

STATE OF MISSISSIPPI Strategic Plan for Alzheimer's Disease and other Dementias

2020-2025

2022 Progress Report

Volume VII

Why a State Plan?

A State Plan is paramount to addressing the many challenges facing people with Alzheimer's disease and their families in Mississippi. Given the great demographic shifts that will occur over the next 30 years, including the doubling of the population of older adults, the success of this effort is of great importance to people with Alzheimer's disease and their family members, public policy makers, and health and social service providers.



MISSISSIPPI SUBJECTIVE COGNITIVE DECLINE FACTS AND FIGURES¹

2019 Behavioral Risk Factor Surveillance System (BRFSS): People Aged 45 and Older

1 in 9

people aged 45 years and older are experiencing Subjective Cognitive Decline



SCD is self-reported **MEMORY PROBLEMS** that have been **GETTING WORSE** over the past year.

88% of people with SCD have at least one chronic condition



52% of people with SCD had to give up day-to-day activities



only half of people with SCD have discussed their symptoms with a healthcare provider



SOCIAL DETERMINANTS OF HEALTH FOR ALZHEIMER'S AND DEMENTIA²



Higher Level of Education = Better Brain Health



= **COGNITIVE DECLINE**

Access to Health Care = Improved Chronic Health Management



= **RISK OF DEMENTIA**

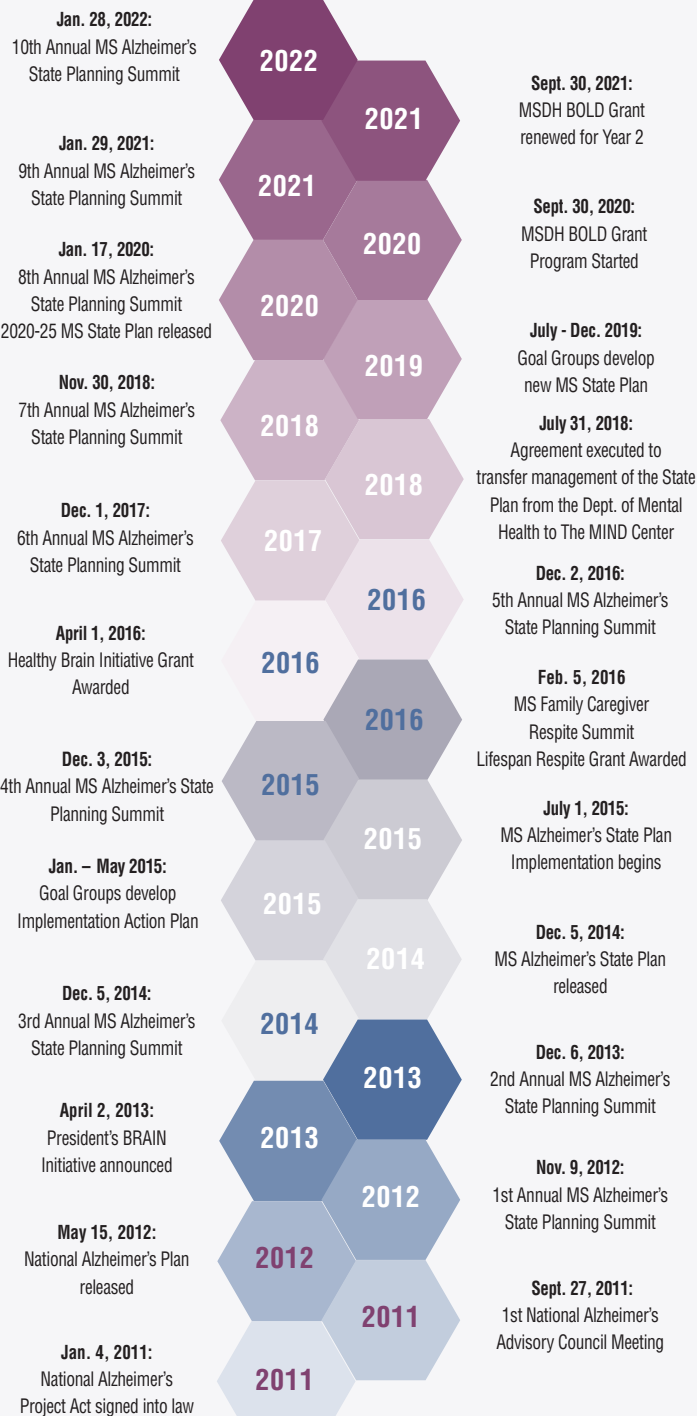
SOCIAL ISOLATION = **50%** ↑ in **RISK** of **DEMENTIA**

¹ Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System (BRFSS) Modules and Statistical Briefs, May 2021, <https://www.cdc.gov/aging/healthybrain/brfss-faq.htm>. Accessed January 18, 2022.

