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September 2023

World Alzheimer's Month Focuses on Brain Health

Each September, global communities unite for World Alzheimer's Month to raise dementia awareness and challenge enduring stigma. This year's theme, "[Never too early, never too late](#)," amplifies the urgency of recognizing and mitigating risk factors linked to cognitive decline and dementia.

Public health professionals can deploy primary prevention strategies to reduce the population-level risk of cognitive decline and possibly dementia. Learn more about these strategies in the [Healthy Brain Initiative State and Local Road Map for Public Health, 2023-2027](#) and from the [Public Health Center of Excellence on Dementia Risk Reduction](#).

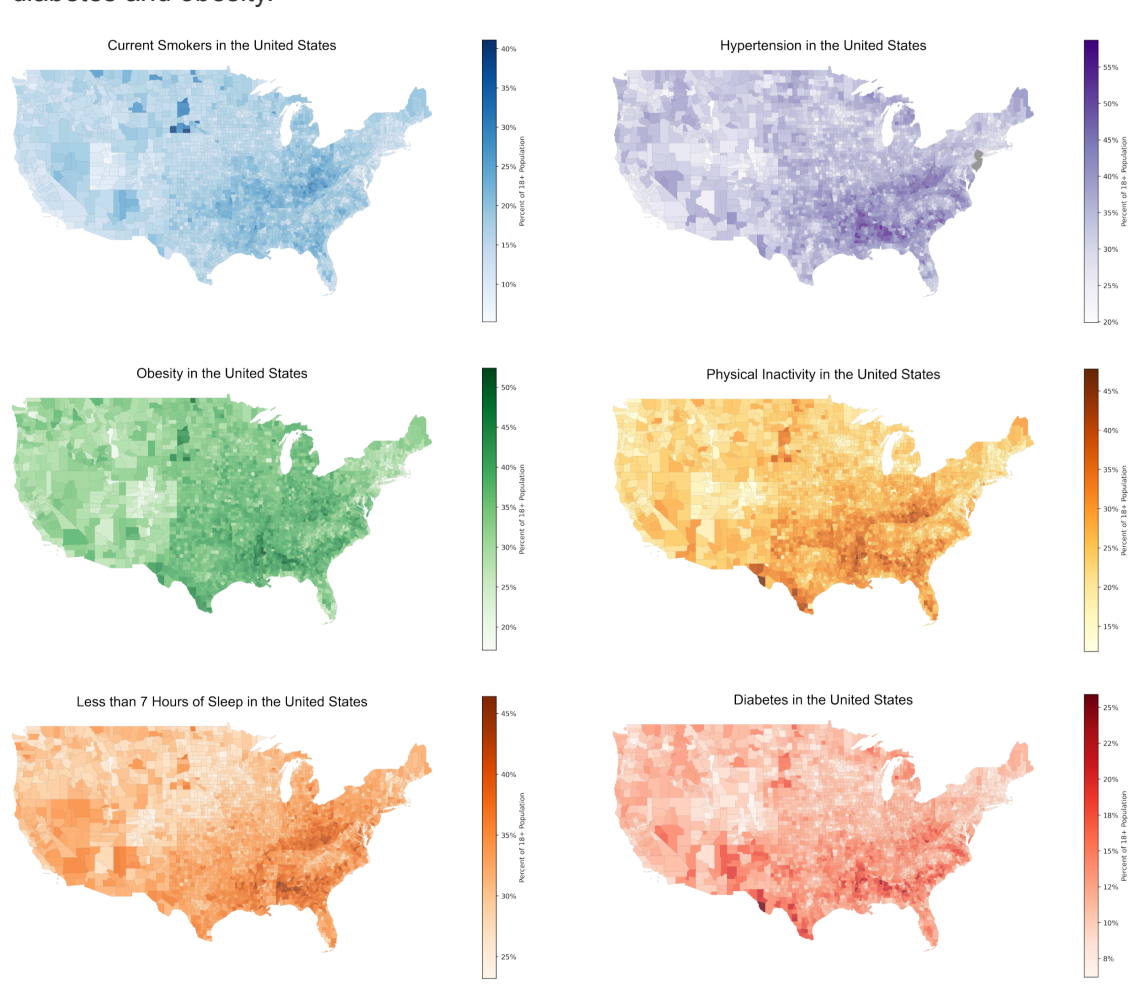
Proactive Steps for Risk Reduction:

The following actionable steps can reduce the risk of cognitive decline and possibly dementia:

- Regular physical activity
- Smoking cessation
- Head injury prevention
- Formal education
- Weight management
- Hypertension and diabetes control
- Balanced diet
- Cognitive engagement
- Quality sleep

Unlock State-Level Insights: Prevalence of Dementia Risk Factors Now Available

Looking to understand dementia risk factors in your community? State-specific fact sheets on the prevalence of risk factors for cognitive decline and dementia are now available from the Public Health Center of Excellence on Dementia Risk Reduction. The fact sheets include data on rates of hypertension, physical inactivity, smoking, inadequate sleep, diabetes and obesity.

