

The United States Needs a National Alzheimer's Prevention Goal

The United States should set an ambitious national goal to prevent Alzheimer's disease and related dementias.

It is time to replace despair and disappointment with determination and hope. It is time to show there are steps that our nation can take to reduce the risk of Alzheimer's and dementia, delay onset, and promote brain health. And most importantly, it is time to rally Americans to take action.

Alzheimer's disease is a public health crisis that is expanding as our nation ages, with a projected increase to nearly 14 million people in the U.S. with the disease by 2050. Communities of color and women bear a disproportionate burden. Without early intervention and treatment, the cumulative care costs are projected to exceed \$20 trillion over the next 30 years.

Our nation must do more to change the course of this disease. Emerging science points to the ability to reduce dementia risk and slow the rate of cognitive decline as people age through early detection and non-pharmacological and pharmacological interventions across the lifespan, particularly in midlife and at the earliest pre-dementia stages. Studies indicate more than a third of dementia cases are potentially preventable by addressing risk factors including education, treatment of hypertension, exercise, social engagement, smoking, hearing loss, depression, diabetes, and obesity.

It will take a new national commitment, new partners, new approaches, and new attitudes to get in front of this disease. Cognitive decline is *not* inevitable. And, while deaths from other major causes such as heart disease have decreased, the number of deaths from Alzheimer's disease have increased exponentially. As a nation, we must take a new approach to focus not only on curing Alzheimer's disease and related dementias but preventing it in the first place.

For too long, people living with dementia their families and caregivers have heard of the disappointments of drug trials and the difficulty of finding an Alzheimer's cure. That must change – now.

Make no mistake, research must continue into promising disease-modifying drug therapies to treat Alzheimer's and its symptoms for patients in the early stages of dementia. But to truly reduce the number of people impacted by this devastating disease, our nation must build on the concrete research findings showing that public health interventions and lifestyle modifications may prevent or delay the onset of Alzheimer's and related dementias and disrupt progression of mild cognitive impairment.

A growing number of government organizations and advisory groups are increasingly aligned in the position that it is possible to reduce the risk of dementia, including the World Health Organization, the Lancet Commission, the American Heart Association, and the Centers for Disease Control and Prevention.

There are far-reaching benefits of this effort, as research shows dementia seems to be tightly connected to other chronic conditions. A national prevention strategy to reduce dementia risk offers a unique opportunity to mobilize clinical, policy, and public health efforts to reduce diabetes, hypertension, tobacco use, and depression, particularly among communities of color.

The U.S. should set a national prevention goal that is ambitious and achievable. This goal must include dates to strive for, a roadmap to guide the efforts, metrics to measure progress along the way, and a focus on healthcare equity that recognizes the disproportionate impact of Alzheimer's and related dementias on communities of color and women. Establishing dementia prevention as a clinical and research priority with measurable, time-bound targets will build on current efforts and drive changes in clinical practice, public health, research and innovation - just as our nation has done for heart disease and other health challenges.

A clear prevention "north star" will benefit families, society, economy and our nation. Preventing or delaying dementia will

- Reduce financial pressure on the healthcare system and lower costs to public programs such as Medicare and Medicaid,
- Decrease the cognitive, physical, psychological and economic burdens on those living with symptoms that often last more than a decade and their families,
- Improve quality of life for individuals of all ages, and
- Increase the likelihood that adults can thrive and remain independent into their later years.

We call on leaders, organizations, colleagues, and partners in government and the private sector, in public and clinical health, chronic disease prevention, wellness, and health equity to join in this call for the United States to adopt a national, measurable, time-bound impact prevention goal to reduce the number of people with Alzheimer's and related dementias.

