The Healthy Brain Initiative: The Public Health Road Map for State and National Partnerships

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Presentation Objectives

• Describe the public health burden and impact of Alzheimer’s disease.
• Describe the four domains of the Road Map.
• List at least two actions state and local boards of health can take to integrate the Road Map into their work.
• Provide advice for state and local action in implementing The Public Health Road Map for State and National Partnerships.
Alzheimer’s Facts and Figures

• [https://www.youtube.com/watch?feature=player_embedded&v=BXnZt5VMjZY](https://www.youtube.com/watch?feature=player_embedded&v=BXnZt5VMjZY)
• Alzheimer’s is the 6th leading cause of death in the U.S.
• Only disease in top 10 without a way to prevent, cure, or slow progression
• 5 million people have the diagnosis
• 1 in 9 individuals 65 and older have Alzheimer’s;
  1 in 3 individuals 85 and older
• $203 billion in care this year
What is Dementia?

- Umbrella term
- Different types of dementia
  - Alzheimer’s disease
  - Vascular dementia
  - Mixed dementia
  - Parkinson’s disease
  - Dementia with Lewy bodies
  - Physical injury to the brain
  - Huntington’s disease
  - Creutzfeldt-Jakob disease (CJD)
  - Frontotemporal dementia
  - Normal Pressure Hydrocephalus (NPH)
  - Mild Cognitive Impairment (MCI)
Brief Overview of Alzheimer’s

- Most common form of dementia
- Neurons die; Breakdown in cell communication
- Tangles and plaques; brain shrinkage
- Greatest risk factor is age
- Progressive, eventually fatal
- No cure
10 Warning Signs

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality
# Stages of Alzheimer’s

<table>
<thead>
<tr>
<th>Early Stage</th>
<th>Mid Stage</th>
<th>Late Stage</th>
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| - Problems coming up with right words or names  
- Losing/misplacing valuable objects  
- Trouble with planning/organizing  
- Forgetfulness of recent events  
- Difficulty performing complex tasks  
- Changes in mood/personality | - Unable to recall address or phone number  
- Confused about the day or season  
- Increasing difficulty with personal history  
- Have trouble remembering names of spouse/caregiver  
- Need help with grooming  
- Major behavior/personality changes  
- Tend to wander or become lost | - Lose the ability to respond to the environment, to carry on a conversation, and eventually to control movement  
- Need help eating and using the toilet  
- May lose ability to smile, sit without support, and hold their heads up  
- Swallowing is impaired. |
8

$203 Billion

$107B Medicare

$35B Medicaid

$34B Out of Pocket

$142 Billion

$27B Other

74%-94% of people with AD/D have at least one other chronic condition

40% of AD life spent in most severe stage

People with Alzheimer’s more likely to be in nursing homes

In Nursing Home by 80

75%

+81%

Senior Residents w/ AD

65%

+61%

Cancer

+53%

People with Alzheimer’s more likely to be on Medicaid

Without AD/D

11%

234

With AD/D

29%

780

AD Medicaid Residents

51%
The next few questions ask about difficulties in thinking or remembering that can make a big difference in everyday activities. This does not refer to occasionally forgetting your keys or the name of someone you recently met. This refers to things like *confusion or memory loss that are happening more often or getting worse*. We want to know how these difficulties impact you or someone in your household.
• **12.7 percent** of individuals 60+ report increased confusion or memory loss in the preceding 12 months
  – **80 percent** have not talked to a health provider

  – **1 in 3** say memory loss has interfered with household activities and/or work

  – **One-third** live alone
Self-Reported Increased Confusion or Memory Loss and Associated Functional Difficulties Among Adults Aged ≥60 Years — 21 States, 2011

Declines in cognitive function vary among persons and can include changes in attention, memory, learning, executive function, and language capabilities that negatively affect quality of life, personal relationships, and the capacity for making informed decisions. In 2011, 21 states included a 10-question optional cognitive impairment module in their BRFSS surveys. Because only seven of the 21 states conducted cell phone interviews in addition to landline telephone interviews, this module was restricted to landline respondents.

New numbers on memory loss raising concerns of a full-blown Alzheimer’s crisis for the generation now entering middle age.
cognitive decline in Tennessee

DATA FROM THE 2011 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

- 6.4% 60+ report memory loss
- Almost half report difficulties in household chores or work/social activities
- 40% live alone
- Nearly 70% have not talked to a health care provider
The Road Map

- Input from more than 280 experts
- 35 actions public health community can do over next 5 years
Group Activity

Putting the Road Map to Work
Group Activity

• Discuss the domain and its action items

• What actions are:
  – Relevant to your work
  – Feasible with your resources

• Pick one or two action items from the domain you would be most likely to pursue
Conceptual Framework Linked to Core Functions of Public Health

L. Anderson, CDC Healthy Aging Program
Develop Policy and Mobilize Partnerships

- P-02: Integrate cognitive health and impairment into state and local government plans (e.g., aging, coordinated chronic disease, preparedness, falls, and transportation plans).

- P-03: Incorporate cognitive health and impairment into state and local public health burden reports.
L. Anderson, CDC Healthy Aging Program
Educate and Empower the Nation

• E-03: Provide links on state and local public health websites to Alzheimer’s disease resources, including alz.org and alzheimers.gov.

• E-07: Promote advance care planning and advance financial planning to care partners, families, and individuals.

• E-08: Educate and increase local participation in clinical trials on cognitive health and impairment.
Monitor and Evaluate

Assessment

Applied Research and Translation

Policy Development

Assurance

Develop Policy and Mobilize Partnerships

Educate and Empower the Nation

L. Anderson, CDC Healthy Aging Program
Monitor and Evaluate

• M-01: Implement the BRFSS Cognitive and Caregiver Modules.

• M-02: Use surveillance data to enhance public health programming (e.g., link data to falls prevention work).

• M-06: Include cognitive health and impairment in local needs assessments.
The only states that have not included the Cognitive Module in the BRFSS:

- Colorado
- Delaware
- Montana
- Rhode Island
- Pennsylvania
Assure a Competent Workforce

- **W-03**: Support efforts to educate health care providers about the early signs of dementia.

- **W-06**: Educate health care providers about validated cognitive assessment tools.
Group Activity

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Group Reports
How to get started

• Read a copy of the Road Map at alz.org/publichealth or pick up a copy at the Association's booth

• Go through actions and identify which ones best fit your work

• Fill out an Action Item interest form – and we’ll connect you to local Association Chapters
How to get started

• By using the Road Map, public health can:
  – Strengthen their capacity to address healthy aging
  – Create population-level change and achieve a higher quality of life for people affected by Alzheimer’s
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Questions & Comments

Pick up a copy of the *Road Map* at the Alzheimer’s Association booth!
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