



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

Presenters

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Healthy Aging: Promoting Cognitive Health Across the Lifespan

Scope of the Alzheimer's Epidemic (TN)

Only cause of death among Top 10 that cannot be prevented, cured, or slowed.

- 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%.

10 Leading Causes of Death in Tennessee CDC (2015)	
1	Diseases of heart
2	Malignant neoplasms
3	Chronic lower respiratory diseases
4	Accidents (unintentional injury)
5	Cerebrovascular diseases
6	Alzheimer's disease
7	Diabetes mellitus
8	Influenza and pneumonia
9	Nephritis, nephrotic syndrome and nephrosis
10	Intentional self-harm (suicide)

Public Health: Across the Lifespan

Public health has a role in keeping people healthy – across the lifespan – for as long as possible, including protecting brain health.

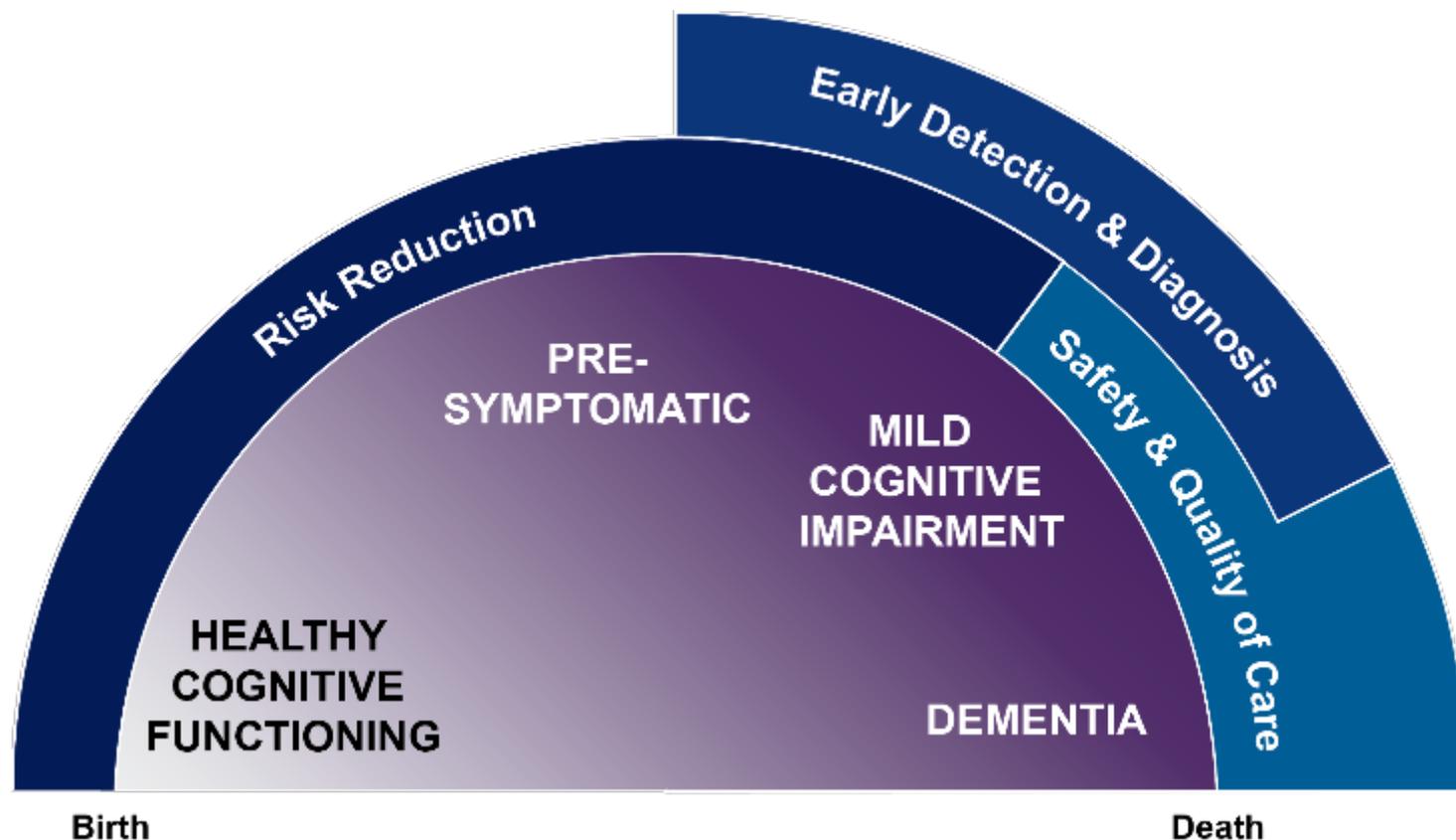
While people age:



