



WHAT'S NEW

Road Map for American Indian and Alaska Native Peoples

13 ACTIONS TO IMPROVE BRAIN HEALTH, ADDRESS DEMENTIA AND MEET THE NEEDS OF CAREGIVERS

The **Healthy Brain Initiative: Road Map for American Indian and Alaska Native Peoples** focuses on health equity through a strength-based approach, drawing on the traditional practices and cultural activities that have kept American Indian and Alaska Native (AI/AN) communities healthy for thousands of years. Guided by a Leadership Committee of tribal leaders, physicians, experts and researchers in public health and across the care continuum, the Road Map reflects input from over 200 community members and professionals working in AI/AN communities.

There are 574 federally recognized and sovereign American Indian tribes, nations, pueblos, bands and Alaska Native villages in the United States, as well as state recognized tribes and many other communities without federal or state recognition. All have their own history, traditions, cultures and practices.

AI/AN community strengths are the foundation of the indigenous determinants of health. These strengths build resilience for members of AI/AN communities and should be incorporated when planning public health action. The HBI Road Map offers actions to improve outcomes as they relate to public health and brain health across the life course by embracing these strengths common among many AI/AN communities:

- Value of and respect for Elders
- Importance of family and community
- Resilience
- Focus on holistic health

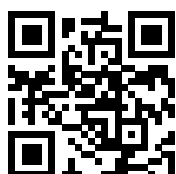
Focus on the indigenous determinants of health



Inclusive imagery and graphics



Examples of public health action from different AI/AN communities



Download the HBI Road Map:
alz.org/HBIRoadMapAIAN



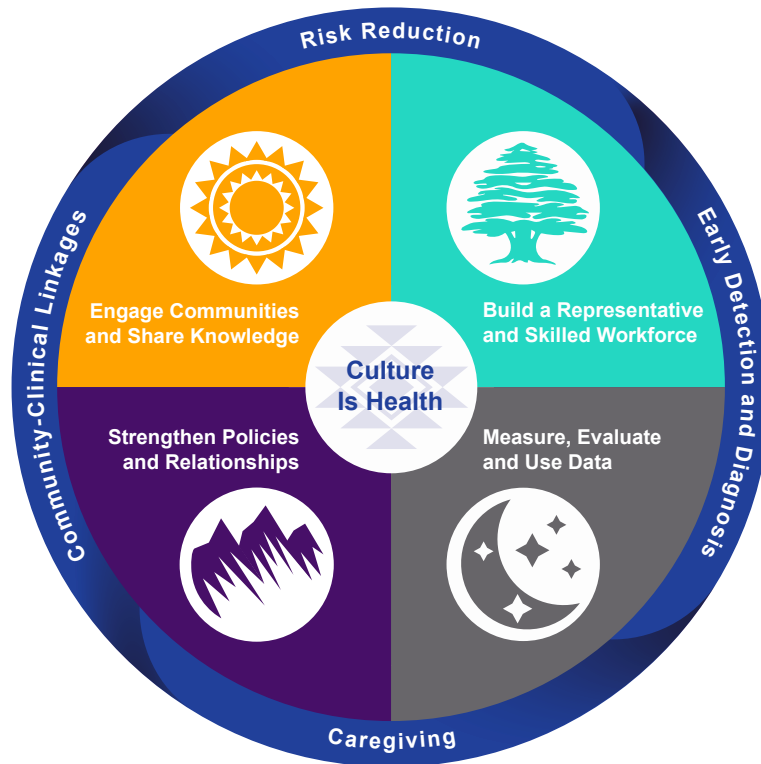
alz.org/publichealth



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HBI Framework to Promote Brain Health



Engage Communities and Share

Knowledge: Public health engages with AI/AN communities to understand how knowledge can be shared. Public health professionals in the community can then share practices to increase awareness about the factors that influence brain health and ways to maintain or improve cognitive health and ultimately quality of life.

The sun icon symbolizes warmth, energy and growth as communities engage and share knowledge together.



Strengthen Policies and Relationships:

Public health strengthens, supports and mobilizes community partnerships to improve brain health. Public health also creates, champions and implements supportive policies and plans by increasing awareness of dementia and its impact among tribal leadership.

The mountain range icon signifies strength and sacredness, representing the power of policies and relationships.



Build a Representative and Skilled

Workforce: Public health is responsible for training and preparing the public health and health care workforce to provide culturally centered and appropriate care to people at risk for or living with dementia while also supporting caregivers.

The cedar tree icon represents protection and healing. The diverse uses of the tree call to mind the roles of the different members of the workforce.



Measure, Evaluate and Use Data:

Public health supports data sovereignty while working with communities to monitor health status, identify and solve community health problems, and evaluate effectiveness, accessibility and quality of health improvement programs. Findings are shared with the community and used to inform programs and policies to improve brain health across the life course.

The moon icon symbolizes the moon's role as a guide and a timekeeper, signifying transformation and the importance of measurement and data.