

# factsheet

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## Healthy People 2020

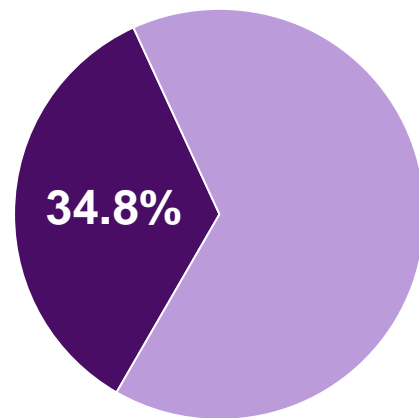
### For the first time, Alzheimer's and other dementias are included in *Healthy People*.

- The new topic area – “Dementias, including Alzheimer’s” – contains specific objectives regarding increasing diagnosis and reducing preventable hospitalizations.
- Inclusion in *Healthy People 2020* underscores the growing public health threat that Alzheimer’s and other dementias pose to the nation.

### The first dementia objective is to increase the proportion of those diagnosed with dementia, or their caregivers, who are aware of the diagnosis.

- Only about half of those with Alzheimer’s disease have been diagnosed. And, even when physicians diagnosis an individual with the disease, they often do not disclose that diagnosis to the patient or his/her caregiver.
- Early detection and diagnosis – and disclosure of that diagnosis – is essential to providing the best care to the individual and is crucial in managing co-occurring chronic conditions.
- In 2007-2009, only 34.8 percent of adults aged 65 and older with diagnosed Alzheimer’s disease and other dementias, or their caregiver, were aware of the diagnosis.
- *Healthy People 2020* sets a goal of increasing this percentage by 10 percent to 38.3 percent.

### Percent Diagnosed with Alzheimer's or Other Dementias, or Their Caregivers, Who Are Aware of the Diagnosis



### What Is *Healthy People 2020* and Why Is It Important?

*Healthy People 2020* – with its 42 topic areas and over 500 objectives – is the framework that sets the nation’s health prevention and promotion goals for the decade. Its purpose is to attain high-quality, longer lives free of preventable disease, disability, injury and premature death as well as to promote a better quality of life, healthy development and healthy behaviors across all stages of life. In the public health community, *Healthy People* is the most important framework for prioritizing health issues. And, it serves as the guiding document for budgetary and programmatic decisions of health agencies at all levels of government. More information on *Healthy People 2020* is available at [www.healthypeople.gov](http://www.healthypeople.gov).

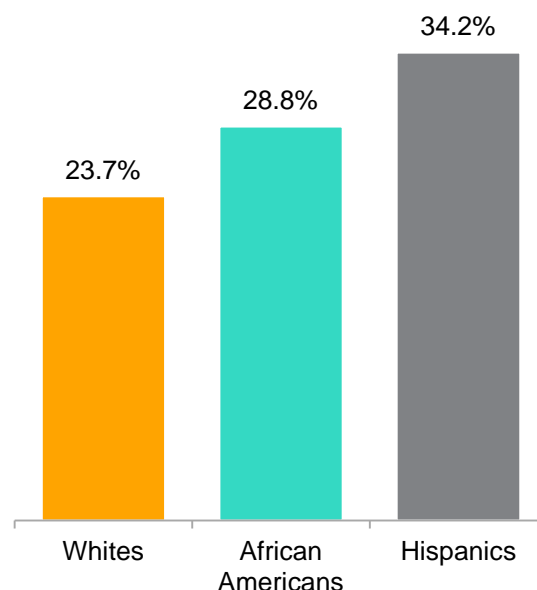
## The second dementia objective is to reduce the proportion of preventable hospitalizations among those with Alzheimer's and other dementias.

- Seniors with Alzheimer's disease and other dementias have twice as many hospital stays each year as those without Alzheimer's and other dementias.
- Most of these hospitalizations are not for Alzheimer's disease itself, but for a condition often complicated by or resulting from Alzheimer's disease. And many of these hospitalizations are preventable with better quality care.
- In 2006-2008, among adults aged 65 and over with diagnosed Alzheimer's and other dementias, 25.3 percent of hospitalizations were preventable.
- The rate was substantially higher for Hispanics with diagnosed Alzheimer's and other dementias, where 34.2 percent of hospitalizations were preventable – nearly one and a half times greater than the rate for whites (23.7 percent).
- *Healthy People 2020* sets a goal of decreasing the rate of preventable hospitalizations in those with diagnosed Alzheimer's disease and other dementias by 10 percent.

### What Is a Preventable Hospitalization?

For purposes of the *Healthy People 2020* dementia objective, the definition of a potentially preventable hospitalization is consistent with the definition used by the Agency for Healthcare Research and Quality. It includes hospitalizations for diabetes, COPD, hypertension, congestive heart failure, dehydration, bacterial pneumonia, urinary tract infection, angina, asthma, and lower extremity amputations among those with diabetes.

## Percent of Hospitalizations That Are Preventable among Those with Alzheimer's and Other Dementias



## Other *Healthy People 2020* objectives are also relevant to the issue of Alzheimer's disease and other dementias.

- The "Older Adults" topic area of *Healthy People 2020* contains three objectives that are important in the fight against Alzheimer's disease.
- Those objectives are:
  - Reduce the proportion of unpaid caregivers of older adults who report an unmet need for caregiver support services.
  - Reduce the proportion of older adults who have moderate to severe functional limitations.
  - Increase the proportion of older adults with reduced physical or cognitive function who engage in light, moderate or vigorous leisure-time physical activities.