

Heart Health, Hypertension, and Dementia

A Public Health &
Community-Clinical
Linkage Perspective

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Who we are

- ▶ **Building Our Largest Dementia Infrastructure for Alzheimer's Act**
 - **BOLD Act**
- ▶ **Goals**
 - Improve or create dementia resources in Iowa
 - Strengthen connections between chronic disease prevention and dementia systems
 - Build Community-Clinical Linkage that support heart health and brain health
 - Increase workforce's dementia competency around hypertension, vascular dementia, and cognitive health
 - Create a State Strategic Plan that integrates brain health across the lifespan

Why Hypertension Matters for Dementia (Public Health Lens)

Hypertension is one of the **strongest modifiable risk factors** for dementia

Midlife high blood pressure ↑ risk of:

- Vascular dementia
- Alzheimer's disease

Blood pressure control = **brain protection**

Key Partners

- ▶ Area Agencies on Aging (Dementia Friendly Iowa)
- ▶ University of Iowa (Geriatric Workforce Enhancement Program [GWEP], College of Public Health, others)
- ▶ Broadlawns Medical Center
- ▶ Alzheimer's Association Iowa Chapter
- ▶ University of Northern Iowa
- ▶ Local public health
- ▶ PASRR Program
- ▶ Iowa Caregivers

Issues Identified

Awareness

- ▶ Stigma
- ▶ Low awareness that heart health = brain health
- ▶ Belief that dementia is inevitable or untreatable
- ▶ Confusion about when and where to intervene
- ▶ Must be a specialist
- ▶ Under-recognition of hypertension as a dementia risk factor

Utilization

- ▶ Rural access gaps
- ▶ Continued training
- ▶ Fragmentation between chronic disease care and dementia
- ▶ Regulations
- ▶ Time/Capacity
- ▶ Diagnose and Ditch, no follow-up, no community supports

ADRD Plan Recommendations

- ▶ Require dementia training for any direct care worker including vascular risk factors
- ▶ Create a standardized core dementia training and promote the use of this training for new and continuing education that includes hypertension, stroke, and brain health
- ▶ Expand the existing DIAL Direct Care Worker Registry to include home-based, assisted living and community-based workers
- ▶ Update training standards to support portability of a worker's existing dementia training
- ▶ Educate physicians on the latest recommendations regarding cognitive screening practices and tools
- ▶ Integrate dementia considerations into Medicare Annual Wellness Visits and chronic disease management workflows

Early resources: Laying the Foundation for Brain-Healthy Communities

- ▶ Educational outreach for libraries, chronic disease programs
- ▶ Website with sections for general info and caregivers
- ▶ CHW module connecting:
 - BP control
 - Lifestyle change
 - Cognitive health
- ▶ Awareness materials, radio ads



Current Dementia Resources

Implementation Grant (2024 – Present)

Professional Resources

- ▶ Added website section
- ▶ Education surrounding CPT billing code for Dementia Care Planning, Medicare Wellness Visit
- ▶ **Info Repositories –**
 - Dementia Resource Guide
 - Community Resource Finder
 - Iowa Community Hub
 - PHCOE
 - GWEPS
 - ALZPro



Professional Trainings

- ▶ HRSA Training for Health Care Workers about Dementia (37 modules in four series)
- ▶ University of Iowa Geriatric Education Center – Training for professionals
- ▶ Preadmission Screening and Resident Review – Provider Tools and Resources
- ▶ Alzheimer's Association Professional Care Provider Training – EssentialALZ
- ▶ Project ECHO
- ▶ Minnesota GWEP modules

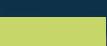


Resources in Development

- ▶ Integrating brain health into **cardiovascular and chronic disease education**Community Health Worker module
- ▶ Respite Care How-To guide
- ▶ Emergency Room resources
- ▶ Statewide Summit
- ▶ Multisector Plan on Aging as a **brain + heart health strategy**

We Need Your Help!

- ▶ Partner with public health to integrate brain health into cardiovascular care
- ▶ Help normalize conversations about hypertension as dementia prevention
- ▶ Champion community-clinical linkage as prevention, not “extra work.”
- ▶ Spread the word
- ▶ Normalize the conversation



Questions?



Links and Info

► Web

HHS.iowa.gov, search “Dementia”

► Contact

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