

Recommendations for a Goal and the Focus of Effort

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Developing a Recommendation



Recommendation: Goal

Add a **sixth goal** to the National Plan:



1. Prevent and Effectively Treat Alzheimer's Disease and Related Dementia by 2025
2. Enhance Care Quality and Efficiency
3. Expand Supports for People with Alzheimer's and Related Dementias and Their Families
4. Enhance Public Awareness and Engagement
5. Improve Data to Track Progress
- 6. Reduce the Burden of Risk Factors for Alzheimer's Disease and Related Dementias**



Recommendation: Focus of Effort

- From the Outputs Meeting, we identified 10 potential risk factors to recommend as the focus of the National Plan's efforts
- Selection based on:
 - Strength of scientific evidence
 - Ripeness for public health action
 - Potential for impact
- To achieve the goal, reduce the prevalence of these potential risk factors **by 15% by 2030**



Recommendation: Focus of Effort

Unhealthy Alcohol Abuse	Physical Inactivity
Depression	Poor Diet Quality/Obesity
Diabetes	Poor Sleep Quality/Sleep Disorders
Hearing Loss	Tobacco Use
Mid-life Hypertension	Traumatic Brain Injury

- 66.8% of American adults have at least one of these potential risk factors¹
- An aggressive 15% per decade reduction in the prevalence of these risk factors could result in **as many as 1.2 million fewer people** with Alzheimer's dementia in 2050²



¹Based on data from 2019 BRFSS

²Assumes causal link and no other changes to current prevalence projections

Thank You.

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