Public health can:

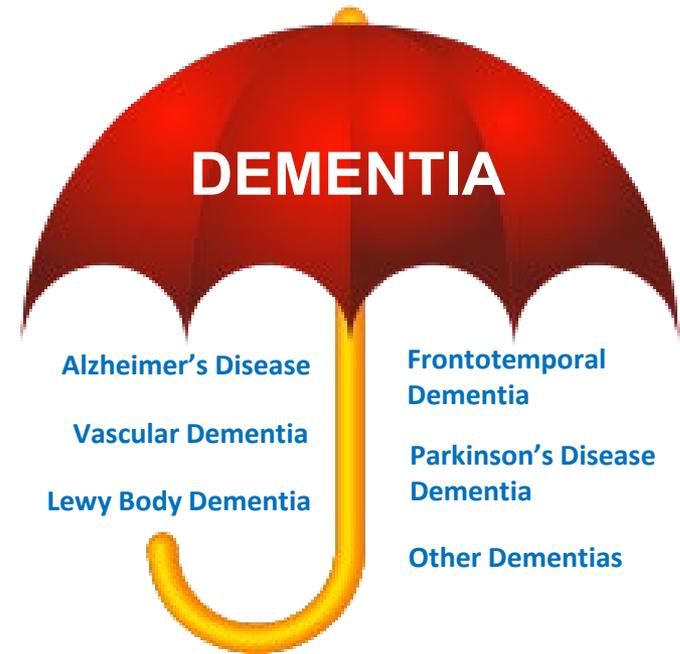


Dementia Life-Course Perspective and Public Health Roles



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**

82% of seniors say it's important to have their thinking or memory checked

BUT ONLY 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 **9%** while deaths from Alzheimer's disease have increased **145%**

1 IN 3 seniors dies with Alzheimer's or another dementia **COMBINED** It kills more than breast cancer and prostate cancer

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.

TENNESSEE CAREGIVING



2016 Behavioral Risk Factor Surveillance System (BRFSS) Data



1 in 4 adults are caregivers

CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

CAREGIVING CAN BE

LENGTHY
Over 50% have provided care for at least two years



INTENSE
Nearly 1/3 have provided care for at least 20 hours per week



WHO ARE CAREGIVERS?

58% are women

20% are 65 years old or older

35% are caring for a parent or parent-in-law

10% of caregivers are providing care to someone with dementia



HOW DO CAREGIVERS HELP?



