

# STATE ALZHEIMER'S DISEASE PLANS: BRAIN HEALTH

*Recommendations to promote activities that would maintain and improve brain health*

Alabama	
Alaska	<ul style="list-style-type: none"> <li>• Encourage wellness across the lifespan through prevention and risk reduction activities that improve brain health, such as the “Healthy Body, Healthy Brain” initiative that includes helping people understand the connection between risk and protective factors and cognitive health.</li> </ul>
Arizona	<ul style="list-style-type: none"> <li>• Coordinate efforts to disseminate evidence-based messages about risk reduction for preserving cognitive health, such as the benefit of exercise, healthy eating, and chronic disease management, including management of diabetes and hypertension.</li> </ul>
Arkansas	
California	<ul style="list-style-type: none"> <li>• Coordinate with organizations that are actively working to reduce risk factors such as diabetes and heart disease to promote disease prevention and brain health.</li> <li>• Promote brain health initiatives to reduce risk factors, especially in diverse communities.</li> </ul>
Colorado	
Connecticut	
Delaware	
District of Columbia	<ul style="list-style-type: none"> <li>• Disseminate appropriate content that provides information on a brain-healthy lifestyle including: exercise, nutrition, cognitive activity, and social engagement as key protective factors against Alzheimer's disease and other dementias.</li> </ul>
Florida	
Georgia	<ul style="list-style-type: none"> <li>• Coordinate efforts to disseminate evidence-based messages about risk reduction for preserving cognitive health.</li> <li>• Integrate dementia awareness training into existing heart, stroke, and diabetes education programs. Integrate into the training that what is good for the heart is good for the brain.</li> <li>• Adopt the 16 action items from <i>The Healthy Brain Initiative Road Map</i> that are relevant to immediate implementation to assist states in becoming dementia-capable.</li> </ul>
Hawaii	
Idaho	
Illinois	
Indiana	<ul style="list-style-type: none"> <li>• Promote disease prevention and brain health through a public health approach to Alzheimer's.</li> </ul>
Iowa	<ul style="list-style-type: none"> <li>• Provide physical and mental activity programs using evidence-based programs designed for older adults such as EnhanceFitness, Eat Better &amp; Move More, and Healthy Aging.</li> <li>• Provide chronic disease self-management programs using evidence-based health promotion programs such as Stanford's Chronic Disease Self-Management Program.</li> <li>• Promote a quality diet for older Iowans through provision of nutrition education programs such as Eat Better &amp; Move More.</li> <li>• Provide nutrition counseling by registered dietitians to older adults determined to be at high nutrition risk.</li> <li>• Provide brain health education programs to help Iowans reduce their risk of Alzheimer's disease or related disorders.</li> </ul>
Kentucky	
Louisiana	
Maine	<ul style="list-style-type: none"> <li>• Establish a broad network of partners in the areas of business, education, manufacturing, and other community-based employers and organizations to promote brain health and wellness programs in the workplace and help educate the public on the importance of early detection of dementia, available resources for people with dementia, and caregiver support.</li> <li>• Support, fund, and promote the re-establishment of a comprehensive state public health plan to include cognitive health in its strategies or recommendations where appropriate.</li> </ul>

