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 (ADRD). 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 (ADRD)*, 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 ADRD 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@usagainstalzheimers.org.

Sincerely,

** Organizations (145) **

- UsAgainstAlzheimer’s
- AARP
- Academy of Nutrition and Dietetics
- Accelerate Cures/Treatments for All Dementias (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
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Soo Borson MD, Dementia Care Research and Consulting; Prof Emerita, University of Washington
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Laura N. Gitlin, Ph.D., FGSA, FAAN, Distinguished University Professor and Dean, College of Nursing and Health Professions, Executive Director, The AgeWell Collaboratory

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