Healthy Aging: Promoting Optimal Cognitive Health Across the Lifespan
Discussion

• Explore the growing burden and impact of Alzheimer’s disease and other dementias to Tennesseans

• Share the Tennessee Department of Health efforts in reducing risk for Alzheimer’s disease and cognitive decline

• Discuss the Alzheimer’s Association and Centers for Disease Control and Prevention (CDC) Healthy Aging Program’s *The Healthy Brain Initiative: The Public Health Road Map for State and National Partnerships, 2018-2023*

• Explore opportunities for public health to engage and collaborate with partner organizations to promote cognitive health or address cognitive impairment across the lifespan
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Healthy Aging: Promoting Cognitive Health Across the Lifespan
120,000 Tennesseans living with Alzheimer’s.

Tennessee has the 4th highest Alzheimer’s death rate in America.

244% increase in Alzheimer’s deaths since 2000.

$1 billion is the cost of Alzheimer’s to the state Medicaid program.

Rate of dementia patient hospital readmissions is 21.2%.


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<tbody>
<tr>
<td>1</td>
<td>Diseases of heart</td>
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<td>2</td>
<td>Malignant neoplasms</td>
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<td>3</td>
<td>Chronic lower respiratory diseases</td>
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<td>4</td>
<td>Accidents (unintentional injury)</td>
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<td>5</td>
<td>Cerebrovascular diseases</td>
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<tr>
<td>6</td>
<td>Alzheimer’s disease</td>
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<td>7</td>
<td>Diabetes mellitus</td>
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<td>8</td>
<td>Influenza and pneumonia</td>
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<tr>
<td>9</td>
<td>Nephritis, nephrotic syndrome and nephrosis</td>
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<td>10</td>
<td>Intentional self-harm (suicide)</td>
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</table>
Public Health has a role in keeping people healthy – across the lifespan – for as long as possible, including protecting brain health.

While people age:

Public health can:

- Heart
- Helmet
- Healthy food
- Bicycle
- No smoking
- Healthy weight

Dementia Life-Course Perspective and Public Health Roles
What is Dementia?

- Dementia is changes in the brain resulting in loss of cognitive function that interferes with daily life
- Alzheimer’s is the most common cause of dementia
- Many (maybe majority) of cases have multiple causes

Alzheimer’s Association 2019 Facts & Figures (U.S.)

2019 ALZHEIMER’S DISEASE FACTS AND FIGURES

ALZHEIMER’S DISEASE IS THE 6TH leading cause of death in the United States.

5.8 MILLION Americans are living with Alzheimer’s. BY 2050, this number is projected to rise to nearly 14 MILLION.

MORE THAN 16 MILLION AMERICANS provide unpaid care for people with Alzheimer’s or other dementias.

These caregivers provided an estimated 18.5 BILLION HOURS valued at nearly $234 BILLION.

IN 2019, Alzheimer’s and other dementias will cost the nation $290 BILLION. BY 2050, these costs could rise as high as $1.1 TRILLION.

1 IN 3 seniors dies with Alzheimer’s or another dementia.

16% say they receive regular cognitive assessments.

EVERY 65 SECONDS someone in the United States develops the disease.

Between 2000 and 2017 deaths from heart disease have decreased 145% while deaths from Alzheimer’s disease have increased 9%.

It kills more than breast cancer and prostate cancer combined.

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Scope of the Epidemic (TN)

- 495 million hours of unpaid care
- 435,000 family caregivers bear the burden
- $6.3 billion is the value of the unpaid care.
Caregiving: Impact on Work

Work-Related Changes Among Caregivers of People with Alzheimer’s or Other Dementias Who Had Been Employed at Any Time Since They Began Caregiving

<table>
<thead>
<tr>
<th>Changes</th>
<th>Caregivers of people with Alzheimer’s or other dementias</th>
<th>Caregivers of other people</th>
</tr>
</thead>
<tbody>
<tr>
<td>Went in late, left early or took time off</td>
<td>57% (deep purple)</td>
<td>47% (light blue)</td>
</tr>
<tr>
<td>Went from full- to part-time or cut back hours</td>
<td>18% (deep purple)</td>
<td>13% (light blue)</td>
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<tr>
<td>Took a leave of absence</td>
<td>16% (deep purple)</td>
<td>14% (light blue)</td>
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<tr>
<td>Gave up working entirely</td>
<td>9% (deep purple)</td>
<td>5% (light blue)</td>
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<tr>
<td>Turned down a promotion</td>
<td>8% (deep purple)</td>
<td>4% (light blue)</td>
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<tr>
<td>Received a warning about performance/attendance</td>
<td>7% (deep purple)</td>
<td>7% (light blue)</td>
</tr>
<tr>
<td>Lost any benefits</td>
<td>7% (deep purple)</td>
<td>2% (light blue)</td>
</tr>
<tr>
<td>Retired early</td>
<td>6% (deep purple)</td>
<td>4% (light blue)</td>
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</table>
Benefits of Early Diagnosis

