Collaboration to Train the Current and Future Dementia Workforce](#) — at the 2024 American Public Health Association (APHA) Annual Meeting and Expo held in Minneapolis, Minnesota from October 26-30. The HBI Collaborative is awarding up to 30 scholarships to support public health practitioners and students to attend both the workshop and the full conference. Applications are being accepted through 5 p.m. ET on August 23, 2024.

[View Application](#)

Application Open: Lead Change as a Healthy Brain Initiative Road Map Strategist

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 the National Association of County and City Health Officials (NACCHO), the year-long Healthy Brain Initiative (HBI) Road Map Strategist program provides 10 local health departments with funding of up to \$48,000 each — along with education, peer support and technical assistance — to develop expertise and implement strategies to address dementia in their communities. **Applications are due September 26, 2024.** For questions, contact publichealth@alz.org.

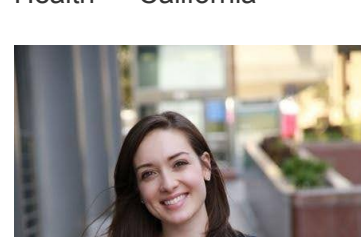
Informed by the HBI [State and Local Road Map for Public Health 2023-2027](#), Road Map Strategists have served a diverse array of communities ranging from urban Baltimore to a rural region of Washington state. Previous and current Road Map Strategists have engaged health systems to train clinical staff on early detection and diagnosis, developed a data dashboard on key population health indicators and created a health promotion campaign to reduce risk in their community.

[View Application](#)


Spotlight on Practice

The spotlight on practice highlights innovative work health departments are undertaking to address dementia. This month, we focus on a data project from Los Angeles County, which was part of the Alzheimer's Association's Healthy Brain Initiative Road Map Strategist program.

Noel Barragan
Los Angeles County Department of Public Health — California



Project: My project focused on optimizing localized data and surveillance. Data related to dementia is limited overall, but especially so at the county level. Despite the size of Los Angeles County, it faces many challenges because when data do exist, they are typically at the state or federal level.

Proudest Achievement: I am most proud that through this effort not only were we able to produce data products that help inform local practice, but we were also working to create peer reviewed manuscripts that will allow our efforts to help others in this space.

On Overcoming Barriers: Our number one strategy was being flexible and willing to pivot. We focused on two primary projects, one based on existing secondary data and another that included survey data. When we faced barriers, we would spend more time on the other and vice versa. We anticipated that we would run into issues, so we basically set up a contingency plan.

Advice for Public Health Leaders: Make progress where you can and really leverage willing partners to set a good foundation that can support you later on as you expand your work.



Upcoming Events

Successful Public Health Approaches in Dementia Caregiving: Virtual Roundtable Series

August 14 | 12-1:30 p.m. ET

Join the BOLD Public Health Center of Excellence on Dementia Caregiving for this webinar series that highlights statewide public health strategies for supporting dementia caregivers, fostering a community of practice.

[Register Today](#)

Showcasing the Alzheimer's Association Public Health Efforts at APHA

Explore the public health work of the Alzheimer's Association at the [American Public Health Association](#) (APHA) conference this fall. Visit our booth to meet the Alzheimer's public health team and learn about innovative strategies for integrating Alzheimer's and dementia into public health initiatives.

APHA 2024

Minneapolis, MN | October 26-30 — Booth # 1204

Pre-conference Workshop: [Multi-Sector Collaboration to Train the Current and Future Dementia Workforce](#)

October 26, 2024 | 1-4 p.m. CT

This free, pre-conference workshop will offer participants increased understanding of health inequities related to dementia, corresponding intersectionality and tangible skills and resources to improve their ability to engage diverse and inclusive audiences. Pre-registration is required. Partial travel [scholarships](#) are available.

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 dementia(s).

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