Over 80% manage household tasks

Over 50% assist with personal care



FUTURE CAREGIVERS

Nearly 1 in 5 NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years



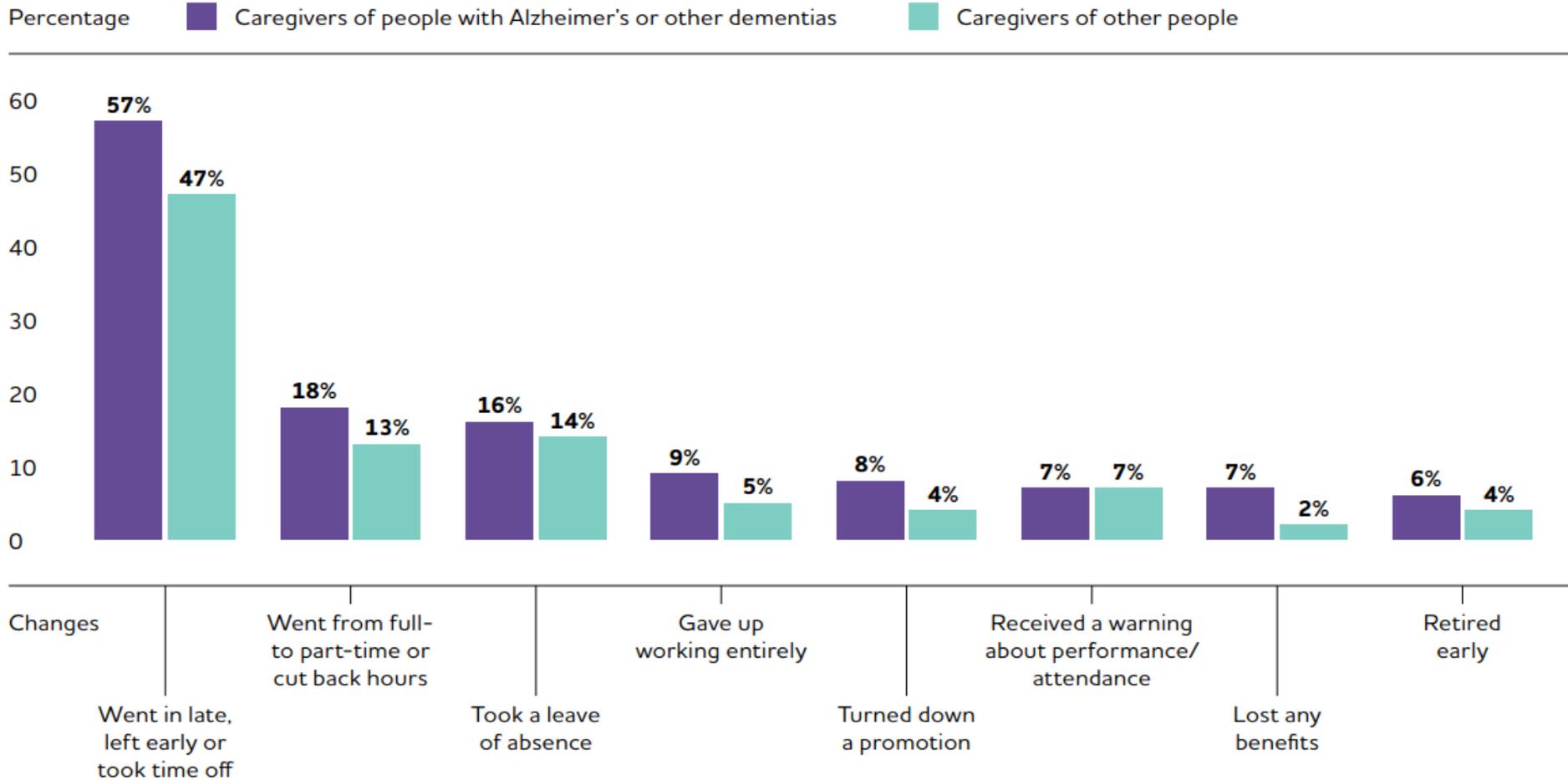
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

cdc.gov/aging

CS 294325-A August 2018

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



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

Health Disparities (U.S.)

Percentage of Adults Aged 65 and Older with Alzheimer's Disease by Race and Ethnicity



