

[date]

The Honorable Xavier Becerra
Secretary
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Washington, D.C. 20201

Dear Secretary Becerra,

We join together to thank you for your leadership and commitment to promoting healthy aging and reducing the prevalence of Alzheimer's and Related Dementias (ARD). The sixth goal of our nation's Alzheimer's Plan, *Accelerate Action to Promote Health Aging and Reduce Risk Factors for Alzheimer's Disease and Related Dementias (ARD)*, is a welcome addition, and we stand ready to help our country realize this vision.

This new goal is the latest recognition of how reducing the burden of risk factors including hypertension, physical inactivity, poor diet quality, sleep disorders, hearing loss, tobacco use, depression, excessive alcohol use and traumatic brain injury may delay the onset or slow progression of ARD and its symptoms. It is a message to all Americans that dementia is not an inevitable part of aging, but rather something we can collectively and individually take steps to prevent.

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. Globally, the number of adults living with dementia is expected to triple to over 150 million 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.

Evidence 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 approximately 40 percent of dementia cases are potentially preventable by addressing modifiable risk factors.

The new risk reduction goal provides the framework to advance this effort prevent or delay the onset of Alzheimer's. We support moving forward quickly with measurable objectives. The Advisory Council on Alzheimer's Research, Care and Services noted that an aggressive 15 percent reduction per decade in the prevalence of these risk factors could result in up to 1.2 million fewer people with Alzheimer's dementia in 2050. This is a place to start.

We stand ready to work with your team at the U.S. Department of Health and Human Services as well as the Advisory Council to make this goal actionable and its potential outcomes a reality. For more information, please contact Kelly O'Brien, Executive Director of Brain Health Partnership at UsAgainstAlzheimer's at kobrien@usgainstalzheimers.org.

Sincerely,

Organizations (145)

UsAgainstAlzheimer's
AARP
Academy of Nutrition and Dietetics
Accelerate Cures/Treatments for All Dementia
(ACT-AD)

Center for Advocacy for the Rights and Interests of
the Elderly (CARIE)
African American Health Alliance
Aging Life Care Association
Ageless Grace® Brain Health

Alliance for Aging Research
 Alliance for Patient Access
 Altoida, Inc.
 Alzheimer's of Central Alabama
 Alzheimer's & Dementia Alliance of Wisconsin
 Alzheimer's Disease Discovery Foundation (ADDF)
 Alzheimer's Foundation of America
 Alzheimer's Los Angeles
 Alzheimer's Mississippi
 Alzheimer's New Jersey
 Alzheimer's Orange County
 Alzheimer's San Diego
 Alzheimer's Texas
 Alzheimer's Therapeutic Research Institute (ATRI),
 Keck School of Medicine of USC
 AMDA – The Society for Post-Acute and Long-Term
 Care
 American Academy of Audiology
 American Association of Colleges of Pharmacy
 American Association for Geriatric Psychiatry
 American College of Preventive Medicine
 American Federation of Teachers
 American Geriatrics Society
 AGS Health in Aging Foundation
 American Health Care Association/National Center
 for Assisted Living
 American Heart Association
 American Medical Women's Association
 American Public Health Association
 American Sleep Apnea Association
 American Society on Aging (ASA)
 American Society for Metabolic and Bariatric
 Surgery
 American Society for Nutrition
 Association of Diabetes Care & Education
 Specialists
 Association of State and Territorial Health Officials
 (ASTHO)
 The Balm in Gilead, Inc.
 Beating Alzheimer's By Embracing Science
 (B.A.B.E.S.)
 Benjamin Rose Institute on Aging
 Beyond Type 1
 Biogen
 Brain Health Initiative, Inc., Lakewood Ranch,
 Florida
 Brain Health Institute
 Brazoria County Gathering Place Interfaith
 Ministries, Inc.
 Catherine B. Reynolds Foundation
 Care & Thrive Foundation
 Celiac Disease Foundation
 Center for BrainHealth at The University of Texas
 at Dallas
 Center for Health Innovation and Implementation
 Science
 Ceres Community Project
 Cleveland Clinic Lou Ruvo Center for Brain Health
 Coalition for Better Health at Lower Cost
 Coalition of Wisconsin Aging and Health Groups
 Cognitive Dynamics
 Common Threads
 Concussion Legacy Foundation
 Darmiyan, Inc.
 Dementia Alliance of North Carolina
 The Emory Goizueta Alzheimer's Disease Research
 Center
 Eli Lilly & Company
 Eisai Inc.
 Financial Services Innovation Coalition (FSIC)
 Franklin & Kyle Elder Law, LLC
 Fuerza Contra Alzheimer's
 Genentech
 Genworth Financial
 Georgetown University Medical Center Memory
 Disorders Program
 Gerontological Society of America
 Global Alzheimer's Platform Foundation (GAP)
 Global Neuroscience Institute
 GN Group
 Goodwin House Incorporated
 Guadalupe Centers
 HADASSAH, The Women's Zionist Organization of
 America, Inc.
 Health Equity Collaborative
 HealthyWomen
 International Health, Racquet & Sportsclub
 Association
 The John A. Hartford Foundation
 Healthcare Leadership Council
 HFC (formerly Hilarity for Charity)
 Hispanic Neuropsychological Society
 Hogg Foundation for Mental Health
 Innovation Center on Sex Differences in Medicine,
 Massachusetts General Hospital
 Jiminy Wicket
 Justice in Aging
 Latino Alzheimer's and Memory Disorders Alliance
 LEAD Coalition (Leaders Engaged on Alzheimer's
 Disease)
 Lewy Body Dementia Association
 LifeBio
 Livpact Inc.
 MANA, A National Latina Organization

