

Vermont's BOLD Alzheimer's Disease and Healthy Aging Program

DAIL Advisory Board
April 8, 2021

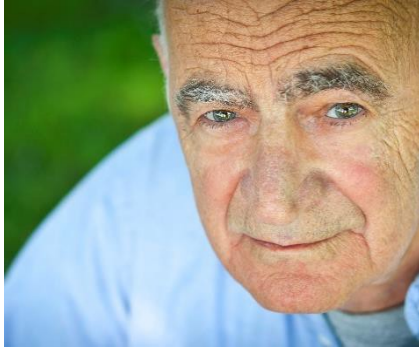
Rhonda Williams
Chronic Disease Prevention Chief
Vermont Department of Health, HPDP

Today's Agenda

- National & state Alzheimer's Disease and Healthy Aging Programs
- VT BOLD Program Areas
- Next Steps
- Key Stakeholders
- Questions/Discussion



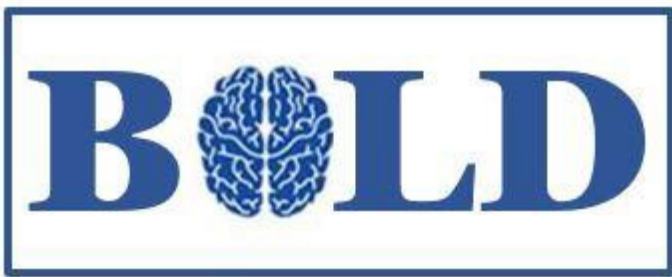
BOLD Programs to Address Alzheimer's Disease and Related Dementias (DP20-2004)