² Centers for Disease Control and Prevention. Social Determinants of Health and Alzheimer's Disease and Related Dementias, December 30, 2020, <https://www.cdc.gov/aging/disparities/social-determinants-alzheimers.html>. Accessed January 18, 2022

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TAKING ACTION



The Centers for Disease Control and Prevention announced that the Mississippi State Department of Health (MSDH) Office of Preventive Health and Health Equity was a Year 2 Core Capacity award recipient of the **Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Act*** (P.L. 115-406) effective September 30, 2021. As a funded health department, MSDH is partnering with key stakeholders to promote a strong public health approach to Alzheimer's disease and related dementias (ADRD) in Mississippi by: (1) using data to set priorities, (2) developing public health actions, (3) addressing social determinants of health, and (4) providing support for caregivers who take care of people with ADRD. Through this program statewide dementia coalitions are being strengthened and the current Alzheimer's State Plan will be updated to incorporate recommendations from the Healthy Brain Initiative State and Local Public Health Partnerships to Address Dementia: The 2018 - 2023 Road Map.

***BOLD is a non-research cooperative agreement; strategies will address the public health education program only.**

Goal 1: Research

Support research in Alzheimer's disease and related dementias to accelerate scientific discoveries.

- Promote research collaboration
- Enhance study participation
- Increase research funding

Goal 2: Community Awareness

Increase public awareness of Alzheimer's disease and other dementias.

- Educate the public
- Build community partnerships
- Promote regional resource sites
- Enhance State Plan collaboration

Goal 3: Coordinated Care

Enhance the delivery of coordinated, competent, and comprehensive dementia care in Mississippi.

- Implement educational programs
- Improve care coordination
- Expand access to dementia care

Goal 4: Caregiver Support

Enhance the availability of and access to support services for family caregivers.

- Increase availability of resources
- Deliver educational programs
- Address gaps in services

Goal 5: Brain Health

Implement initiatives that improve brain health and promote healthy aging.

- Leverage use of surveillance systems
- Develop a public awareness campaign
- Make brain health a public health priority
- Deliver educational programs

Alzheimer's as a state priority brings continued progress

✓ RESEARCH

Completing an analytical review of existing research and data sources to assess the built environment and socio-economic status (Social Determinants of Health) of sub-populations of individuals with Alzheimer's disease and related dementias (ADRD). Findings will be incorporated into strategies and future priority activities of the Alzheimer's State Plan. Preparing to launch a brain aging research website to link individuals and families, medical providers, and researchers to active ADRD studies in Mississippi to promote research participation and collaboration.

✓ COMMUNITY AWARENESS

Collaboration continued with State Plan Goal Groups and stakeholders to promote and deliver virtual educational initiatives throughout 2021. Coordinated and implemented two Continuing Education webinars focused on increasing understanding of the connection between heart health and brain health, and advancing early detection of Alzheimer's disease and other co-morbidities. Webinars were conducted virtually with participation from nurses, social workers, family caregivers/care partners, and members of the general public.

✓ COORDINATED CARE

Developed and distributed several "MIND Minute" newsletters to Mississippi providers and allied health professionals including a mailer to more than 4,600 providers across the state. Topics included: COVID Vaccine Update, Dementia Medications, and the Correlation Between Heart Health and Brain Health. Conducted an environmental scan to identify Comprehensive Outpatient Dementia Care Centers across our state. Will incorporate survey results into a comprehensive reference for providers to promote earlier diagnosis and treatment of ADRD.

✓ CAREGIVER SUPPORT

Developed a "Mississippi State Agency Services for Older Adults" reference for electronic distribution across the state. This resource includes a list and description of services for seniors provided by state agencies such as the Medicare Waiver Program, transportation services, meal programs, respite care, hearing assistive devices, pro bono assistance, and burial assistance. Developing an online, interactive map of available resources in Mississippi for older adults and those living with or caring for a loved one with Alzheimer's disease or related dementia.

✓ BRAIN HEALTH

Delivered the inaugural Brain Health Inequities Symposium to more than 100 health care professionals, family caregivers and other stakeholders on March 17, 2021 during Brain Awareness Week. The virtual symposium, funded in part by a grant from the Dana Foundation, explored brain health inequities within communities of color in Mississippi and on a national level, barriers in access to preventative health services and medical care, cultural considerations, ways to promote brain health and healthy aging, and public health planning and state advocacy opportunities. Distributed NACDD/CDC factsheets along with several additional resources from the Dana Foundation to symposium attendees on ways to promote brain health.