296249A



www.cdc.gov/aging

Centers for Medicare and Medicaid Services, 2014

Alzheimer's Disease Projected to Nearly Triple by 2060



Census Population Projections Program, 2014 to 2060

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

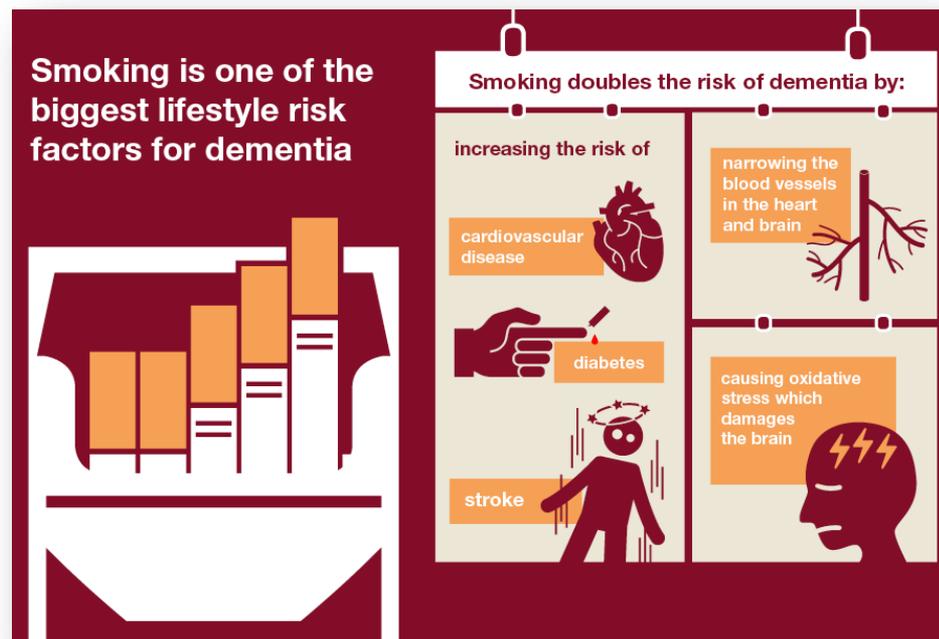
- #1 risk factor is advancing age

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

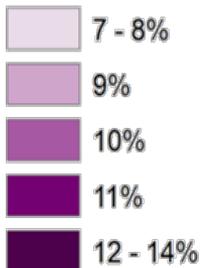
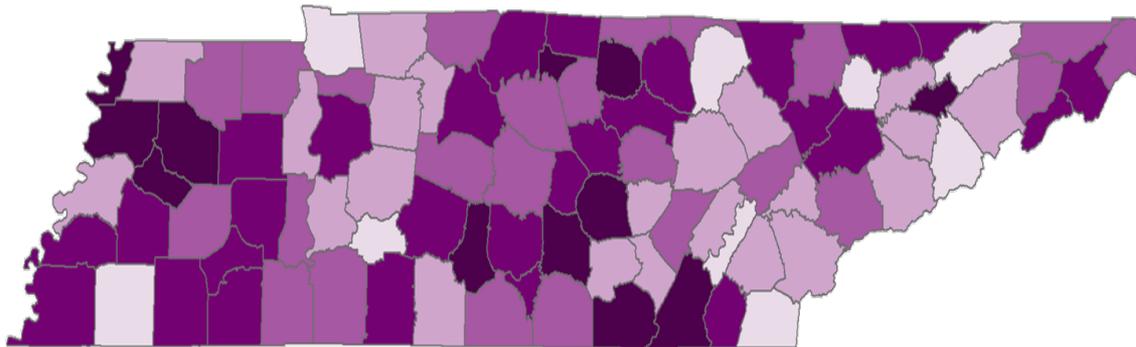
- **TDH 2019 Strategic Plan**
 - Raising awareness about brain health as a Primary Prevention Initiative
- **The 2019 TN State Health Plan**
 - Exploration of healthy aging with an emphasis on brain health
 - Addresses the "Big 4" — identified as modifiable risk factors for reducing cognitive decline
- **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

Tennessee Healthy Brain Brief



HEALTHY BRAIN BRIEF | PREVALENCE

ALZHEIMER'S & OTHER DEMENTIAS PREVALENCE?

Number of current cases (new and preexisting) of a certain health condition at a specific point in time. An Alzheimer's and other dementias prevalence estimate is an estimate of the number of people that are living with Alzheimer's and other dementias among Medicare beneficiaries is around 10%.² Nationwide, the prevalence of Alzheimer's & other dementias among Medicare beneficiaries is around 10%.²

For Service data from the Chronic Conditions Data Warehouse. [Click here to retrieve.](#)

ON ALZHEIMER'S & OTHER DEMENTIAS IN TENNESSEE

Alzheimer's and other dementias in the state of Tennessee is significant. Below are some statistics from the Tennessee Department of Health's Tennessee Facts and Figures report:³

- the **6th leading cause of death** in Tennessee (7th leading cause of death nationwide) in 2017
- 5% increase** in Alzheimer's deaths from 2000 to 2017
- 1,000 people** living with Alzheimer's and/or dementia in 2017
- 1.5 billion** medical dollars were spent caring for people living with Alzheimer's in 2017
- 1.5 million** unpaid caregiver hours were given in 2017
- the **12th highest number of emergency department visits** of people diagnosed with Alzheimer's and/or dementia
- the **14th highest number of hospitalizations** of people diagnosed with dementia

As the Baby Boomer generation continues to age, implementing effective, evidence-based strategies statewide can alleviate the health and cost burden attributed to Alzheimer's & other dementias. This is one strategy the Tennessee Department of Health can utilize in achieving their vision of Tennessee as one of the nation's ten healthiest states in the nation.