Centers for Disease Control and Prevention

**National Center for Chronic Disease Prevention
and Health Promotion**

Division of Population Health



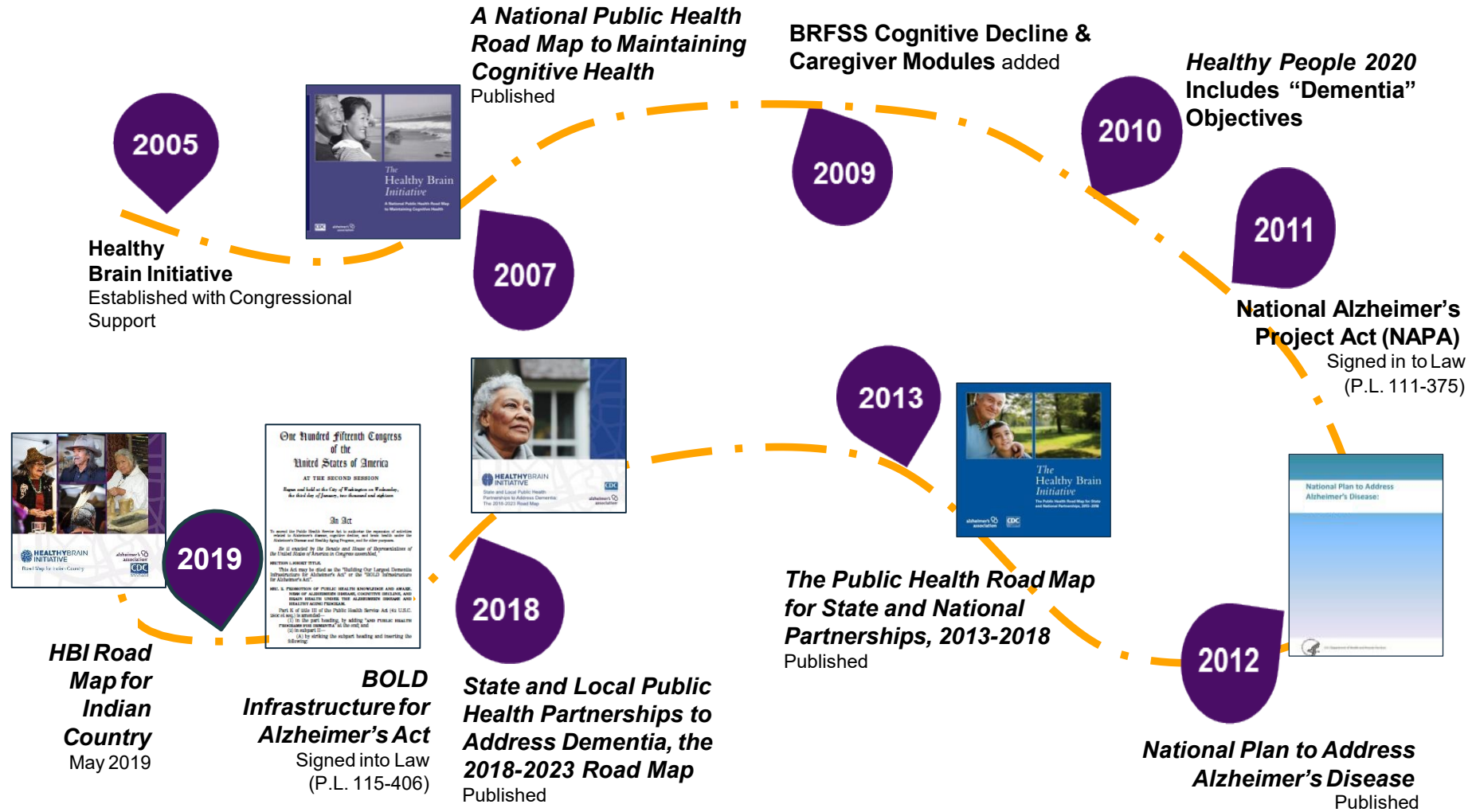
**HEALTHYBRAIN
INITIATIVE**

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



Advance brain health as a
central part of public
health practice
(Nationally)

BOLD is designed to
create a strong public
health infrastructure for
early detection &
diagnosis, risk
reduction, preventable
hospitalization and
dementia caregiving



Alzheimer's Disease Program Overview

The bottom of the slide features two overlapping blue rectangular blocks. The block on the left is a solid blue rectangle. The block on the right is a blue rectangle with a 3D effect, appearing to be slightly offset and layered behind the first one.

Alzheimer's as a Public Health Issue



- Surveillance and Data Analysis
- Risk reduction—primary prevention
- Early detection and diagnosis—secondary prevention
- Management of co-morbidities—tertiary prevention



Prevalence and incidence
by state

Different rates seen
among men and women
and by race/ethnicity

Impact of COVID-19

<https://www.alz.org/media/documents/alzheimers-facts-and-figures.pdf>

2021 ALZHEIMER'S DISEASE FACTS AND FIGURES

SPECIAL REPORT

Race, Ethnicity and
Alzheimer's in America

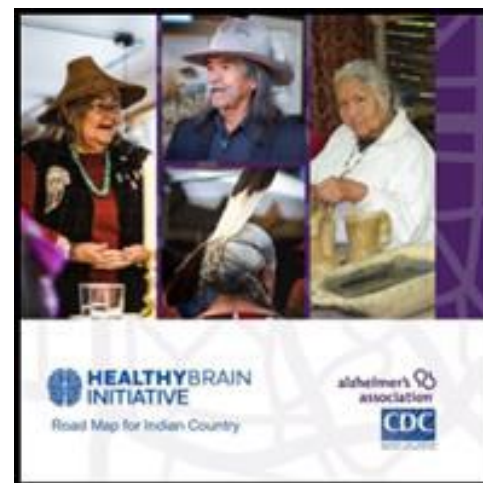
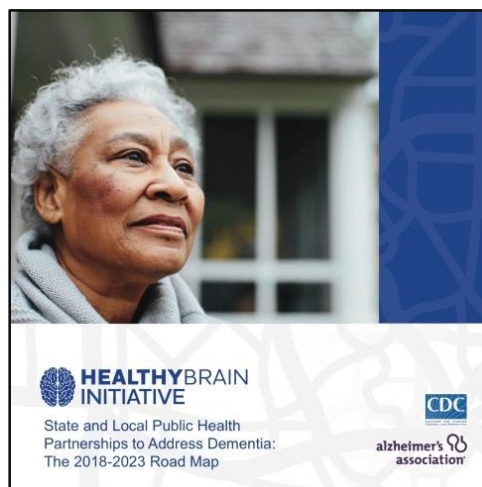