Signatories:

1. AARP
2. Academy of Nutrition and Dietetics
3. Accelerate Cures/Treatments for All Dementia (ACT-AD)
4. Advocacy for the Rights and Interests of the Elderly (CARIE)
5. African American Health Alliance
6. Aging Life Care Association
7. Ageless Grace® Brain Health
8. Alliance for Aging Research
9. Alliance for Patient Access
10. Alzheimer's of Central Alabama
11. Alzheimer's & Dementia Alliance of Wisconsin
12. Alzheimer's Disease Discovery Foundation (ADDF)

13. Alzheimer's Foundation of America
14. Alzheimer's Los Angeles
15. Alzheimer's Mississippi
16. Alzheimer's New Jersey
17. Alzheimer's Orange County
18. Alzheimer's San Diego
19. Alzheimer's Texas
20. Alzheimer's Therapeutic Research Institute (ATRI), Keck School of Medicine of USC
21. AMDA – The Society for Post-Acute and Long-Term Care
22. American Academy of Audiology
23. American Association of Colleges of Pharmacy
24. American Association for Geriatric Psychiatry
25. American College of Preventive Medicine
26. American Geriatrics Society
27. AGS Health in Aging Foundation
28. American Health Care Association/National Center for Assisted Living
29. American Heart Association
30. Rebecca Ailes-Fine, Co-Founder Women Against Alzheimer's & Co-Founder WISP
31. American Medical Women's Association
32. American Public Health Association
33. American Sleep Apnea Association
34. American Society on Aging (ASA)
35. American Society for Metabolic and Bariatric Surgery
36. American Society for Nutrition
37. Association of Diabetes Care & Education Specialists
38. Association of State and Territorial Health Officials (ASTHO)
39. Rhoda Au, PhD Professor, Boston University School of Medicine and Public Health
40. Laura Baker, PhD, Associate Professor of Internal Medicine – Geriatrics, Neurology, and Social Sciences and Health Policy
41. The Balm in Gilead, Inc.
42. Lisa L. Barnes, PhD, Alla V. and Solomon Jesmer Professor of Gerontology and Geriatric Medicine, Rush Alzheimer's Disease Center
43. Beating Alzheimer's By Embracing Science (B.A.B.E.S.)
44. Benjamin Rose Institute on Aging
45. Beyond Type 1
46. Biogen
47. Gabrielle H. Blake, LCSW
48. Soo Borson MD, Dementia Care Research and Consulting; Prof Emerita, University of Washington
49. Brain Health Initiative
50. Brain Health Institute
51. Malaz Boustani, MD, Richard M. Fairbanks Professor of Aging Research Indiana University School of Medicine
52. Brazoria County Gathering Place Interfaith Ministries, Inc.
53. Catherine B. Reynolds Foundation
54. Care & Thrive Foundation

55. Celiac Disease Foundation
56. Center for BrainHealth at The University of Texas at Dallas
57. Center for Health Innovation and Implementation Science
58. Ceres Community Project
59. Sandra Bond Chapman, PhD, Center for BrainHealth at The University of Texas at Dallas
60. Cleveland Clinic Lou Ruvo Center for Brain Health
61. Coalition for Better Health at Lower Cost
62. Coalition of Wisconsin Aging and Health Groups
63. Cognitive Dynamics
64. Common Threads
65. Concussion Legacy Foundation
66. James R. Creasey, Founder, CEO, Jiminy Wicket
67. Dr. Krystal L. Culler, DBH, M.A., Founder & Creative Director, Virtual Brain Health Center
68. Jeffrey L Cummings, MD, ScD, Cleveland Clinic Lou Ruvo Center for Brain Health
69. Dementia Alliance of North Carolina
70. The Emory Goizueta Alzheimer's Disease Research Center
71. Eli Lilly & Company
72. Eisai Inc.
73. Fayron Epps, PhD, RN, Assistant Professor, Nell Hodgson School of Nursing, Emory University
74. Financial Services Innovation Coalition (FSIC)
75. Lynda Everman, Alzheimer's Advocate and Former Care Partner
76. Franklin & Kyle Elder Law, LLC
77. Fuerza Contra Alzheimer's
78. Adam Gazzaley, MD, PhD Professor, Neurology - UCSF Weill Institute for Neurosciences; Founding Director of Neuroscape University of California, San Francisco School of Medicine
79. Genworth Financial
80. Georgetown University Medical Center Memory Disorders Program
81. Gerontological Society of America
82. Global Alzheimer's Platform Foundation (GAP)
83. Global Neuroscience Institute
84. Laura N. Gitlin, Ph.D., FGSA, FAAN, *Distinguished University Professor and Dean*, College of Nursing and Health Professions, *Executive Director, The AgeWell Collaboratory*
85. Jill M. Goldstein, Ph.D. Professor of Psychiatry & Medicine, Harvard Medical School; Founder and Exec. Director, Innovation Center on Sex Differences in Medicine, Massachusetts General Hospital (MGH); and the Helen T. Moershner MGH Research Institute Chair in Women's Health
86. Guadalupe Centers
87. HADASSAH, The Women's Zionist Organization of America, Inc.
88. Health Equity Collaborative
89. HealthyWomen
90. International Health, Racquet & Sportsclub Association
91. The John A. Hartford Foundation
92. Healthcare Leadership Council
93. HFC (formerly Hilarity for Charity)