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HEALTHY BRAIN BRIEF | RETIREMENT & TOURISM

RETIRED IN TENNESSEE

By 2020, 22% of Tennesseans will be 65 and older. Retire TN, an initiative of the Tennessee Department of Economic and Community Development, encourages older adults to choose Tennessee for their retirement.

LIFE. ONLY BETTER.

HOW CAN YOU ENGAGE WITH ALZHEIMER'S & OTHER DEMENTIAS?

Improve the health and well-being of older adults through the creation of dementia-friendly communities in Tennessee. Below are some suggested strategies:

- Participate in dementia trainings hosted by the Department of Health:** The Department of Health is offering a series of online workshops to increase the dementia capability of community members. These trainings are available, and can be accessed by [clicking here](#).
- Communities becoming dementia-friendly:** Only two communities in the state of Tennessee are currently recognized as dementia-friendly by the American Association of Retired Persons (AARP).²³ Communities can become dementia-friendly by providing support of many different sectors, including the public sector, as well as promoting/marketing community assets of dementia-friendly communities.
- Dementia-friendly communities:** Create dementia-friendly communities, or "dementia-friendly" communities, to support individuals with dementia and their caregivers, and to promote economic development.²⁰ For more information on creating a dementia-friendly community, visit the [Dementia-Friendly Communities toolkit](#).

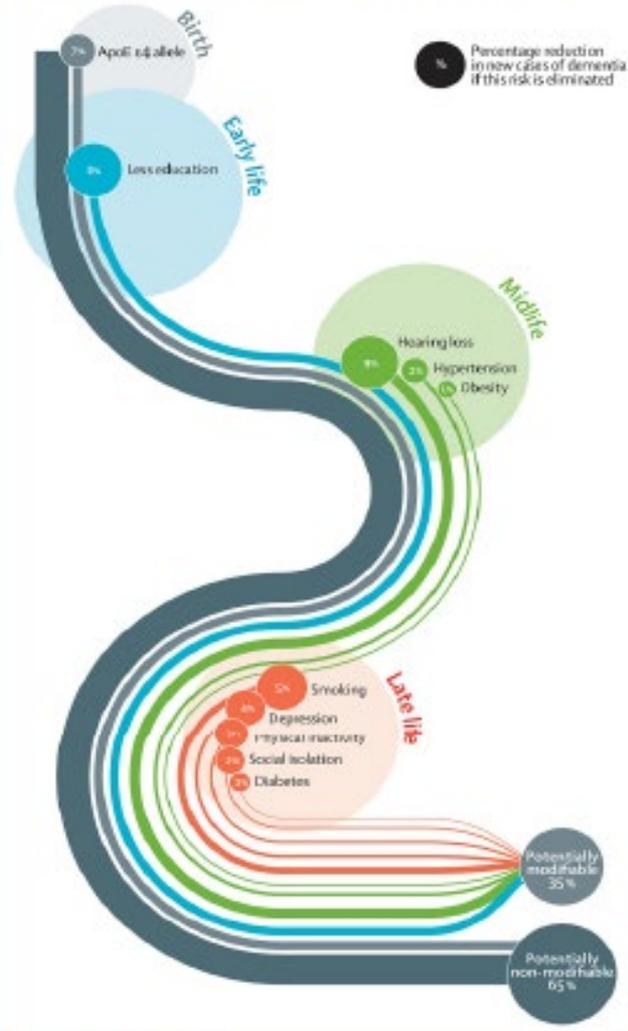
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Brain Brief Highlights

Risk factors for dementia

The Lancet Commission presents a new life-course model showing potentially modifiable, and non-modifiable, risk factors for dementia.



