



# National Plan to Address Alzheimer's Disease: 2021 Update

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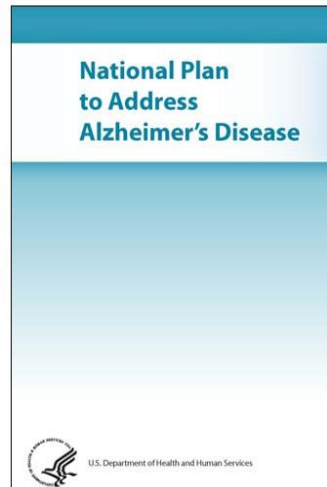
## Background

National Alzheimer's Project Act (NAPA) requires Secretary of HHS to:

- Create and maintain an integrated national plan to overcome Alzheimer's;
- Create an Advisory Council to review and comment on the national plan and its implementation
- **Advisory Council on Alzheimer's Research, Care, & Services**
  - Meets quarterly
  - Make annual recommendations to Secretary and Congress on priority actions
  - Work in three subcommittees: Research, Clinical Care, Long-Term Services and Supports
  - 12 public members and representative of federal agencies

# The National Plan

1. Prevent and Effectively Treat Alzheimer's Disease by 2025
2. Optimize Care Quality and Efficiency
3. Expand Supports for People with Alzheimer's Disease and Their Families
4. Enhance Public Awareness and Engagement
5. Track Progress and Drive Improvement



## 2021 Update

- Released December 27, 2021
  - Structure
    - Goal
      - Strategy
        - Action Step
          - Work that the federal government is taking, or has been working on this year, to achieve that goal.
- Over 100 action steps
- Examples of new actions:
  - Studying the impact of COVID and post-COVID conditions on cognition;
  - And improving the detection, diagnosis, and care for Alzheimer's disease and related dementias in Tribal health systems through new Alzheimer's Grants Programs through IHS
  - Understand predictors and outcomes of inpatient psychiatric facility use by people with dementia

## Dementia Risk Reduction

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July 2020: Advisory Council recommended risk reduction subcommittee.

July 2021: Ad hoc risk reduction subcommittee recommended that HHS set a goal and make the subcommittee a permanent part of NAPA.

Fall 2021: HHS and Federal partners contemplated this recommendation in the creation of the National Plan to Address Alzheimer's Disease: 2021 Update

Risk Reduction vs. Prevention

Goal 6: Accelerate Action to  
Promote Healthy Aging and  
Reduce Risk Factors for  
Alzheimer's Disease and Related  
Dementias

## Goal 6

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- Prioritizes healthy aging
- Builds the infrastructure so as we identify and research risk reduction interventions, we can quickly translate those interventions in healthcare and public health practices.
- To address inequities in dementia—particularly the burden placed on Black and Latino communities—we must address the risk factors that lead to the higher prevalence of dementia in these communities

## Goal 6 Strategies

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Strategy 6.A: Identify Research Priorities and Expand Research on Risk Factors for Alzheimer’s Disease and Related Dementias

Strategy 6.B: Facilitate Translation of Risk Reduction Research Findings into Clinical Practice

Strategy 6.C: Accelerate Public Health Action to Address the Risk Factors for Alzheimer’s Disease and Related Dementias

Strategy 6.D: Expand Interventions to Reduce Risk Factors, Manage Chronic Conditions, and Improve Well-Being through the Aging Network

Strategy 6.E: Address Inequities in Risk Factors for Alzheimer’s Disease and Related Dementias Among Marginalized Populations

Strategy 6.F: Engage the Public about Ways to Reduce Risks for Alzheimer’s Disease and Related Dementias

## Examples of Goal 6 Action Steps

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Action 6.A.4: Enhance research to better understand the varying levels of or types of dementia risk across demographic groups

Action 6.B.1: Educate the health care workforce about risk reduction

Action 6.B.4: Encourage treatment of co-occurring behavioral health conditions

Action 6.C.1: Convene summit to establish public health priorities for reducing Alzheimer's disease and related dementias risk factors

Action 6.D.2: Expand the delivery of health and wellness programs to older adults in every community

Action 6.F.3: Enhance the reach and effectiveness of public health messaging on blood pressure control

### Next Steps

- Implement Action Steps in 2021 Update
- Convene the Risk Reduction Subcommittee
- Connect with other health promotion and disease prevention efforts
- Begin to focus on community risk reduction rather than just individual
- Engage with state and local governments, as well as non-governmental organizations

## For more information

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- National Plan to Address Alzheimer's Disease: 2021 Update
  - <https://aspe.hhs.gov/reports/national-plan-2021-update>
- Stakeholder Briefing Recording:
  - <https://www.youtube.com/watch?v=KBruS3a6lNA>