

# What is Alzheimer's Disease and Related Dementias?



- Dementia is a general term for a decline in mental ability severe enough to interfere with daily life
- Dementia describes a group of symptoms associated with a decline in memory, reasoning or other thinking skills
- Dementia is not a normal part of aging
- Alzheimer's is the most common type of dementia, but there are many kinds:
  - Creutzfeldt-Jakob Disease
  - Lewy Body Dementia
  - Down Syndrome and Alzheimer's Disease
  - Frontotemporal Dementia
  - Huntington's Disease
  - Mixed Dementia
  - Normal Pressure
  - Hydrocephalus
  - Posterior Cortical Atrophy
  - Parkinson's Disease Dementia
  - Vascular Dementia
  - Korsakoff Syndrome

Alzheimer's Association; retrieved May 5, 2022; <https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia>

# What is Alzheimer's Disease and Dementia?



- Alzheimer's is a specific disease. Dementia is not
- Alzheimer's disease is the most common cause of dementia, accounting for 60-80% of dementia cases
- Though the greatest known risk factor for Alzheimer's is increasing age, the disease is not a normal part of aging
- Although most people with Alzheimer's are 65 and older, approximately 200,000 Americans under 65 are living with younger-onset Alzheimer's disease

# Alzheimer's in Arkansas

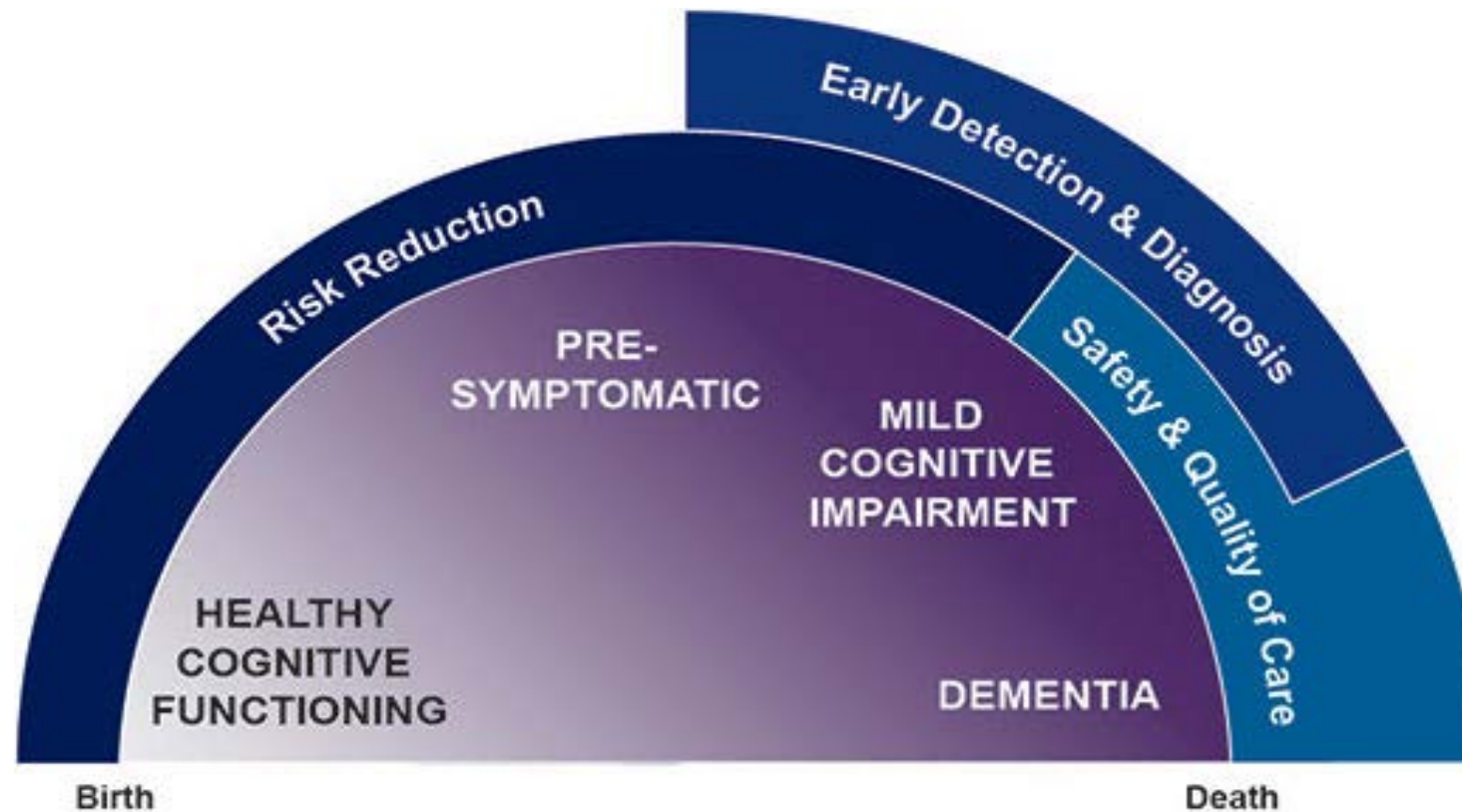


- One out of three seniors who dies annually is diagnosed with Alzheimer's or another dementia
- Alzheimer's disease was the 4<sup>th</sup> leading cause of death among Arkansans aged 65 years and older compared to the national rank as the 5<sup>th</sup> leading cause of death in 2018
- Arkansas ranked 23<sup>rd</sup> among states for Alzheimer's disease mortality in 2013, however moved up to 13<sup>th</sup> in 2018, indicating more Arkansans aged 65 years and older are succumbing to Alzheimer's disease over time

# Life Course Perspective



## Life Course Perspective on Alzheimer's and Other Dementias and the Role of Public Health Across the Entire Population



Alzheimer's Association and Centers for Disease Control and Prevention. Healthy Brain Initiative, State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map. Chicago, IL: Alzheimer's Association; 2018.

# Brain Health and Chronic Disease



- “Older adults with Alzheimer’s and other dementias are more likely than other older adults to have multiple chronic conditions.”
- “More than 95% of people with dementia have one or more other chronic conditions.”
- “Alzheimer’s complicates the management of these other conditions, resulting in increased hospitalizations and costs.”

Alzheimer’s Association and Centers for Disease Control and Prevention. Healthy Brain Initiative, State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map. Chicago, IL: Alzheimer’s Association; 2018.

# Changeable Risk Factors



- Although age, genetics and family history cannot be changed, other risk factors **can** be changed or modified to reduce the risk of cognitive decline and dementia.