[Find Your State](#)

Heat maps on risk-factor prevalence by county and census tract are also available. To obtain heat maps for your area, contact CenterOfExcellence@alz.org.

NINDS Unveils Strategic Plan: A Decade-Long Strategy for Tackling Health Disparities in Neurological Disorders

The National Institute of Neurological Disorders & Stroke (NINDS) recently rolled out a comprehensive strategic plan aimed at eradicating health disparities and inequities in neurological conditions, including dementia, stroke, epilepsy and Parkinson's disease. Published as a 10-paper series in *Neurology*, this plan serves as NINDS' blueprint for advancing health equity initiatives for the next five to 10 years.

[Read More](#)

Research Roundup

Nearly Half of Individuals with Dementia Experience Falls



More than 45% of individuals living with dementia have experienced at least one fall, a rate significantly higher than the 31% observed in older adults without dementia. The research, published in *Alzheimer's & Dementia* using data from 5,581 community-living older adults in the National Health and Aging Trends Study, showed that vision impairment and living with a spouse were significant predictors of falls among people living with dementia. These findings underscore the need for tailored fall prevention strategies, particularly for those with dementia.

[Learn More](#)

Webinars and Upcoming Events

Getting Started with the New HBI Road Map: Exploring the Implementation Guide & Issue Maps

Oct. 18, 3-4 p.m. ET



The Alzheimer's Association is hosting an upcoming webinar on the [Healthy Brain Initiative \(HBI\) Road Map for 2023-2027](#), with a focus on the soon-to-be released Implementation Guide and Issue Maps. This webinar is designed to equip public health professionals with tools to implement HBI Road Map actions in their communities. It will review available new tools and feature examples of the HBI Road Map in action.

[Register](#)

Missed It? Catch the Recording: Advancing Health Equity in Dementia

The recording of last month's webinar, "Advancing Health Equity in Dementia," is now available for viewing. This session highlighted the new interactive curriculum designed to advance health equity in dementia care and research. Educators and public health professionals discussed how this module can be seamlessly integrated into public health curricula and staff training programs.

[Watch Now](#)

Connect with the Alzheimer's Association Public Health Team at GSA and APHA

Join the Alzheimer's Association public health team at the [Gerontological Society of America \(GSA\) 2023 Annual Scientific Meeting](#) and the [American Public Health Association \(APHA\) 2023 Annual Meeting](#) to explore the future of brain health and public health initiatives. Visit the Alzheimer's Association booths to connect with the public health team and pick up a physical copy of the new HBI Road Map. And, plan to attend the below sessions to learn more about the public health effort to address dementia.

GSA in Tampa, FL

Nov. 8-12, Booth #208

- **Engaging Diverse and Inclusive Audiences with the Healthy Brain Initiative Road Map (Registration required)**, Wednesday, Nov. 8, 1:00 p.m. ET: Register for this pre-conference workshop to learn to about using health equity strategist to engage diverse communities with the latest HBI Road Map.
- **BOLD Centers Symposium on Social Determinants of Health and Dementia**, Wednesday, Nov. 8, 2:30 p.m. ET: Explore the impact of social determinants on dementia outcomes.
- **HBI Road Map Symposium**, Friday, Nov. 10, 8:00 a.m. ET: Discover the latest HBI Road Map and how it affects public health.
- **Public Health Curriculum: Dementia Caregiving as a Public Health Challenge and Opportunity**, Nov. 10, 12:30 p.m. ET: Discuss the role of caregiving in dementia as a public health issue.

APHA in Atlanta, GA

Nov. 12-15, Booth #625

- **Round Table on Health Equity Curriculum**, Sunday, Nov. 12, 4:30 p.m. ET: Participate in an interactive round table discussion on health equity in dementia care.
- **HBI Road Map Symposium**, Tuesday, Nov. 14, 8:30 a.m. ET: Take an in-depth look at the new Road Map and how public health can act.
- **Road Map for Indian Country**, Tuesday, Nov. 14, 8:30 a.m. ET: Explore tailored strategies for dementia care in Indian Country.

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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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