94. Hispanic Neuropsychological Society
95. David P. Hoffman, DPS, CCE, Associate Professor of Ethics and Health Policy and Associate Dean for Academic Initiatives, Maria College
96. Hogg Foundation for Mental Health
97. Howard Fillit MD, Founding Executive Director and Chief Science Officer, Alzheimer's Drug Discovery Foundation
98. Innovation Center on Sex Differences in Medicine, Massachusetts General Hospital
99. Melora Jackson, MS, Virtual Dementia Tour, Clinical Manager at Second Wind Dreams
100. Jiminy Wicket
101. Justice in Aging
102. Former Congressman Patrick J. Kennedy (D-RI); Founder, The Kennedy Forum; Co-Founder, One Mind
103. Kenneth M. Langa, MD, PhD, Cyrus Sturgis Professor of Internal Medicine, Gerontology, and Health Management & Policy, University of Michigan
104. Glen A. Kyle, J.D., CELA
105. Latino Alzheimer's and Memory Disorders Alliance
106. LEAD Coalition (Leaders Engaged on Alzheimer's Disease)
107. Lewy Body Dementia Association
108. Dale Libby, CEO, Brazoria County Gathering Place Interfaith Ministries, Inc.
109. Livpact Inc.
110. Dr. Kristine Lokken, Brain Health Institute
111. MANA, A National Latina Organization
112. Marilyn's Legacy
113. Massachusetts Alzheimer's Disease Research Center
114. Mattie Rhodes Center
115. Medical Fitness Association
116. Thomas J. McInerney, President & CEO, Genworth Financial
117. Mental Health America of Hawaii
118. Milken Institute Center for the Future of Aging
119. Morehouse School of Medicine
120. Richard Morgan, PhD, Retired Presbyterian (USA) Minister, Author, Co-Founder, ClergyAgainstAlzheimer's Network
121. National Academy of Elder Law Attorneys
122. National Association for Female Executives (NAFE)
123. National Association of Area Agencies on Aging (n4a)
124. National Association of Chronic Disease Directors (NACDD)
125. National Assoc of County Behavioral Health and Developmental Disability Directors (NACBHDD)
126. National Association of Community Health Centers (NACHC)
127. National Association for Rural Mental Health (NARMH)
128. National Association of Social Workers (NASW)
129. National Association of State Long Term Care Ombudsman Programs (NASOP)
130. National Consumers League
131. National Consumer Voice for Quality Long-Term Care
132. National Hispanic Council on Aging