Maryland	
Massachusetts	
Michigan	
Minnesota	
Mississippi	<ul style="list-style-type: none"> <li>• Promote community awareness through the implementation of health promotion campaigns including culturally sensitive messaging.</li> <li>• Evaluate the benefit of establishing a centralized clearinghouse of brain health information and educational resources.</li> <li>• Leverage strategies outlined in <i>The Healthy Brain Initiative: The Public Health Road Map for State and National Partnerships, 2013-2018</i> to develop, implement, and maintain an Alzheimer's State Plan to promote brain health in Mississippi.</li> <li>• Integrate brain health strategies and recommendations into state and local public health.</li> <li>• Establish and mobilize a broad network of partners in the areas of business, education, manufacturing, and other community-based employers and organizations to implement and promote brain health and wellness programs.</li> </ul>
Missouri	
Montana	<ul style="list-style-type: none"> <li>• Adopt the action items from the Healthy Brain Initiative Road Map which, when implemented, assists states in becoming dementia-capable. (The national initiative is coordinated through the U.S. Centers for Disease Control and Prevention.)</li> </ul>
Nebraska	<ul style="list-style-type: none"> <li>• Promote the Brain Health Resource tools and HealthyBrain.gov website created by scientists and educators from the Administration for Community Living, the Centers for Disease Control and Prevention (CDC), and the National Institutes of Health through Nebraska's Area Agencies on Aging, Senior Centers, and other Community Groups.</li> <li>• Targeted outreach to counties with large ethnic populations to ensure brain health information is disseminated among Nebraska's minority populations.</li> </ul>
Nevada	
New Hampshire	
New Jersey	
New Mexico	<ul style="list-style-type: none"> <li>• Emphasize the benefits of healthy lifestyle choices in the prevention of Alzheimer's disease, including exercise and healthy eating, and proper treatment of chronic conditions such as diabetes and hypertension.</li> </ul>
New York	<ul style="list-style-type: none"> <li>• Promote program opportunities that increase physical activity and good nutrition resulting in better overall health to reduce premature entry into nursing home care.</li> <li>• Consider providing programs that are intellectually and cognitively stimulating, including a physical activity component, in areas of the state where there is a critical mass of individuals with younger-onset Alzheimer's.</li> </ul>
North Carolina	
North Dakota	
Oklahoma	<ul style="list-style-type: none"> <li>• Create culturally competent public service announcements to raise the level of public education about brain health and the warning signs of Alzheimer's and other dementias, some of which should specifically target populations with disproportionately higher rates of these diseases.</li> <li>• Develop employee education and support outreach for public and private sector businesses to promote brain health.</li> </ul>
Oregon	
Pennsylvania	<ul style="list-style-type: none"> <li>• Inventory what is known about promoting and maintaining a healthy brain.</li> <li>• Develop a communications strategy to increase public understanding of cognitive health and the connection between improved heart health and improved brain health, as well as the link between depression and cognitive health. Messages should be multipronged, science based, and targeted to all Pennsylvanians, including underserved and vulnerable populations.</li> </ul>

