

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
52. Brain Health Institute
53. Malaz Boustani, MD, Richard M. Fairbanks Professor of Aging Research Indiana University School of Medicine

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

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

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

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