

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. Altoida, Inc.
11. Alzheimer's of Central Alabama
12. Alzheimer's & Dementia Alliance of Wisconsin

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

54. Malaz Boustani, MD, Richard M. Fairbanks Professor of Aging Research Indiana University School of Medicine
55. Brazoria County Gathering Place Interfaith Ministries, Inc.
56. Catherine B. Reynolds Foundation
57. Care & Thrive Foundation
58. Celiac Disease Foundation
59. Center for BrainHealth at The University of Texas at Dallas
60. Center for Health Innovation and Implementation Science
61. Ceres Community Project
62. Sandra Bond Chapman, PhD, Center for BrainHealth at The University of Texas at Dallas
63. Cleveland Clinic Lou Ruvo Center for Brain Health
64. Coalition for Better Health at Lower Cost
65. Coalition of Wisconsin Aging and Health Groups
66. Cognitive Dynamics
67. Common Threads
68. Concussion Legacy Foundation
69. James R. Creasey, Founder, CEO, Jiminy Wicket
70. Dr. Krystal L. Culler, DBH, M.A., Founder & Creative Director, Virtual Brain Health Center
71. Jeffrey L Cummings, MD, ScD, Cleveland Clinic Lou Ruvo Center for Brain Health
72. Darmiyan, Inc.
73. Dementia Alliance of North Carolina
74. The Emory Goizueta Alzheimer's Disease Research Center
75. Eli Lilly & Company
76. Eisai Inc.
77. Fayron Epps, PhD, RN, Assistant Professor, Nell Hodgson School of Nursing, Emory University
78. Financial Services Innovation Coalition (FSIC)
79. Lynda Everman, Alzheimer's Advocate and Former Care Partner
80. Franklin & Kyle Elder Law, LLC
81. Fuerza Contra Alzheimer's
82. Adam Gazzaley, MD, PhD Professor, Neurology - UCSF Weill Institute for Neurosciences; Founding Director of Neuroscape University of California, San Francisco School of Medicine
83. Genentech
84. Genworth Financial
85. Georgetown University Medical Center Memory Disorders Program
86. Gerontological Society of America
87. Global Alzheimer's Platform Foundation (GAP)
88. Global Neuroscience Institute
89. GN Group
90. Laura N. Gitlin, Ph.D., FGSA, FAAN, *Distinguished University Professor and Dean*, College of Nursing and Health Professions, *Executive Director, The AgeWell Collaboratory*
91. 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

92. Goodwin House Incorporated
93. Guadalupe Centers
94. HADASSAH, The Women's Zionist Organization of America, Inc.
95. Health Equity Collaborative
96. HealthyWomen
97. International Health, Racquet & Sportsclub Association
98. The John A. Hartford Foundation
99. Healthcare Leadership Council
100. HFC (formerly Hilarity for Charity)
101. Hispanic Neuropsychological Society
102. David P. Hoffman, DPS, CCE, Associate Professor of Ethics and Health Policy and Associate Dean for Academic Initiatives, Maria College
103. Hogg Foundation for Mental Health
104. Howard Fillit MD, Founding Executive Director and Chief Science Officer, Alzheimer's Drug Discovery Foundation
105. Innovation Center on Sex Differences in Medicine, Massachusetts General Hospital
106. Melora Jackson, MS, Virtual Dementia Tour, Clinical Manager at Second Wind Dreams
107. Jiminy Wicket
108. Justice in Aging
109. Former Congressman Patrick J. Kennedy (D-RI); Founder, The Kennedy Forum; Co-Founder, One Mind
110. Kenneth M. Langa, MD, PhD, Cyrus Sturgis Professor of Internal Medicine, Gerontology, and Health Management & Policy, University of Michigan
111. Glen A. Kyle, J.D., CELA
112. Latino Alzheimer's and Memory Disorders Alliance
113. LEAD Coalition (Leaders Engaged on Alzheimer's Disease)
114. Lewy Body Dementia Association
115. Dale Libby, CEO, Brazoria County Gathering Place Interfaith Ministries, Inc.
116. LifeBio
117. Livpact Inc.
118. Dr. Kristine Lokken, Brain Health Institute
119. MANA, A National Latina Organization
120. Marilyn's Legacy
121. Massachusetts Alzheimer's Disease Research Center
122. Mattie Rhodes Center
123. Medical Fitness Association
124. Thomas J. McInerney, President & CEO, Genworth Financial
125. Merck & Co., Inc.
126. Mental Health America of Hawaii
127. Milken Institute Center for the Future of Aging
128. Morehouse School of Medicine
129. Richard Morgan, PhD, Retired Presbyterian (USA) Minister, Author, Co-Founder, ClergyAgainstAlzheimer's Network
130. National Academy of Elder Law Attorneys

