

# November 2024

## Public Health Can Help Address Social Determinants of Health Related to Dementia Risk

Social determinants of health (SDOH) — the conditions present where people live, learn, work and play — affect the risk for dementia, many of the modifiable risk factors for dementia, and the ability to address those risk factors. Explore opportunities from the Alzheimer’s Association® Public Health Center of Excellence on Dementia Risk Reduction to increase understanding of SDOH related to dementia risk and how public health professionals can take action.

### Watch New Video, *Addressing Social Determinants of Health and Dementia Risk*

In a short overview video, learn how SDOH affects the risk of developing Alzheimer’s and dementia and how public health can potentially reduce dementia risk by addressing SDOH.



### Read Science Summaries on Social Determinants of Health and Dementia Risk

Learn about the latest evidence regarding the connection between dementia risk and key SDOH. These resources help public health professionals better understand the complex factors shaping brain health in their communities.

- [Education](#)
- [Economics](#)
- [Food Insecurity](#)
- [Racism, Discrimination, and Inequity](#)
- [Environment](#)

### Use the New *Addressing Social Determinants of Health and Dementia Risk: A Toolkit for Public Health Agencies In Your Community*

This new toolkit provides public health agencies with a framework to identify dementia-related SDOH and implement effective strategies to address those SDOH in their communities. It includes case studies, data sources, and best practices for public health agencies aiming to reduce dementia risk by addressing SDOH.

[View Toolkit](#)

### Did you miss the Webinar?

Learn about all these resources in the recording of this month’s webinar — [Addressing Social Determinants of Health and Dementia Risk: Resources for Public Health Agencies](#). Find this webinar and all recordings on the [Public Health playlist](#) on the Alzheimer’s Association YouTube channel.

## Advance Your Career and the Future of Dementia Research

The [Alzheimer’s Association® Interdisciplinary Summer Research Institute \(AA-ISRI\)](#) is an immersive, no-cost opportunity for early career researchers in public health and psychosocial care to further a career in dementia science and accelerate breakthroughs in the field.



Selected applicants will gather in Chicago from August 11-15, 2025 to learn from a diverse array of experts on ground-breaking research and to develop a research proposal through group sessions and individual mentoring.

Applications are due March 9, 2025. Individuals from diverse backgrounds are encouraged to apply.

To learn more and submit an application, visit [alz.org/summerinstitute](https://alz.org/summerinstitute).



## Spotlight on Practice

This month’s Spotlight on Practice features two members of the Leadership Committee for the forthcoming *Healthy Brain Initiative (HBI): Road Map for American Indian and Alaska Native Peoples*.

**Dr. Neil Henderson** — A citizen of the Choctaw Nation of Oklahoma, Dr. Henderson’s personal experience with dementia began early, following the loss of his grandmother and his work as a certified nursing assistant in a nursing home. Now an established researcher, Dr. Henderson has dedicated his career to understanding cognitive impairment and adapting public health programs for Indigenous communities. He emphasizes the importance of preparing American Indian and Alaska Native people for the challenges of dementia through culturally centered resources that support caregivers and promote risk reduction. Dr. Henderson’s contributions were instrumental in the development of the first *HBI Road Map for Indian Country*, a vital tool that guides tribal leaders in dementia awareness and caregiving. Dr. Henderson again lent his expertise as a Leadership Committee member to develop the next edition of this guidebook, the forthcoming *Healthy Brain Initiative: Road Map for American Indian and Alaska Native Peoples*.