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

Alzheimer's Website

Alzheimer's Disease

https://www.tn.gov/health/health-program-areas/fhw/cd/alzheimer-s-disease.html

TN Department of Health

Search Health

Contact Us Program Areas News Health Professionals Parents Individuals Statistical Data Calendar of Events

UPDATED ADVISORY CONCERNING ELECTRONIC CIGARETTES, THE PRACTICE OF "VAPING," "JUULING" AND USE OF OTHER ELECTRONIC NICOTINE DELIVERY SYSTEMS OR ENDS

Alzheimer's Disease & Brain Health

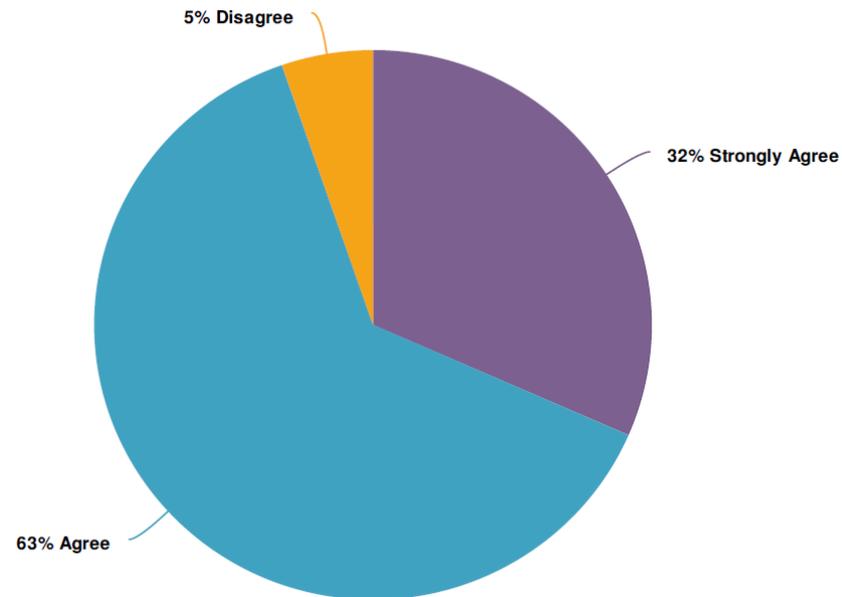
- What Is Alzheimer's Disease?
- Alzheimer's Disease Symptoms
- Stages of Alzheimer's Disease
- Who Gets Alzheimer's Disease?
- Caregivers
- Alzheimer's Disease Research
- Early Detection and Diagnosing Alzheimer's Disease
- Treating Alzheimer's Disease
- Alzheimer's Disease vs Dementia
- Alzheimer's Disease Resources
- Resources for Public Health and Providers
- alzheimer's Tennessee Association

Public Health Training Webinar

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.



Accelerating Risk Reduction and Promoting Brain Health

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.



Supporting Caregivers

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



 **HEALTHYBRAIN
INITIATIVE**

State and Local Public Health
Partnerships to Address Dementia:
The 2018-2023 Road Map