133. National Hispanic Medical Association
134. National Kidney Foundation
135. National Task Group on Intellectual Disabilities and Dementia Practices
136. National Urban League
137. Neurocern
138. Thomas O. Obisesan, M.D., MPH, Professor of Medicine, Howard University
139. One Mind
140. Partnership for Innovation and Empowerment
141. Carmen Pastor, President/Founder, Fuerza Contra Alzheimer's
142. Adriana Perez, PhD, CRNP, ANP-BC, FAAN, FGSA, Assistant Professor of Nursing, Senior Fellow, Leonard Davis Institute of Health Economics, University of Pennsylvania School of Nursing
143. Miller Piggot, Executive Director, Alzheimer's of Central Alabama
144. Posit Science
145. Daniel C. Potts, MD, FAAN
146. Judi Pritchard, ED, Founder, President, Care & Thrive Foundation
147. ProVention Health Foundation
148. PublicHealthMaps
149. Diane Rojas, Vice President of Health & Human Services, Associate Director Social Services at Guadalupe Centers, Inc.
150. Sandra Eskenazi Center for Brain Care Innovation
151. Quincy Miles Samus, Ph.D., Director, Translational Aging Services Core, Associate Professor of Psychiatry and Behavioral Sciences, Johns Hopkins Medicine
152. June Sanson, Senior Director, Patient Advocacy and Industry Relations at ACADIA Pharmaceuticals Inc.
153. David Satcher, MD, PhD Founding Director and Senior Advisor; (former) 16th Surgeon General of the United States Satcher Health Leadership Institute, Morehouse School of Medicine
154. Kathleen Sebelius, 21st United States Secretary of Health and Human Services; 44th Governor of Kansas
155. Second Wind Dreams, Inc./ Virtual Dementia Tour
156. Southern Christian Leadership Conference
157. Betty Spence, President, National Association for Female Executives (NAFE)
158. Dr. Suzanne Steinbaum, MD, President at SRS Heart, Center for Women's Prevention, Health and Wellness
159. Diane Stephenson, Executive Director, Critical Path for Parkinson's at Critical Path Institute (C-Path)
160. MaryAnne Sterling, LivPact Inc.
161. Susie Stiles, LCSW
162. Rudolph Tanzi, PhD, Department of Neurology, MGH/Harvard Medical School
163. Pierre N. Tariot, MD, Director, Banner Alzheimer's Institute
164. Dr. Philip Tipton, MD, Movement Disorders Fellow, Assistant Professor at Mayo Clinic, Rochester, MN
165. Program to Improve Eldercare
166. Trust for America's Health (TFAH)
167. Anne Tumlinson, President and Chief Executive Officer Anne Tumlinson Innovations
168. Jamie TenNapel Tyrone, Advocate, Author, and President/CEO of Beating Alzheimer's By Embracing Science (B.A.B.E.S.)
169. UnidosNow, Inc.

170. UnidosUS
171. UsAgainstAlzheimer's
172. Volunteers of America
173. William Vega, PhD, Board Member, UsAgainstAlzheimer's; Emeritus Provost Professor, University of Southern California
174. Anand Viswanathan, MD, PhD, Massachusetts General Hospital, Massachusetts Alzheimer's Disease Research Center
175. Victoria Walker, MD, CEO CodaCare Consulting
176. Virtual Brain Health Center
177. Don Wendorf, Psy.D., Retired Psychologist and Marriage & Family Therapist, Alzheimer's Advocate and Author
178. The Kennedy Forum
179. The Redstone Center for Prevention and Wellness
180. URAC
181. Washington University School of Medicine, Department of Neurology
182. The Women's Alzheimer's Movement
183. Women Inspiring Scientific Progress (WISP)
184. Kristine Yaffe, MD, Professor of Psychiatry, Neurology and Epidemiology, Psychiatry, UCSF Weill Institute for Neurosciences; Roy and Marie Scola Endowed Chair; Vice Chair of Research in Psychiatry UCFS School of Medicine
185. YMCA of the USA

Current as of March 5, 2021

For more information and/or to sign on to this statement, contact Kelly O'Brien at UsAgainstAlzheimer's @ kobrien@usaginstalzheimers.org