

ALZHEIMER'S DISEASE AND HEALTHY AGING

Background

Currently, 6.9 million Americans are affected by Alzheimer's disease, and this number is projected to grow to 14 million by 2060. Deaths from Alzheimer's disease have more than doubled between 2000 and 2021. One in three older Americans (65+) dies with ADRD, more than breast cancer and prostate cancer combined. The most significant increase in Alzheimer's disease or related dementias (ADRD) cases from 1999 to 2018 were in rural areas.

CDC Programs Addressing Healthy Aging and Alzheimer's Disease

Since 2018, CDC has made 66 awards to 45 state, local, and tribal public health departments to address reducing Alzheimer's risk, increasing early detection and diagnosis, and supporting the needs of caregivers. Currently, CDC's [Division of Population Health](#) (DPH) oversees:

- The National Healthy Brain Initiative (HBI) creates and supports partnerships to promote brain health, collects and reports data to inform brain health priorities, supports populations with high rates of ADRD, and promotes the use of the Initiative's State and Local Road Map that ensures initiatives to address Alzheimer's can be incorporated easily and efficiently into existing public health programs.
- The Building Our Largest Dementia (BOLD) infrastructure program funds 43 public health department programs and three BOLD Public Health Centers of Excellence to 1) increase early detection and diagnosis, 2) reduce risk, 3) prevent avoidable hospitalizations, and 4) support caregiving for people with Alzheimer's disease and related dementias. CDC provides direct funding to national, state, county, and tribal organizations to improve the lives of those with ADRD and to provide support for their caregivers.

Increased CDC funding would help to sustain and expand the HBI and BOLD programs. This would help to diminish ADRD cases and save \$321 billion (2022) in healthcare costs.

Preventing Alzheimer's Disease and Related Dementias

Nearly 45% of all dementia cases can be prevented or delayed through lifestyle changes or medical interventions throughout the course of one's life. The Centers for Disease Control and Prevention (CDC) funds and supports 43 state public health departments to run dementia infrastructure programs that boost early diagnoses, prevent hospitalizations, and assist caregivers for those with ADRD.

The Cost of Alzheimer's Disease and Related Dementias

- Early diagnosis of Alzheimer's disease could save up to \$7.9 trillion.
- Living with Alzheimer's disease compounds medical costs and the burden of disease – 80% of adults aged 65 and older have at least one chronic condition, while 68% have two or more chronic conditions.
- In 2020, Americans spent \$196 billion in direct medical costs for ADRDs and \$254 billion in caregiver time.
- Formal care for ADRD comprises almost 5% of all healthcare spending and will make up a larger portion as patients receive more formal in-home supports instead of informal caregiving measures.
- Half of all caregivers who help older adults do so for someone living with ADRD. Of the total lifetime cost of caring for someone with dementia, 70% is borne by families either through out-of-pocket health and care expenses or from the value of unpaid care.