Marilyn's Legacy
 Massachusetts Alzheimer's Disease Research
 Center
 Mattie Rhodes Center
 Medical Fitness Association
 Merck & Co., Inc.
 Mental Health America of Hawaii
 Milken Institute Center for the Future of Aging
 Morehouse School of Medicine
 National Academy of Elder Law Attorneys
 National Association for Female Executives (NAFE)
 National Association of Chronic Disease Directors
 (NACDD)
 National Assoc of County Behavioral Health and
 Developmental Disability Directors (NACBHDD)
 National Association of Community Health Centers
 (NACHC)
 National Association for Rural Mental Health
 (NARMH)
 National Association of Social Workers (NASW)
 National Association of State Long Term Care
 Ombudsman Programs (NASOP)
 National Consumers League
 National Consumer Voice for Quality Long-Term
 Care
 National Hispanic Council on Aging
 National Hispanic Medical Association
 National Kidney Foundation
 National Task Group on Intellectual Disabilities and
 Dementia Practices

National Urban League
 Neurocern
 Novo Nordisk, Inc.
 One Mind
 Partnership for Innovation and Empowerment
 Posit Science
 Prevent Blindness
 PRODEO Institute
 Prothena
 ProVention Health Foundation
 PublicHealthMaps
 Second Wind Dreams, Inc./ Virtual Dementia Tour
 Silver Sneakers by Tivity Health
 Southern Christian Leadership Conference
 Program to Improve Eldercare
 Trust for America's Health (TFAH)
 UnidosNow, Inc.
 UnidosUS
 URAC
 USAging
 Volunteers of America
 Virtual Brain Health Center
 The Kennedy Forum
 The Redstone Center for Prevention and Wellness
 Washington University School of Medicine,
 Department of Neurology
 The Women's Alzheimer's Movement
 Women Inspiring Scientific Progress (WISP)
 YMCA of the USA

Individuals (54):

Rebecca Ailes-Fine, Co-Founder Women Against
 Alzheimer's & Co-Founder WISP
 Rhoda Au, PhD Professor, Boston University School
 of Medicine and Public Health
 Laura Baker, PhD, Associate Professor of Internal
 Medicine – Geriatrics, Neurology, and Social
 Sciences and Health Policy
 Lisa L. Barnes, PhD, Alla V. and Solomon Jesmer
 Professor of Gerontology and Geriatric
 Medicine, Rush Alzheimer's Disease Center
 Gabrielle H. Blake, LCSW
 Soo Borson MD, Dementia Care Research and
 Consulting; Prof Emerita, University of
 Washington
 Stephanie Peabody, Psy.D., HSPP, Brain Health
 Initiative, Inc.
 Malaz Boustani, MD, Richard M. Fairbanks
 Professor of Aging Research Indiana University
 School of Medicine

