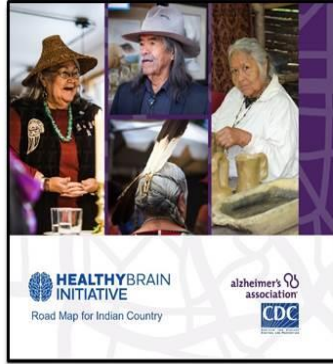


Healthy Brain Initiative Road Map for Indian Country



Indian Country Road Map

Learn. Plan. Respond to Dementia.

HEALTHYBRAIN INITIATIVE
Road Map for Indian Country

SELECT FACTS

- The number of older American Indian/ Alaska Natives (AI/AN) is growing — and nearly 20% (2014-2020) the number of AI/AN aged 65 and older living with dementia is projected to grow over five times. These changes are due to the increase in life expectancy for these individuals and the fact that AI/AN are at greater risk for dementia than non-Hispanic white people.
- In 2014-2017, over 60% of AI/AN aged 65 and older reported cognitive decline (MCI) and 10% of those with MCI had a serious impact on their activities of daily living.
- In 2014-2017, the number of AI/AN aged 65 and older with dementia reported to have a serious impact on their activities of daily living was 10%.
- While dementia is not just the person with cognitive challenges living with the condition, family members and friends feel the impact too.

WHAT IS DEMENTIA?

Dementia is a chronic condition that affects a person's mind. People with dementia have a variety of cognitive problems with memory, thinking, communication, and learning and everyday tasks. Dementia gets worse over time and people gradually lose their ability to take care of themselves. It can be difficult to provide care for people with dementia, especially when they need help with their daily lives.

Alzheimer's is the leading cause of dementia. Alzheimer's is a disease that damages and destroys brain cells over time. Another dementia is the second most common cause of dementia. Other dementias are caused by conditions or injuries to the brain, such as stroke, head injury, or not being active. That stroke or injury should lead to the brain.

Discover how to strengthen the well-being of older adults and families living with dementia and protect future generations. Get the Road Map and find helpful links at: www.healthybraininitiative.org

The impact of Alzheimer's will only continue to grow. Indian Country can use the Road Map for Indian Country to learn about Alzheimer's, find out what some AI/AN communities are doing, share best practices, and start taking action throughout the community.

The Alzheimer's Association and Centers for Disease Control and Prevention also have a companion guide for state and local public health officials: www.cdc.gov/nczod/d/dementia/

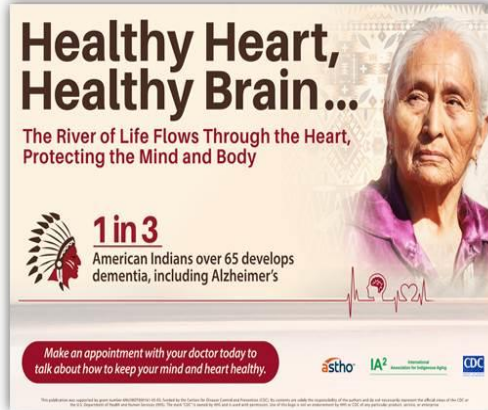
Series of Communication Materials

- Poster and flyers for clinics and health fairs
- Radio public service announcements
- Micro-videos for clinics
- Provider guide about heart and brain health
- Newspaper articles for the Indian Country Today Media Network