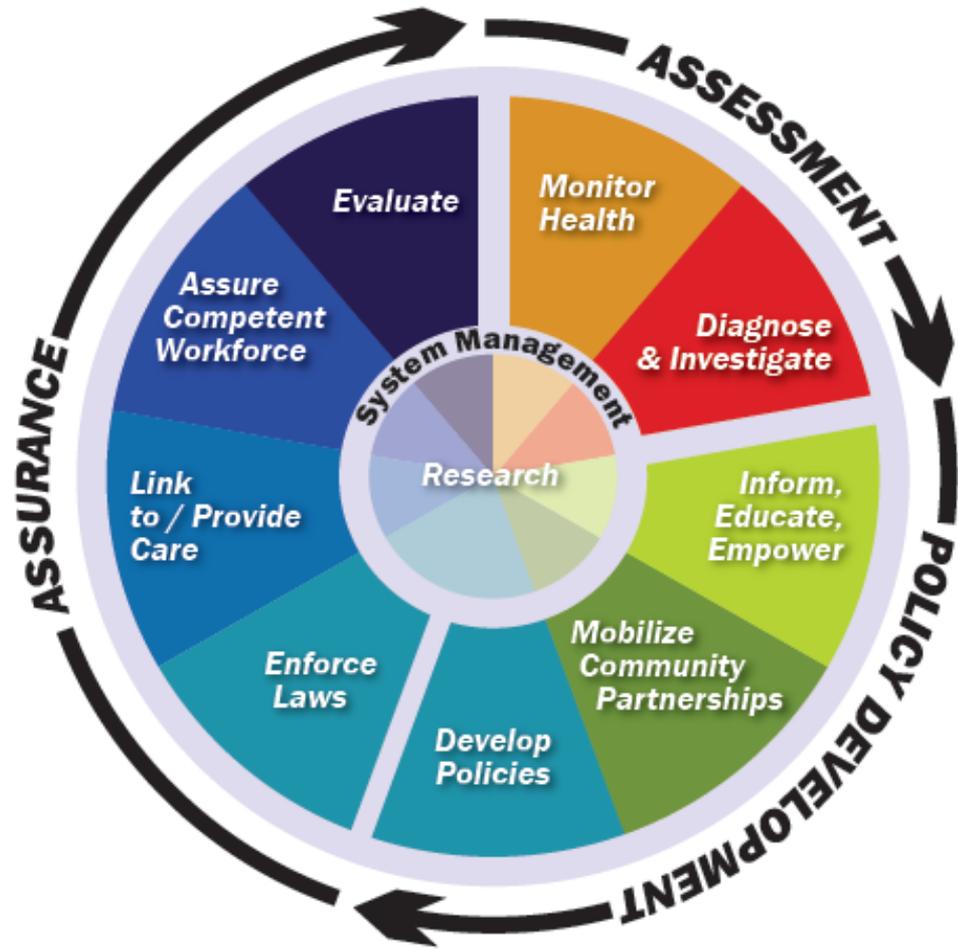
 **alzheimer's
association**

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

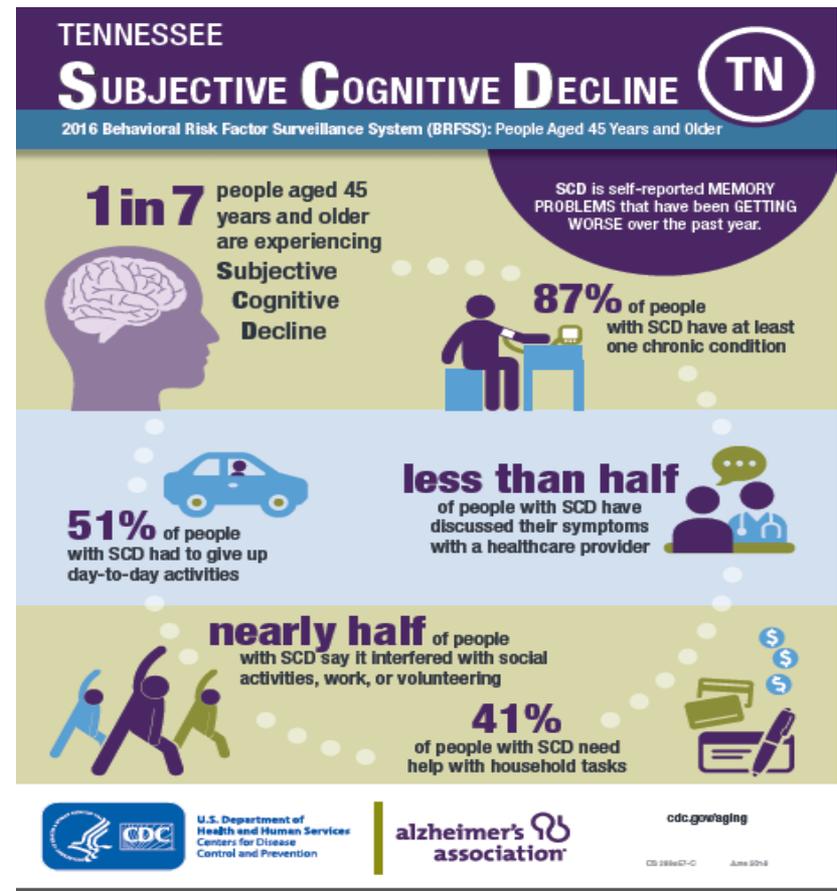


2018-2023 HBI Road Map: Essential Services



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

Data for Action



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