

Alzheimer's disease & Healthy Aging

United States, 2015-2022

Khadija Abdulla Al-Hay
DAB - 16

Agenda

- Introduction
- Problem Statement
- Data Overview
- Approaches
- Analysis & Key Findings
- Recommendations
- Conclusions
- Limitations

Introduction

Alzheimer's Disease (AD) is a progressive neurological disorder that is the most common cause of **Dementia**. It leads to a gradual decline in the quality of life of its patients; as it affects functions such as Memory, Comprehension, Language, and Judgment.

Although it is **incurable**, **early detection** and **treatment** could **manage** its **symptoms**, which **delays** its **progression**.

Problem Statement

Between **2015** and **2022**, the number of Alzheimer's patients in the **United States** have been **increasing** and reached around **6.07M Patients**. Other than aging, multiple factors could contribute to this increase; such as **Mental Health**, **Cognitive Decline**, Obesity, etc. This has resulted in a growing **shortage of care workers**, and incurring **high economic costs**.

Data Overview

Centers for Disease Control and
Prevention(CDC) **Survey**



Older Adults (50+ years)



2015 - 2022



United States*



National, Regional** Level***

*Including the 50 states, District of Columbia & 3 US territories.

Regional Level data **excludes the 3 US territories
(Guam, Puerto Rico, Virgin Islands).

Indicator Types

- Cognitive Decline
- Mental Health
- Overall Health
- Nutrition / Physical Activity / Obesity
- Screenings and Vaccines
- Smoking and Alcohol Use
- Caregiving

Approaches

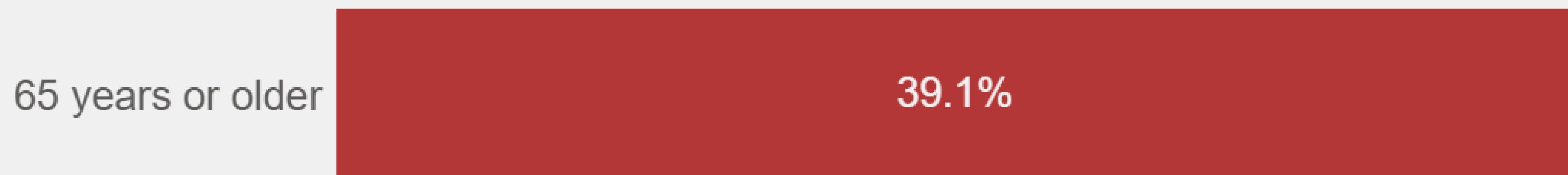
- Regional and National Risk
- Risk per Age / Gender / Ethnicity / Race
- Top Alzheimer's Risk Indicators
- Cognitive & Mental Health & Obesity