131. National Association for Female Executives (NAFE)
132. National Association of Area Agencies on Aging (n4a)
133. National Association of Chronic Disease Directors (NACDD)
134. National Assoc of County Behavioral Health and Developmental Disability Directors (NACBHDD)
135. National Association of Community Health Centers (NACHC)
136. National Association for Rural Mental Health (NARMH)
137. National Association of Social Workers (NASW)
138. National Association of State Long Term Care Ombudsman Programs (NASOP)
139. National Consumers League
140. National Consumer Voice for Quality Long-Term Care
141. National Hispanic Council on Aging
142. National Hispanic Medical Association
143. National Kidney Foundation
144. National Task Group on Intellectual Disabilities and Dementia Practices
145. National Urban League
146. Neurocern
147. Novo Nordisk, Inc.
148. Thomas O. Obisesan, M.D., MPH, Professor of Medicine, Howard University
149. One Mind
150. Partnership for Innovation and Empowerment
151. Carmen Pastor, President/Founder, Fuerza Contra Alzheimer's
152. 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
153. Miller Piggot, Executive Director, Alzheimer's of Central Alabama
154. Posit Science
155. Daniel C. Potts, MD, FAAN
156. Prevent Blindness
157. Judi Pritchard, ED, Founder, President, Care & Thrive Foundation
158. PRODEO Institute
159. Prothena
160. ProVention Health Foundation
161. PublicHealthMaps
162. Diane Rojas, Vice President of Health & Human Services, Associate Director Social Services at Guadalupe Centers, Inc.
163. Sandra Eskenazi Center for Brain Care Innovation
164. Quincy Miles Samus, Ph.D., Director, Translational Aging Services Core, Associate Professor of Psychiatry and Behavioral Sciences, Johns Hopkins Medicine
165. June Sanson, Senior Director, Patient Advocacy and Industry Relations at ACADIA Pharmaceuticals Inc.
166. 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
167. Kathleen Sebelius, 21st United States Secretary of Health and Human Services; 44th Governor of Kansas
168. Second Wind Dreams, Inc./ Virtual Dementia Tour

169. Silver Sneakers by Tivity Health
170. Southern Christian Leadership Conference
171. Betty Spence, President, National Association for Female Executives (NAFE)
172. Dr. Suzanne Steinbaum, MD, President at SRS Heart, Center for Women's Prevention, Health and Wellness
173. Diane Stephenson, Executive Director, Critical Path for Parkinson's at Critical Path Institute (C-Path)
174. MaryAnne Sterling, LivPact Inc.
175. Susie Stiles, LCSW
176. Rudolph Tanzi, PhD, Department of Neurology, MGH/Harvard Medical School
177. Pierre N. Tariot, MD, Director, Banner Alzheimer's Institute
178. Dr. Philip Tipton, MD, Movement Disorders Fellow, Assistant Professor at Mayo Clinic, Rochester, MN
179. Program to Improve Eldercare
180. Trust for America's Health (TFAH)
181. Anne Tumlinson, President and Chief Executive Officer Anne Tumlinson Innovations
182. Jamie TenNapel Tyrone, Advocate, Author, and President/CEO of Beating Alzheimer's By Embracing Science (B.A.B.E.S.)
183. UnidosNow, Inc.
184. UnidosUS
185. UsAgainstAlzheimer's
186. Volunteers of America
187. William Vega, PhD, Board Member, UsAgainstAlzheimer's; Emeritus Provost Professor, University of Southern California
188. Anand Viswanathan, MD, PhD, Massachusetts General Hospital, Massachusetts Alzheimer's Disease Research Center
189. Victoria Walker, MD, CEO CodaCare Consulting
190. Virtual Brain Health Center
191. Don Wendorf, Psy.D., Retired Psychologist and Marriage & Family Therapist, Alzheimer's Advocate and Author
192. The Kennedy Forum
193. The Redstone Center for Prevention and Wellness
194. URAC
195. Washington University School of Medicine, Department of Neurology
196. The Women's Alzheimer's Movement
197. Women Inspiring Scientific Progress (WISP)
198. 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
199. YMCA of the USA

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For more information and/or to sign on to this statement, contact Daphne Delgado, DDelgado@UsAgainstAlzheimers.org.