- In fact, the 2020 recommendations of The Lancet Commission on Dementia prevention, intervention and care suggest that addressing modifiable risk factors might **prevent or delay up to 40%** of dementia cases.

# 10 Ways to Help Improve Your Brain Health



1. Don't Use Tobacco
2. Be Physically Active
3. Eat a Healthy Diet
4. Maintain a Healthy Weight
5. Get Enough Sleep
6. Stay Engaged
7. Prevent and Manage High Blood Pressure
8. Prevent and Manage High Cholesterol
9. Manage Blood Sugar
10. If You Drink, Do So in Moderation

Centers for Disease Control and Prevention. Healthy Body, Healthier Brain. Retrieved May 5, 2022, from <https://www.cdc.gov/aging/publications/features/healthy-body-brain.html>;  
2022 Alzheimer's Association. 2022 Alzheimer's Disease *Facts and Figures*. Alzheimer's Dement 2022:18

# The Importance of Caregivers



- <sup>1</sup>About one in three Alzheimer's caregivers report their health has gotten worse due to care responsibilities
- <sup>2</sup>Increased risk of stress, depression, unhealthy behaviors, and poor attention to their own health
- <sup>2</sup>Caregivers of people with dementia with diabetes or osteoporosis were 2.6 and 2.3 times more likely, respectively, to report emotional difficulties with care compared with caregivers of people with dementia who did not have these co-occurring conditions

<sup>1</sup>Alzheimer's Association and Centers for Disease Control and Prevention. Healthy Brain Initiative, State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map. Chicago, IL:

<sup>2</sup>Alzheimer's Association; 2018. p. 6; 2022 Alzheimer's Association. 2022 Alzheimer's Disease Facts and Figures. Alzheimer's Dement 2022:18.



# National Initiative



## The Healthy Brain Initiative's (HBI) State and Local Public Health Partnerships to Address Dementia, 2018-2023 Road Map

- The Road Map prepares all communities to act quickly and strategically by stimulating changes in policies, systems, and environments.

### The four traditional domains of public health action items:

- Educate and Empower the Nation
- Develop Policies and Mobilize Partnerships
- Monitor and Evaluate
- Assure a Competent Workforce

# What are we doing in Arkansas?



- Arkansas State Plan 2021 – 2025
- Alzheimer's Disease and Dementia Advisory Council
- CDC BOLD Grant -Activities for BOLD Cooperative Agreement
- Arkansas Alzheimer's Disease and Related Dementias Coalition

# What are we doing in Arkansas? BOLD



- BOLD Grant - Activities for BOLD Cooperative Agreement
- Increase the number of stakeholders engaging in state-wide AADR collaboration
- Promote education about the importance of risk reduction (primary prevention), early diagnosis (secondary prevention), prevention and management of comorbidities, avoidable hospitalizations (tertiary prevention), and the role of the caregiver
- Increase healthcare professional education about the importance of all three levels of prevention, and the importance of caregivers as a vital part of the healthcare team
- Increase the number and types of health communications with integration of brain health and dementia risk