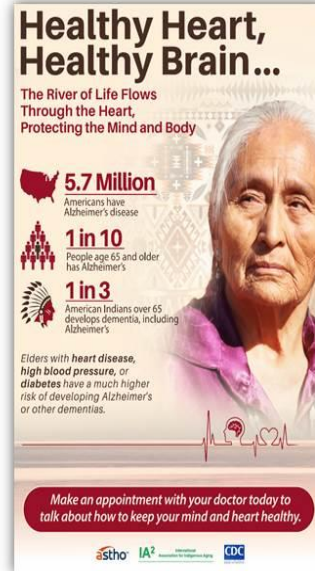


<http://www.astho.org/Healthy-Aging/Healthy-Heart-Healthy-Brain/>

Horizontal and Vertical Posters

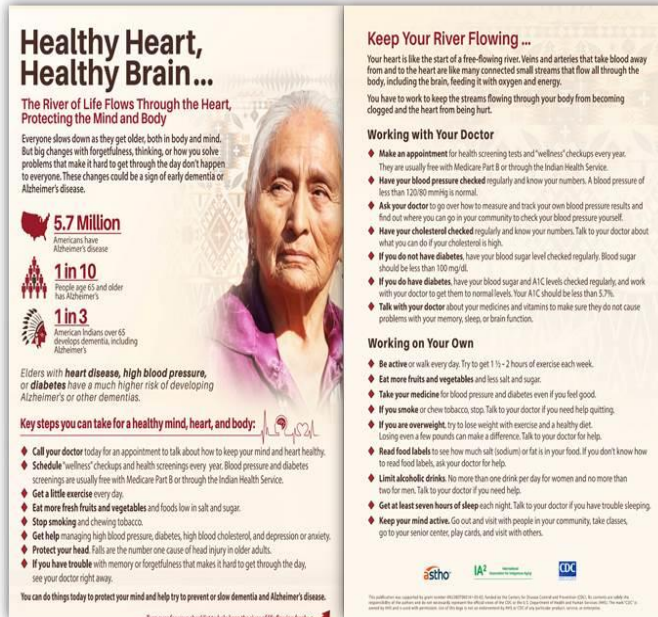


<http://www.astho.org/Healthy-Aging/Healthy-Heart-Healthy-Brain/>



Pamphlet

- Designed for clinics and health fairs
- Educates about Alzheimer's Disease and risk factors



<http://www.astho.org/Healthy-Aging/Healthy-Heart-Healthy-Brain/>

Healthy Heart, Healthy Brain...

Talking to American Indian and Alaska Native
Patients About Brain Health

Guidance for Primary Care Providers - Key Brain Health Promotion Facts

- 1 out of 3 American Indians who live to 65 will develop dementia
- Native elders with heart disease, high blood pressure, diabetes, or depression have a higher risk for Alzheimer's disease or dementia
- Evidence for the following three interventions for healthy brain promotion are encouraging: blood pressure management, increased physical activity, and cognitive training
- Evidence-based behavior change interventions: cognitive-behavioral therapy, motivational interviewing, mindfulness/mind-body, positive psychology, and management of mental health conditions. Consider referrals for behavior modification.
- Observe and evaluate cognition in all older adults at every visit. Perform cognitive screening when indicated by observation, patient or family concern.
- Alzheimer's Association offers a cognitive assessment toolkit with brief screenings tools to quickly assess for impairment and aid with referral and management. To learn more, visit: <https://www.alz.org/professionals/healthcare-professionals/cognitive-assessment>

Explaining the Heart-Brain Connection to Your Patients

We now know that reducing high blood pressure, which helps preserve heart health and prevents strokes, is the best thing you can do to try to prevent dementia and Alzheimer's. **Your heart and brain are connected by "rivers" in your body.** The brain is the command center and the heart works as a pump to send energy through the rivers to the brain to keep us going. There are things you can do to ensure that the rivers are healthy, open and flowing and to keep body and mind healthy.



Provider Guide

8-page Provider Guide is designed to support healthcare providers guide conversations about the connections between brain health, including risk factors, and protective health behaviors.

Provider Guide

Health Factor or Behavior	Patient Messaging	Potential Interventions
Blood Pressure American College of Cardiology/American Heart Association Guidelines (2017) Normal <120 systolic AND <80 diastolic Elevated >120/129 systolic AND <80 diastolic	The only way to know your blood pressure is to have your blood pressure checked. Understanding your blood pressure numbers is key to controlling high blood pressure. It should be less than 120/80 mmHg. Take your blood pressure medication (if prescribed) even if you feel good. Have your blood pressure checked regularly. We can teach you how to check your blood pressure at home.	<ul style="list-style-type: none">• Medication• Reduce sodium in diet• Daily physical activity• Quit smoking• Referral for medical nutrition therapy• Routine screening• Plan for patient self-monitoring Review sample triage protocol for emergency, urgent and non-urgent management of high blood pressure http://www.astho.org/Healthy-Aging/

<http://www.astho.org/Healthy-Aging/Healthy-Heart-Healthy-Brain/>



**HEALTHYBRAIN
INITIATIVE**

State and Local Partnerships to Address Dementia: The 2018-2023 Road Map

Radio Public Service Announcements (PSAs)

- Four radio PSAs featuring popular former host, Harlan McKasato.
- These PSAs will be featured on *Native American Calling*, the nation's only talk show dedicated to Native American views and perspectives.

- (1) [A Healthy Heart is A Healthy Mind](#)
- (2) [Older Minds Matter in Indian Country](#)
- (3) [Take action to care for your heart and mind](#)
- (4) [Talk with your doctor about aging and brain health](#)

<http://www.astho.org/Healthy-Aging/Healthy-Heart-Healthy-Brain/>



**HEALTHYBRAIN
INITIATIVE**

State and Local Partnerships to Address Dementia: The 2018-2023 Road Map

Communicating in Indian Country: Healthy Brain, Healthy Heart



- These brief videos, featuring J. Neil Henderson, PhD are intended to be used by tribal serving hospitals and clinics, tribal senior program directors, tribal media outlets, administrators, and inter-tribal councils
- These videos are intended to educate and inform tribal elders and their caregivers, tribal senior program directors, state and tribal health leaders, and others about the relationship between heart and brain health.

<http://www.astho.org/generickey/GenericKeyDetails.aspx?contentid=20972&folderid=5161&catid=7220>



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