Public health strategies to promote brain health, address dementia, and help support caregivers



www.cdc.gov/aging



National Healthy Brain Initiative Awards



Component A

- The Alzheimer's Association

Component B

International Association for Indigenous Aging
University of Illinois at Chicago
UsAgainstAlzheimer's

BOLD Public Health Centers of Excellence



Building Our Largest Dementia Infrastructure (BOLD)—*Public Health Centers of Excellence* to Address Alzheimer’s Disease and Related Dementias (CDC-RFA-DP20-2005)

**Public Health Center of Excellence in Dementia Caregiving
*University of Minnesota***

**Public Health Center of Excellence in Dementia Risk Reduction
*Alzheimer’s Association***

**Public Health Center of Excellence in Early Detection of Dementia
*NYU School of Medicine***

BOLD States

Core Capacity

Northwest Portland Area Indian Health Board

Colorado

Hawaii

Iowa

Los Angeles County

Maine

Mississippi

Nevada

North Carolina

Oklahoma

Vermont

Enhanced

Georgia

Minnesota

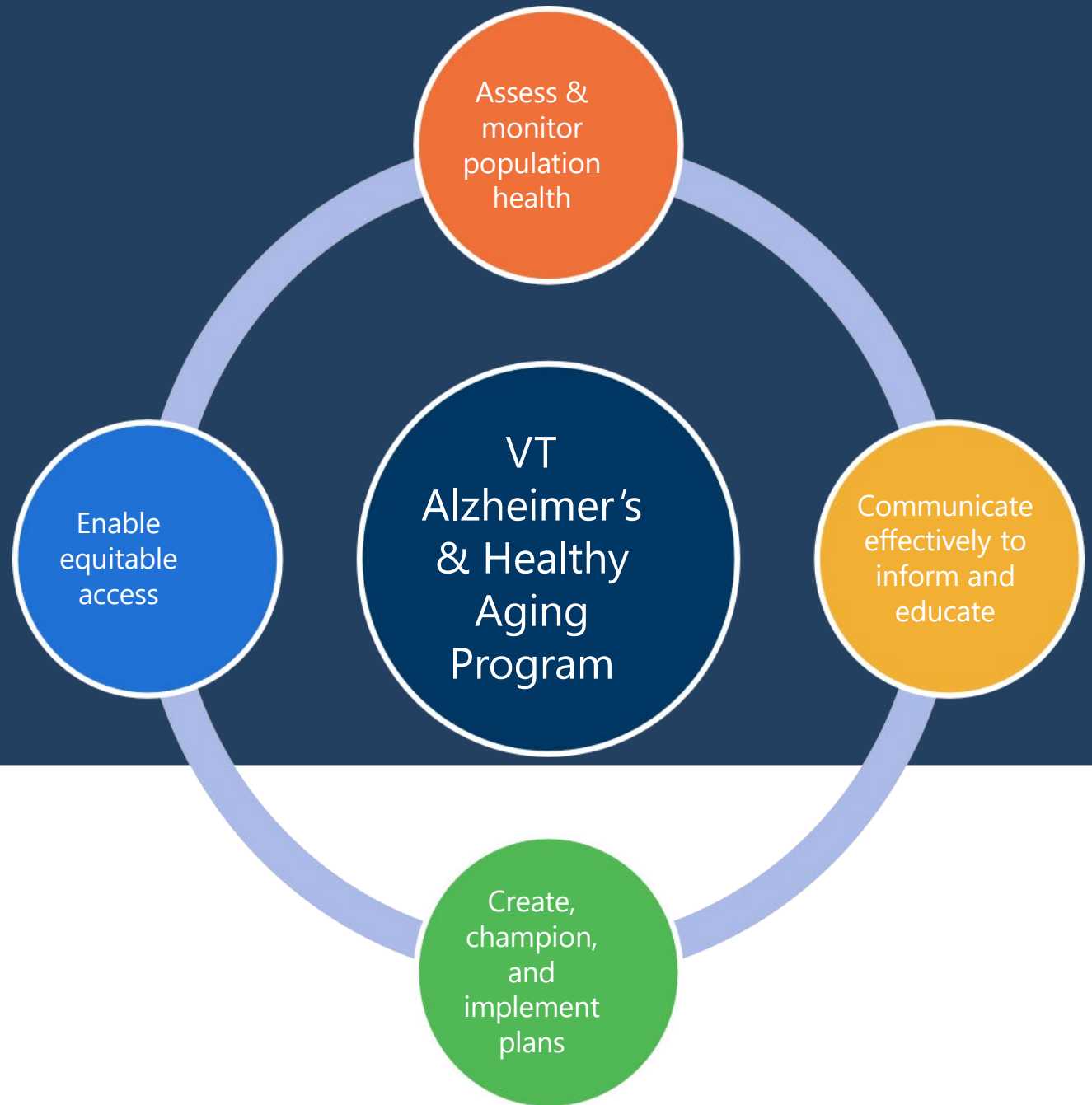
Rhode Island

Virginia

Wisconsin



Vermont BOLD Service Areas



Vermont Alzheimer's and Healthy Aging Program

Work plan activities/outcomes

- Hire 2 new staff
- Create an Alzheimer's and Healthy Aging Program within VDH capable of coordinating efforts across multiple sectors, collecting and leveraging data and resources

Related to Essential Public Health Services:

- Build a diverse and skilled work force
- Build and maintain a strong organizational infrastructure for public health

Create, champion, and implement plans, policies, and laws

Work plan activities/outcomes

- Convene and expand the Healthy Aging Work Group
