



## EXECUTIVE SUMMARY

# Road Map for American Indian and Alaska Native Peoples

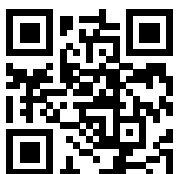
The ***Healthy Brain Initiative: Road Map for American Indian and Alaska Native Peoples*** offers actions to improve brain health throughout life. It promotes health equity by using a strength-based approach that honors the diverse American Indian and Alaska Native (AI/AN) cultures and incorporates the indigenous determinants of health. It is developed with respect to tribal sovereignty and is influenced by the traditions of AI/AN peoples.

In 2019, the Alzheimer's Association and the Centers for Disease Control and Prevention (CDC) published the *Healthy Brain Initiative Road Map for Indian Country* — the first-ever public health guide focused on addressing dementia in AI/AN communities. This second edition builds on what was learned from the implementation of the first Road Map. It can help professionals conducting public health work with tribes, nations, pueblos, bands, villages and urban Indian organizations select and pursue strategies for the AI/AN communities they serve to improve brain health, address dementia and better meet the needs

of caregivers. This includes tribal public health professionals and tribal professionals with public health experience working in community and clinical health settings.

This Road Map is part of the Healthy Brain Initiative Road Map Series. There have been four iterations of the *Healthy Brain Initiative: Road Map for State and Local Public Health* at the time of this publication, with the most current covering the time period of 2023–2027. All the Road Maps seek to advance the vision of the Healthy Brain Initiative that everyone deserves a life with the healthiest brain possible.

Real-life examples and stories of communities in action are included throughout this public health guide to prompt actions that improve brain health and make a difference in the lives of people living with dementia and their caregivers. Many of the communities in action stories are examples of how the *Road Map for Indian Country* was used as a framework for public health action.



Download the HBI Road Map:  
[alz.org/HBIRoadMapAIAN](https://alz.org/HBIRoadMapAIAN)



[alz.org/publichealth](https://alz.org/publichealth)



[cdc.gov/aging-programs](https://cdc.gov/aging-programs)

The mark "CDC" is owned by the U.S. Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.

# Public Health Action Agenda



## **E DOMAIN: ENGAGE COMMUNITIES AND SHARE KNOWLEDGE**

**OUTCOME: Increase public knowledge about brain health, risk factors for dementia and benefits of early detection and diagnosis**

- E-I Engage AI/AN communities to increase awareness and share knowledge about brain health across the life course.
- E-II Work with local school systems to add brain health and dementia awareness content to learning plans.

**OUTCOME: Increase public knowledge and use of services for people living with dementia and their caregivers**

- E-III Provide information on how to recognize signs of dementia and increase awareness of services, care and social support for people living with dementia and their caregivers.
- E-IV Ensure caregivers have information about their important roles and how to support their own health and well-being.



## **P DOMAIN: STRENGTHEN POLICIES AND RELATIONSHIPS**

**OUTCOME: Increase community partnerships**

- P-I Build relationships within and outside of the health and public health sectors to strengthen sustained commitments to brain health and its physical, mental, emotional and spiritual impacts across the life course.

**OUTCOME: Increase policy action and implementation**

- P-II Engage AI/AN leaders to increase awareness about the indigenous and social determinants of health associated with brain health, dementia and caregiving.
- P-III Equip AI/AN leaders with policy options to improve brain health across the life course and reduce stigma about dementia.

**OUTCOME: Increase integration with other chronic disease efforts**

- P-IV Build on existing AI/AN chronic disease, aging and disability programs and policies to include brain health.



## **W DOMAIN: BUILD A REPRESENTATIVE AND SKILLED WORKFORCE**

**OUTCOME: Increase knowledge and skills of current and future workforce**

**OUTCOME: Reduce stigma and bias about cognitive decline**

- W-I Provide ongoing training to health care providers to support culturally centered and appropriate conversations about brain health and dementia.
- W-II Provide training to community health and direct service workers who work in AI/AN communities about brain health and the ways dementia disproportionately impacts those they serve.



## **M DOMAIN: MEASURE, EVALUATE AND USE DATA**

**OUTCOME: Increase data availability, quality and utilization**

- M-I Support data sovereignty through local data collection to help plan, implement and evaluate programs and approaches for dementia and caregiving in AI/AN communities.
- M-II Encourage health care providers to assess for mild cognitive impairment and dementia, document in medical records and discuss findings with their patients.

**OUTCOME: Increase data-informed decision making and action**

- M-III Put data into action by sharing findings with AI/AN leaders, community members and organizations to help inform awareness efforts, resource needs, programs and policies.



## **HEALTHY BRAIN INITIATIVE Road Map Series**

The Healthy Brain Initiative and the development and dissemination of the Healthy Brain Initiative Road Map Series is supported by the Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$14,229,665 with 100% funding by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS, or the U.S. Government.