Patients and Caregivers

• Exclude a potentially treatable illness or reversible cause of the dementia symptoms
• Lessen anxieties about unknown diagnosis
• Access to:
  - Available treatment for symptoms
  - Community supports and services
  - Information and referrals
• Refined care plans for co-morbidities
• Specificity regarding future care, creating advance directives, finances, legal needs, long-term planning/living arrangements, and making time for family and friends
Benefits of Early Diagnosis

Health Professionals can improve interventions regarding:

• Frequent hospitalizations due to diabetes and hypertension

• Medication side effects and non-adherence

• Treatable co-morbidities

• Safety risks
African-Americans and Hispanics have higher rates:
- African-Americans: 2 times more likely
- Hispanics: 1.5 times more likely
- Cardiovascular risk factors more common
- Lower levels of education, socioeconomic status
Health Disparities

Women

• Almost 2/3 of affected population
• 16% of women age > 71 (11% of men)
• Age > 60, twice as likely to develop Alzheimer’s than breast cancer
Risk Factors

Age
• #1 risk factor is advancing age

Family History, Education
• Family history
  – Hereditary (genetics)
  – Environmental factors
• Years of formal education

Lifestyle risks factors:
• Mid-life hypertension & obesity
• Diabetes
• Physical inactivity
• Traumatic brain injury
• Smoking
Integrating Brain Health into Healthy Aging

Actions Taken

• TDH 2019 Strategic Plan
  - Raising awareness about brain health as a Primary Prevention Initiative

• The 2019 TN State Health Plan
  - Exploration of healthy aging with an emphasis on brain health
    - Addresses the “Big 4” — identified as modifiable risk factors for reducing cognitive decline

• Behavioral Risk Factor Surveillance System
  - 2019 - Inclusion of the Cognitive Decline and Caregiver Modules
Public Health Actions to Reduce Risk of Cognitive Decline: Building Actionable Plans
Alzheimer’s Prevalence - Upper Cumberland

Among Medicare beneficiaries 65+ (2015), the national prevalence rate was 11.3%. In Tennessee, it was 12.2%

Prevalence rate of Alzheimer’s Disease, related disorders, or senile dementia in Tennessee

Source: 2015 Medicare Fee-For-Service data from the Chronic Conditions Data Warehouse
Brain Brief Highlights

Source: 2017 Lancet Commissions Dementia prevention, intervention, and care
Learning Objectives

• Define Alzheimer’s disease and other dementias as a public health crisis

• Explain the current and projected scope of the epidemic as it relates to public health

• Identify modifiable risk factors to reduce the impact of cognitive decline

• Explain the Tennessee Department of Health’s role in addressing the Alzheimer’s epidemic

As a result of the content presented, I am more knowledgeable about cognitive health, Alzheimer’s and other dementias as a public health issue.
Public health has strengths and capacities to advance awareness about the interplay between brain health and physical health by linking dementia and cognitive decline risk messaging to health promotion activities in such areas as:

• Tobacco prevention and control;
• Blood pressure control;
• Cardiovascular health management;
• Diabetes prevention and management;
• Obesity prevention and control; and
• Injury prevention.
Public health can also work with partners to facilitate access to affordable, evidence-informed services, programs, interventions, and supports to reduce stress and improve coping, self-efficacy, and overall health.

- Community-based programs for physical activity, chronic disease self-care, and caregiver education;
- Online support and information resource centers;
- Advanced care and advanced financial planning;
- Transportation services; and
- Information and referral services.
Healthy Brain Toolkit

Provides Local and Regional Staff

- Ready-made messaging for health promotion activities
- Early detection and diagnosis education materials
- Support materials for caregivers
- Planning and support materials for those with diagnosis
State & Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map
CDC Healthy Brain Initiative – Road Maps

- Practical, expert-guided actions for state and local public health leaders
  - Reducing risk for cognitive decline
  - Expanding early detection and diagnosis
  - Improving safety and quality of care for people living with dementia
- Strengthening caregivers’ health and effectiveness

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
CDC Healthy Brain Initiative Road Map

- Alignment of HBI Road Map actions with four Essential Services of Public Health
  - Alzheimer’s can be incorporated easily and efficiently into existing public health initiatives
2018-2023 HBI Road Map: Essential Services

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
HBI Road Map Actions

**ASSURE A COMPETENT WORKFORCE**

Educate public health & healthcare professionals to:
- Conduct early diagnosis and care planning
- Address co-morbidities and injury risks.

**MONITOR & EVALUATE**

Implement the Subjective Cognitive Decline and Caregiver BRFSS Modules.

Use BRFSS and other data to inform public health programs and policies.
HBI Road Map Actions

**EDUCATE & EMPOWER**

Educate the public and health professionals about brain health and cognitive aging, changes that should be discussed with a health professional and benefits of early detection and diagnosis.

**DEVELOP POLICIES & MOBILIZE PARTNERSHIPS**

Engage public and private partnerships: integrate effective interventions and best practices into policies and practices that promote supportive communities and workplaces for people with dementia and their caregivers.
Summary

• Alzheimer’s and other dementias affect millions of people, is costly, and is growing

• Public health community must act now to stimulate strategic changes in policy, systems, and environments

• New Road Map will help public health and its partners chart a course for a dementia-prepared future

• State-specific SCD and Caregiving data for action are available
Focus Group Session