- Plan for and update the state Action Plan on Alzheimer's Disease and Aging in collaboration with partners and stakeholders

Enable equitable access to services and care needed to be healthy

Work plan activities/outcomes

- Deliver education and trainings to health care professionals
- Increase health care professionals' knowledge of dementia, risk reduction, early diagnosis, and co-morbidities
- Increase use of effective interventions (e.g., Mini-Cog, Hub and Spoke, Echo, Medicare Annual Wellness Visit)

Assess & monitor population health

Work plan activities/outcomes

- Analyze BRFSS and other relevant data on ADRD
- Create, publish, and disseminate data brief(s)
- Use data to inform stakeholders, planning, and priority setting


Communi- cate effectively to inform and educate

Work plan activities/outcomes

- Deliver public health communications campaigns
- Integrate brain health risk reduction into existing health communications
- Raise awareness and action among the public and health care professionals on importance of brain health, screening, diagnosis, treatment, and referral

Collaborate on Integrating Messaging

- Lifestyle behavior modifications is a key element to improving brain health: heart, blood sugar, exercise, nutrition, substance use/tobacco
- Partner with Diabetes, Heart Disease, Tobacco and Physical Activity/Nutrition and Disability Programs – and substance use prevention
- Integrate CDC/NACDD messaging into existing communication channels
- Monitor impact

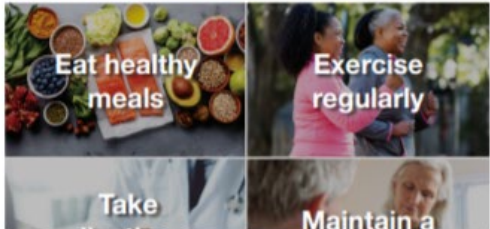


HEALTHY BLOOD SUGAR.

HEALTHY BRAIN.

Having diabetes can put your brain health at risk. Diabetes can damage blood vessels, which results in reduced or blocked blood flow to the brain. This can increase your risks for Alzheimer's disease, memory loss, and confusion.