Sandra Bond Chapman, PhD, Center for
 BrainHealth at The University of Texas at Dallas
 James R. Creasey, Founder, CEO, Jiminy Wicket
 Dr. Krystal L. Culler, DBH, M.A., Founder & Creative
 Director, Virtual Brain Health Center
 Jeffrey L Cummings, MD, ScD, Cleveland Clinic Lou
 Ruvo Center for Brain Health
 Fayron Epps, PhD, RN, Assistant Professor, Nell
 Hodgson School of Nursing, Emory University
 Lynda Everman, Alzheimer's Advocate and Former
 Care Partner
 Adam Gazzaley, MD, PhD Professor, Neurology -
 UCSF Weill Institute for Neurosciences; Founding
 Director of Neuroscape University of California,
 San Francisco School of Medicine
 Laura N. Gitlin, Ph.D., FGSA, FAAN, *Distinguished
 University Professor and Dean*, College of
 Nursing and Health Professions, *Executive
 Director, The AgeWell Collaboratory*

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. Moerschner MGH Research Institute Chair in Women's Health

David P. Hoffman, DPS, CCE, Associate Professor of Ethics and Health Policy and Associate Dean for Academic Initiatives, Maria College

Howard Fillit MD, Founding Executive Director and Chief Science Officer, Alzheimer's Drug Discovery Foundation

Melora Jackson, MS, Virtual Dementia Tour, Clinical Manager at Second Wind Dreams
Former Congressman Patrick J. Kennedy (D-RI);
Founder, The Kennedy Forum; Co-Founder, One Mind

Kenneth M. Langa, MD, PhD, Cyrus Sturgis Professor of Internal Medicine, Gerontology, and Health Management & Policy, University of Michigan

Glen A. Kyle, J.D., CELA

Dale Libby, CEO, Brazoria County Gathering Place Interfaith Ministries, Inc.

Dr. Kristine Lokken, Brain Health Institute

Thomas J. McInerney, President & CEO, Genworth Financial

Richard Morgan, PhD, Retired Presbyterian (USA) Minister, Author, Co-Founder, ClergyAgainstAlzheimer's Network

Thomas O. Obisesan, M.D., MPH, Professor of Medicine, Howard University

Carmen Pastor, President/Founder, Fuerza Contra Alzheimer's

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

Miller Piggott, Executive Director, Alzheimer's of Central Alabama

Daniel C. Potts, MD, FAAN

Judi Pritchard, ED, Founder, President, Care & Thrive Foundation

Diane Rojas, Vice President of Health & Human Services, Associate Director Social Services at Guadalupe Centers, Inc.

Sandra Eskenazi Center for Brain Care Innovation

Quincy Miles Samus, Ph.D., Director, Translational Aging Services Core, Associate Professor of Psychiatry and Behavioral Sciences, Johns Hopkins Medicine

June Sanson, Senior Director, Patient Advocacy and Industry Relations at ACADIA Pharmaceuticals Inc.

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

Kathleen Sebelius, 21st United States Secretary of Health and Human Services; 44th Governor of Kansas

Betty Spence, President, National Association for Female Executives (NAFE)

Dr. Suzanne Steinbaum, MD, President at SRS Heart, Center for Women's Prevention, Health and Wellness

Diane Stephenson, Executive Director, Critical Path for Parkinson's at Critical Path Institute (C-Path)

MaryAnne Sterling, LivPact Inc.

Susie Stiles, LCSW

Rudolph Tanzi, PhD, Department of Neurology, MGH/Harvard Medical School

Pierre N. Tariot, MD, Director, Banner Alzheimer's Institute

Dr. Philip Tipton, MD, Movement Disorders Fellow, Assistant Professor at Mayo Clinic, Rochester, MN

Anne Tumlinson, President and Chief Executive Officer, Anne Tumlinson Innovations

Jamie TenNapel Tyrone, Advocate, Author, and President/CEO of Beating Alzheimer's By Embracing Science (B.A.B.E.S.)

William Vega, PhD, Board Member, UsAgainstAlzheimer's; Emeritus Provost Professor, University of Southern California

Anand Viswanathan, MD, PhD, Massachusetts General Hospital, Massachusetts Alzheimer's Disease Research Center

Victoria Walker, MD, CEO CodaCare Consulting

Don Wendorf, Psy.D., Retired Psychologist and Marriage & Family Therapist, Alzheimer's Advocate and Author

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