

### WHAT'S IN IT? AN IN-DEPTH DESCRIPTION OF THE INDIAN COUNTRY ROAD MAP

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As tribal health and aging leaders become concerned about the growing problem of dementia, they can build on strengths in their cultures and traditions, which provide unique opportunities to improve the lives of older adults living with dementia, their families, and their communities. To offer a tool for tribal leaders, CDC, together with key partners, created The Healthy Brain Initiative: The Road Map for Indian Country. Designed to support discussion about dementia and caregiving within tribal communities, this Road Map encourages a public health approach as part of a holistic response. During this presentation, an in-depth review of the themes that shaped this Road Map will be provided, gaps in knowledge and practice will be described, and explain the 8 recommended actions in the Road Map. Discussion will wrap up with recommended actions for moving forward, as well as CDC's plans for supporting implementation of the Road Map.

### ALZHEIMER'S DISEASE IN AI/AN COMMUNITIES: THE NEED FOR A CULTURALLY TAILORED ROAD MAP FOR ACTION

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Although little is known about Alzheimer's disease and other dementias among our American Indian and Alaska Native (AIAN) population, the numbers of AIAN elders is growing rapidly as is the overall AIAN population. As noted in The Gerontologist, the number of AIAN elders 65 and older will triple by 2030. Between 2014–2060, the number of AIAN people aged 65 and older living with dementia is projected to grow over 475%. This poses challenges for tribal officials, health/social service providers and families. Among these are limited awareness/knowledge about Alzheimer's disease, inadequate services and resources, and limited experience in providing proven responses to the needs of those with Alzheimer's and their families. To help tribes and others serving the AIAN population to respond to such challenges, it was important to develop a menu of options for tribal communities and leaders to consider appropriate to their needs, circumstances and values.

### LISTENING AND LEARNING TO FORM THE HBI ROAD MAP FOR INDIAN COUNTRY

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American Indian and Alaska Native (AI/AN) communities are establishing new paths as more older adults develop Alzheimer's and other dementias along with other co-morbidities. To offer a flexible framework of public health strategies that proactively address the growing issue of dementia among AI/ANs, Alzheimer's Association and Centers for

Disease Control and Prevention (CDC) developed the first-ever Healthy Brain Initiative Road Map for Indian Country. Partnering with International Association for Indigenous Aging supported Road Map development through virtual listening sessions and written comments from regional Native health experts, tribal aging service leaders, and tribal government officials. Many additional discussions, engagement of a cultural guide, and an additional partnership with National Indian Health Board further informed Road Map contents, graphic design, and marketing. Presenter will describe rationale for the process, themes from the consultations, and lessons learned by the Association and CDC that can apply to similar initiatives.

### CONNECTING HEALTHY BRAINS AND HEALTHY HEARTS IN INDIAN COUNTRY

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The release of the Healthy Brain Initiative Road Map for Indian Country inspired the International Association for Indigenous Aging (IA2), Association of State and Territorial Health Officials (ASTHO), and the Centers for Disease Control and Prevention (CDC) to develop health communication materials to promote heart health and brain health among states with American Indian and Alaska Native (AI/AN) communities. IA2 engaged public health, tribal health, and brain health experts to inform the key messages and intended audiences. The final package includes two posters, one flyer, one provider guide, four radio public service announcements, and two short videos. Tribal health officials and state health are encouraged to distribute the resources through senior centers and inter-tribal organizations, healthcare facilities, administrative offices, tribal newspapers/radio stations, and as mailers to tribal members. The session will focus on how the resources raise awareness of and promote action on heart and brain health among AI/AN communities.

### DATA FOR ACTION: CDC'S BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM (BRFSS) COGNITIVE DECLINE AND CAREGIVING DATA

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The Centers for Disease Control and Prevention's (CDC) Behavioral Risk Factor Surveillance System (BRFSS) is the world's largest ongoing health survey, administered in all 50 U.S. states, as well as the District of Columbia and the three U.S. territories, with data collected from more than 400,000 respondents. The BRFSS collects data on cognitive decline and caregiving as well as many health behaviors, annually. In 2015-2017, the 6-item cognitive decline module has been administered in 49 states, DC, and Puerto Rico, while the 9-item caregiving has been administered in 44 states, DC, and Puerto Rico. CDC's Alzheimer's Disease and Healthy Aging Program has developed many data for action resources for use by states and other partners to help identify populations and communities most at need. This presentation will describe the series of resources to facilitate data utilization among Tribal Communities, including state and race/ethnicity-specific infographics, topic-specific briefs, and the online portal.