It is important to keep your blood sugar levels under control to stay healthy. Visit your doctor regularly to help manage your diabetes. Here are some other ways to help you manage your blood sugar and protect your brain health:



Eat healthy meals

Exercise regularly

Take

Maintain a

Requirements of the Cooperative Agreement

- **Increasing Public Health Department** capacity to address Alzheimer's Disease and Dementia Caregiving
 - Supporting a full time FTE at the Health Department – VT will have .80 Program Manager & .5 Analyst (\$200,000 grant)
 - Health Department leads and directs the work
- Increasing focus on **Primary and Secondary Prevention** activities
 - to coordinate with the tertiary prevention activities
 - to provide a balance of all three levels



Requirements of the Cooperative Agreement

- Public Health Systems, Environments and Policies (Sustainability)
- Primary, Secondary and Tertiary Prevention (Balance)
- Social Determinants of Health
- Work with with other organizations, including DP20-2003 (Healthy Brain Initiative) and DP20-2005 (BOLD Centers of Excellence)
- Collaborate on communications with CDC chronic disease prevention programs, including cardiovascular, diabetes, physical activity and nutrition, disability health and substance use prevention.



Next Steps



1. Received approval from Joint Fiscal 3/21
2. Started Evaluation Contract 3/21
3. Attain approval for hiring PM and analyst **Ongoing**
4. Implement workplan as feasible
5. Hold quarterly Alzheimer's and Healthy Aging Meetings
6. Support with DAIL the Hub and Spoke for Dementia Screening, Diagnosis and Coordinated Care meetings
7. Hold monthly technical assistance (TA) calls with project officer



Next Steps – cont'd



8. Perform evaluation with stakeholders (DAIL, Alz. Assoc, ADAP, Brain Injury Program, Falls Prevention, ADRD Commission and others) to assess our performance

9. Meet with existing and new strategic partners (Office of Local Health, UVM Memory Program, Center for Aging, VT4A, COVE and Area Agencies on Aging)

10. Start planning process to update Alzheimer's and Healthy Aging Action Plan, 4/21 – 4/22

11. Deliver one brain health campaign, provider communications and two data briefs; conduct BRFSS Caregiver Module



Alzheimer's and Healthy Aging Workgroup

Alzheimer's Association Director of Programs/Howard Goodrow, Emily Vivyan

ADRD Commission and DAIL Aging and Disabilities Program Administrator/Tiffany Smith

DAIL Adult Services Division Director/Angela Smith-Dieng

DAIL State Unit on Aging Director/Conor O'Dea

DAIL Adult Services Division/Mary Woodruff

VDH Division Director, Health Promotion Disease Prevention/Julie Arel

VDH PAN and Women's Health Director/Susan Kamp

VDH Health Systems, Diabetes and Heart Disease Program Director/Nicole Lukas

VDH Chronic Disease and Disabilities Program Coordinator /Allie Perline

VDH Tobacco, Asthma and BOLD Director/Rhonda Williams

VDH ADAP and DAIL Substance Use and Older Vermonters Coordinator/Charlie Gurney

VDH DEPRIP Injury Prevention Program Manager/Stephanie Busch

VDH Surveillance Analyst and Chronic Disease Surveillance Supervisor/Maria Roemhildt

VDH Office of Local Health/Moira Cook and Jean-Marie Misek

VDH Communications/Christie Vallencourt, Katie Warchut

CDC Expectations & Support


Participate, Communicate, Disseminate and Engage



- Webinar series on evaluation and content areas of interest: Caregiving Support, Brain Health, Dementia Research
- Community of Practice calls – details on dates, times, and topics coming soon
- Stakeholder engagement – input and questions are welcomed!



Stay Connected to CDC

 Get Email Updates

To receive email updates about this page, enter your email address:

[What's this?](#)

[Newsletter Subscription](#)

Alzheimer's Disease and Healthy Aging

COVID-19: Guidance for Older Adults



Healthy Brain Initiative Road Map for Indian Country

Funding Announcement

The Alzheimer's Disease and Healthy Aging Program is pleased to announce award recipients of the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Act, Public Law 115-406.

BOLD Public Health Centers of Excellence

BOLD Public Health Programs

What is Alzheimer's disease?



Caregiving



Healthy Brain Road Maps



What's New?



Healthy Brain Initiative



Data and Statistics



Communications Center



Alzheimer's Disease and Healthy Aging Data Portal



Training for Health Professionals



Resources & Publications

cdc.gov/aging

QUESTIONS