Pennsylvania (cont.)	<ul style="list-style-type: none"> <li>• Promote self-management tools to encourage healthy lifestyle choices (e.g. healthy diets, increased physical activity, weight management, sleep health, and smoking cessation).</li> <li>• Promote strategic partnerships among associations, government agencies, insurers, other payers, private industry, public organizations, and elected officials to support and advance research and policy relevant to cognitive health.</li> <li>• Identify and implement public policy changes at the state and local levels that would encourage and promote brain health (e.g. pilot nutrition and physical activity programs).</li> <li>• Strengthen and maintain community infrastructure that reinforces brain-healthy behaviors.</li> </ul>
Puerto Rico	
Rhode Island	<ul style="list-style-type: none"> <li>• Forge partnerships among the state's existing public health programs aimed at reducing potential environmental factors and other health-related problems such as obesity, hypertension, and diabetes, including identifying grant funding opportunities from the state, local agencies, and foundations and disseminating grant funding across various researchers in the state and their respective institutions.</li> </ul>
South Carolina	<ul style="list-style-type: none"> <li>• Identify and disseminate research findings on promotion of brain health and reduction of risk factors for Alzheimer's disease.</li> <li>• Include information on minimizing risk factors in public service announcements to increase awareness of Alzheimer's disease, targeting at-risk populations.</li> </ul>
Tennessee	
Texas	<ul style="list-style-type: none"> <li>• Identify and support funding opportunities to address and advance brain health fitness.</li> <li>• Establish a brain health fitness consortium to provide compelling data on emerging science and translation of research into practice.</li> <li>• Develop white papers to educate policymakers on brain health fitness.</li> <li>• Support efforts to increase funding and/or legislation for brain health fitness, prevention, awareness, and education.</li> <li>• Develop a compendium of targeted preventive brain health fitness screening recommendations and education for health care professionals in Texas to establish brain health fitness benchmarks and promote brain health fitness.</li> <li>• Develop multimedia education programs to promote recommendations for health care professionals and the public regarding brain health fitness.</li> <li>• Establish brain health fitness continuing education credits for all health care professionals.</li> <li>• Develop one web-based clearinghouse that provides comprehensive information and resources on Alzheimer's disease and overall brain health for the Texas public and health care sectors.</li> <li>• Complete one annual assessment to measure the effectiveness, satisfaction, relevance, and utilization of the Texas Alzheimer's/brain health fitness clearinghouse.</li> <li>• Increase the number of organizations by one per year that will promote information on the relationship between brain health and overall health in their communications and activities.</li> </ul>
Utah	<ul style="list-style-type: none"> <li>• Encourage a wellness agenda for Utah that includes a brain-healthy lifestyle, inclusive of exercise, nutrition, cognitive activity, and social engagement as key protective factors against Alzheimer's disease and other dementias.</li> <li>• Promote the Healthy Brain Initiative: A National Public Health Road Map to Maintaining Cognitive Health.</li> <li>• Support the Cognasium (gymnasium for the brain) movement, which encourages Utah citizens to take personal responsibility for brain health and develop an Individualized Cognasium Plan.</li> <li>• Emphasize heart, brain, and physical benefits of healthy recreation, senior games, fitness in the park programs, multigenerational activities, service to community, healthy aging, and senior center programs.</li> <li>• Target the higher prevalence of Alzheimer's and other dementias among older African-Americans and Hispanics through education on diabetes and high blood pressure.</li> <li>• Empower public health officials and health care providers to promote disease prevention by addressing risk factors such as caregiving, ethnicity, diabetes, and heart disease.</li> <li>• Promote brain health initiatives to reduce risk factors, especially in ethnically diverse communities.</li> </ul>
Vermont	<ul style="list-style-type: none"> <li>• Design a broad-based dementia and brain health public information campaign.</li> <li>• Integrate brain health messages into other health improvement efforts in community settings</li> </ul>

	<p>frequented by older adults. Include grassroots dissemination of messages, particularly those that build capacity within the community.</p> <ul style="list-style-type: none"> <li>• Establish a broad network of partners in the areas of business, education, and manufacturing to promote brain health and wellness programs.</li> </ul>
Virginia	<ul style="list-style-type: none"> <li>• Collaborate with related public health efforts (e.g. diet, exercise, co-morbid conditions, etc.) to encourage possible risk-reduction strategies.</li> <li>• Direct the Commission and the Virginia Alzheimer's Commission AlzPossible Initiative to serve as a resource to evaluate dementia capable services and risk reduction strategies through the development of evidence-based protocols.</li> </ul>
Washington	<ul style="list-style-type: none"> <li>• Inform and educate the public about healthy aging, including links between brain health and nutrition, exercise, stress management, and oral health/periodontal disease.</li> <li>• Identify and use data to address risk factors for individuals with dementia.</li> <li>• Inform and educate the public about the connections between chronic disease (diabetes, heart disease, hypertension, oral health/periodontal disease, sleep disorders, etc.) and dementia.</li> <li>• Request that all state and local public health organizations provide content specific to healthy aging, brain health, and Alzheimer's disease/dementia, including Internet links to national, state and local resources.</li> <li>• Work with UW Healthy Brain Research Network (HBRN) and other partners to develop evidence-based public messages around promoting healthy aging and brain health, while ensuring messages are culturally/ethnically appropriate and designed to reach statewide populations including persons with limited English.</li> <li>• Partner with community organizations to disseminate evidence-based educational materials for the public around healthy aging and accessing health care proactively. Include organizations such as tribal centers, community and senior centers, faith-based organizations, hospitals and health plans, YMCAs and parks departments, secondary schools and institutes of higher learning.</li> </ul>
West Virginia	
Wisconsin	

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