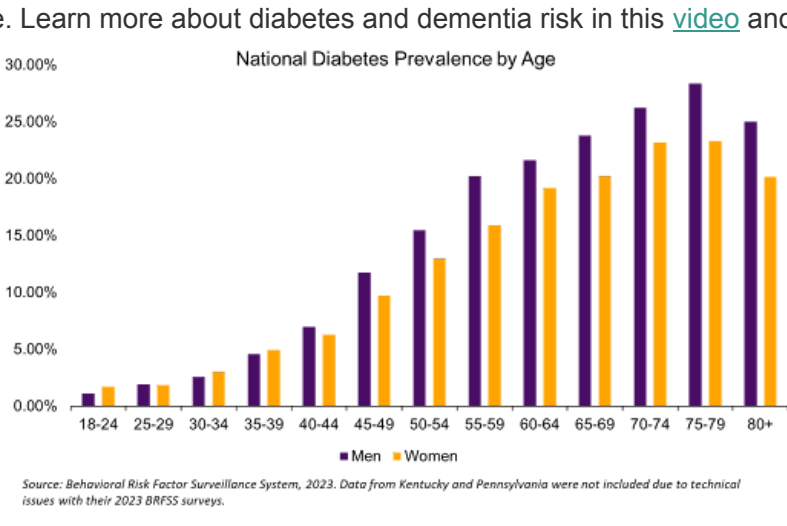


**Jessica Lewandowski** — A citizen of the Cherokee Nation, Lewandowski serves as a patient experience manager for Cherokee Nation Health Services (CNHS). Her family’s experience with her grandfather-in-law’s Alzheimer’s diagnosis inspired her to ensure that other Cherokee families have access to dementia resources and support. Through CNHS’s partnership with the Oklahoma Chapter Alzheimer’s Association, Lewandowski provides Cherokee Nation members with culturally informed resources and caregiving guidance, helping to bridge gaps in dementia support and care within her community. Lewandowski shared her unique perspectives and experience as a Leadership Committee member to help develop the forthcoming *Healthy Brain Initiative: Road Map for American Indian and Alaska Native Peoples*.



## Data Spotlight

The prevalence of diabetes – which is associated with increased risk of cognitive decline and dementia – sharply increases with age, peaking between ages 70-79. Additionally, men in all age groups over 45 are more likely to have diabetes compared with women of the same age. Learn more about diabetes and dementia risk in this [video](#) and [paper](#).



### Manage diabetes

Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.

## Georgia and Wisconsin Health Departments Highlight Dementia Risk Reduction Efforts

During the October [National Alzheimer’s Project Act \(NAPA\)](#) Advisory Council meeting, the Georgia Department of Public Health and the Greendale Public Health Department in Wisconsin shared their work to reduce dementia risk at the community level. Watch the [recording](#) to hear how data and partnerships help to integrate brain health into chronic disease programs, and how public health is raising awareness about brain health.

## HBI Road Map Strategist Program Highlighted in CDC’s Latest *Stories from the Field*

HBI Road Map Strategists are public health officials working in local health departments (LHDs) as systems change agents, helping to integrate brain health initiatives into local health priorities. The annual program, led by the Alzheimer’s Association in partnership with the National Association of County and City Health Officials (NACCHO), provides tools and resources to help LHDs build capacity, form new partnerships and train their colleagues to address dementia-related challenges in their communities. A more detailed overview of the program is now available in a new *Stories from the Field* by the Centers for Disease Control and Prevention (CDC) [Healthy Brain Resource Center](#).

[Read More](#)

## Minding Memory Podcast Explores Dementia Research

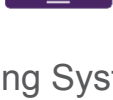
The [Minding Memory](#) podcast delves into key topics in dementia research, offering insights from researchers discussing the latest findings and data in the field. Produced by the [Center to Accelerate Population Research in Alzheimer’s](#) (CAPRA) at the University of Michigan, recent podcast topics include “Can a Serious Infection Increase the Risk of Developing Dementia?” and “Can a personalized music intervention reduce behavioral disturbances in dementia?”



## Research Roundup

### Loneliness and Dementia Risk

Loneliness might raise the risk of cognitive impairment and dementia, according to a new [meta-analysis](#) of longitudinal data from more than 600,000 individuals. The associations persisted even after accounting for depression, social isolation, and other modifiable risk factors, suggesting loneliness may play a role in dementia risk. The authors noted that additional work is needed to identify the sources of loneliness and to develop effective interventions.



## Upcoming Events

### Building Systems for Comprehensive Dementia Care: Opportunities for Public Health to Support Implementation of the CMS Guide Model

December 9, 2024 | 11 a.m.-12 p.m. ET

This webinar from the Public Health Center of Excellence on Dementia Caregiving will explore how public health agencies can support the implementation of the CMS GUIDE Model, with a focus on family caregiver support, community-clinical partnerships, and improving dementia care in underserved communities. [Register in advance](#).

### Cognition in Primary Care: Embracing Our Values

December 10, 2024 | 12-1 p.m. ET

Join the Public Health Center of Excellence on Early Detection of Dementia for a webinar that explores effective strategies for promoting early dementia detection within primary care, emphasizing the benefits for patient care and outcomes. Public health professionals and primary care providers are encouraged to attend to gain practical insights for enhancing dementia care practices. [Register in advance](#).

### Fourth Annual Black Men's Brain Health Conference

February 4-5, 2024

The fourth-annual conference — supported by the National Institute on Aging, the NFL Alumni Association, and the Alzheimer’s Association — brings together clinical practitioners, community organizations, NFL alumni and other stakeholders. Held at Xavier University of Louisiana, with an ability to attend virtually, the event focuses on addressing brain health among Black men.

[Register Today!](#)

Get Started at [alz.org/PublicHealth](https://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