Healthy Aging

Median %

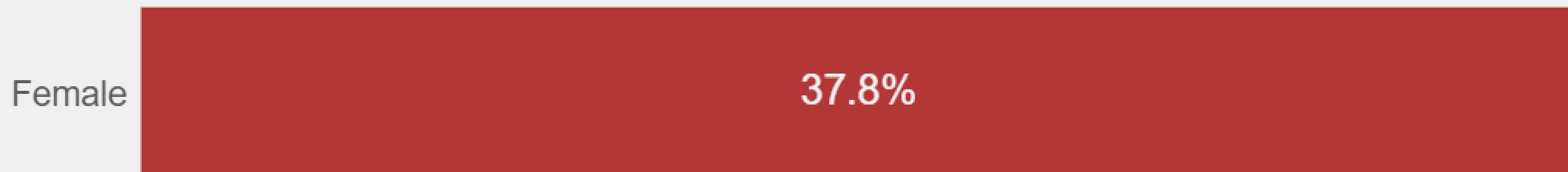


Risk per Age Group



Median %

Risk per Gender

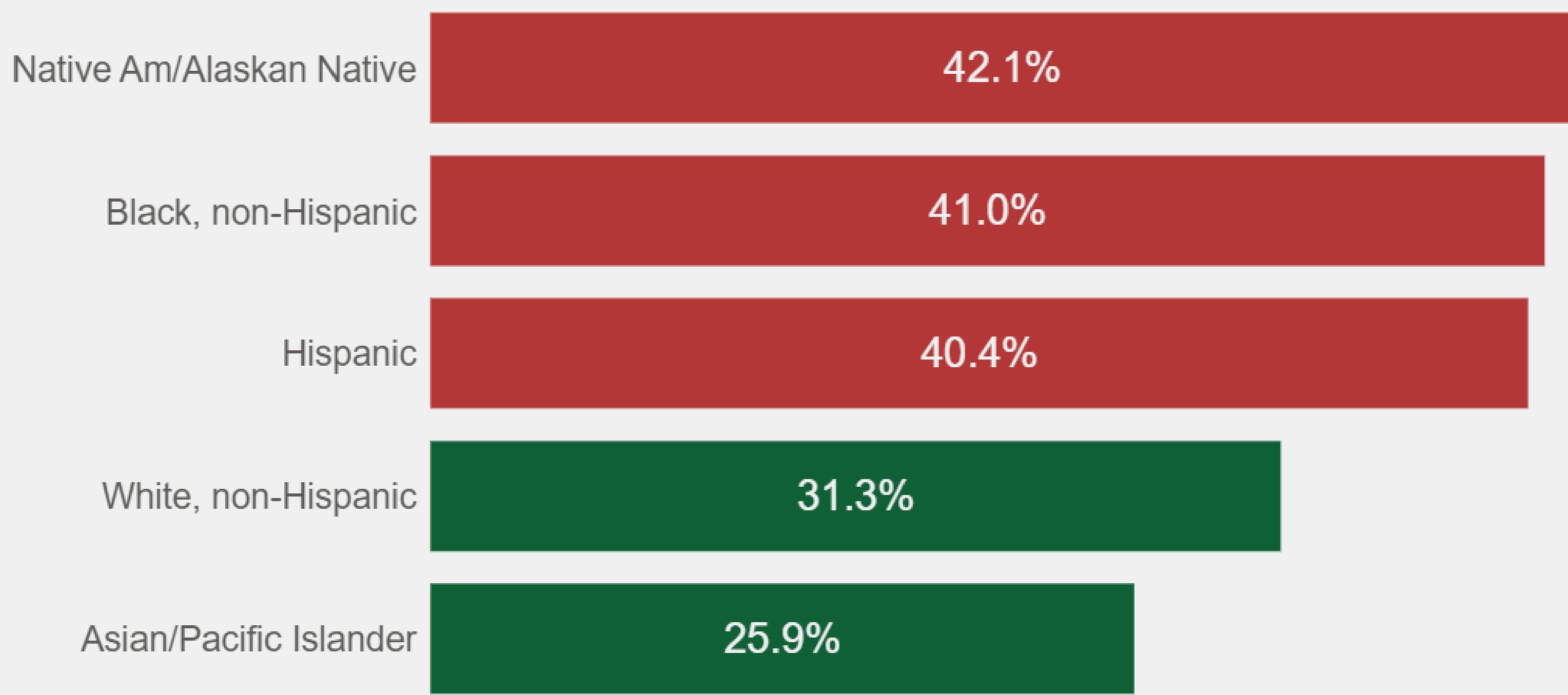


Male

34.0%

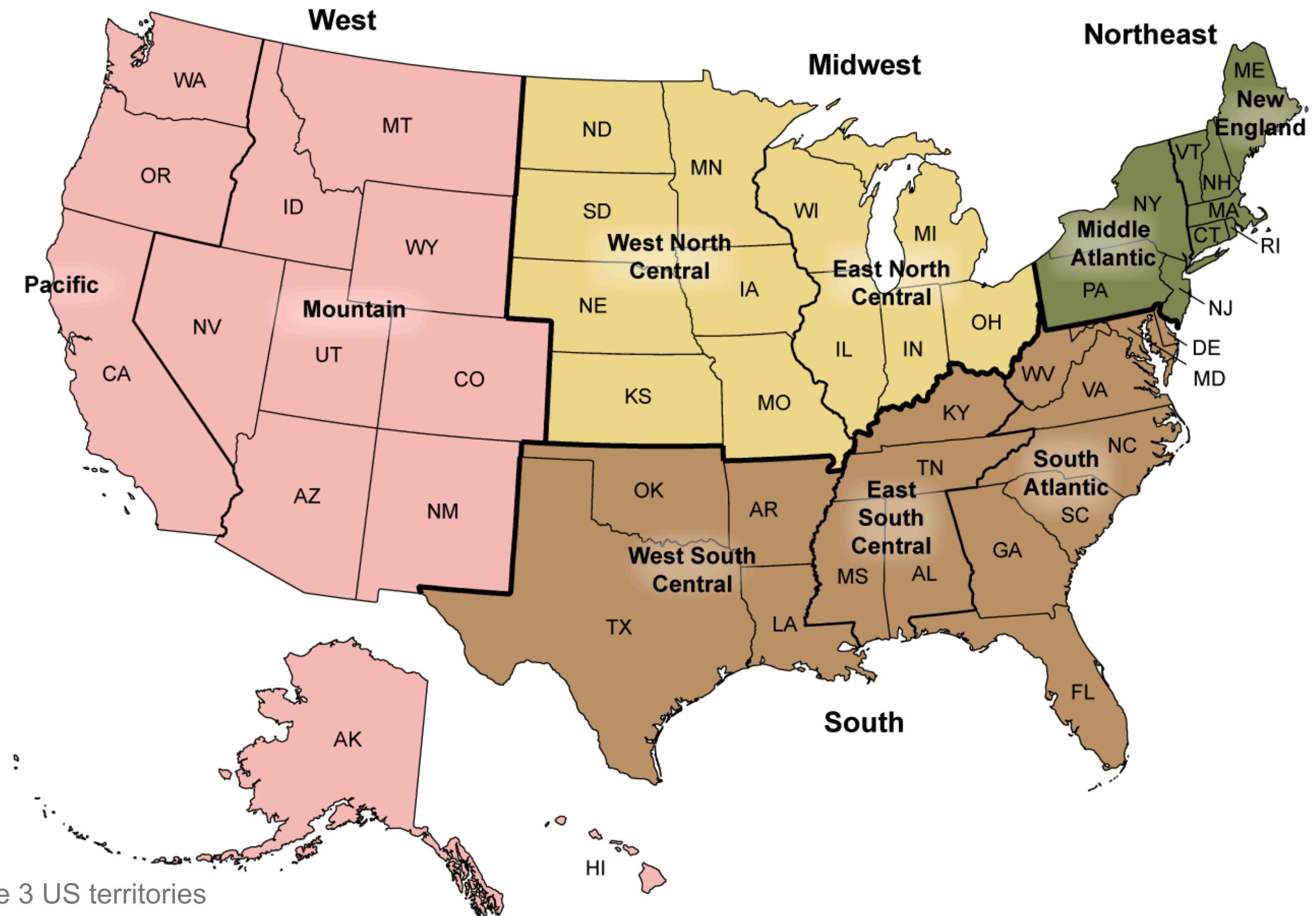
Median %

Risk per Race/Ethnicity



Median %

Regions*



Source: [CDC](#)

*Regional Level data **excludes** the 3 US territories
(Guam, Puerto Rico, Virgin Islands.)

Risk per Region

South

36.1%

Midwest

33.2%

Northeast

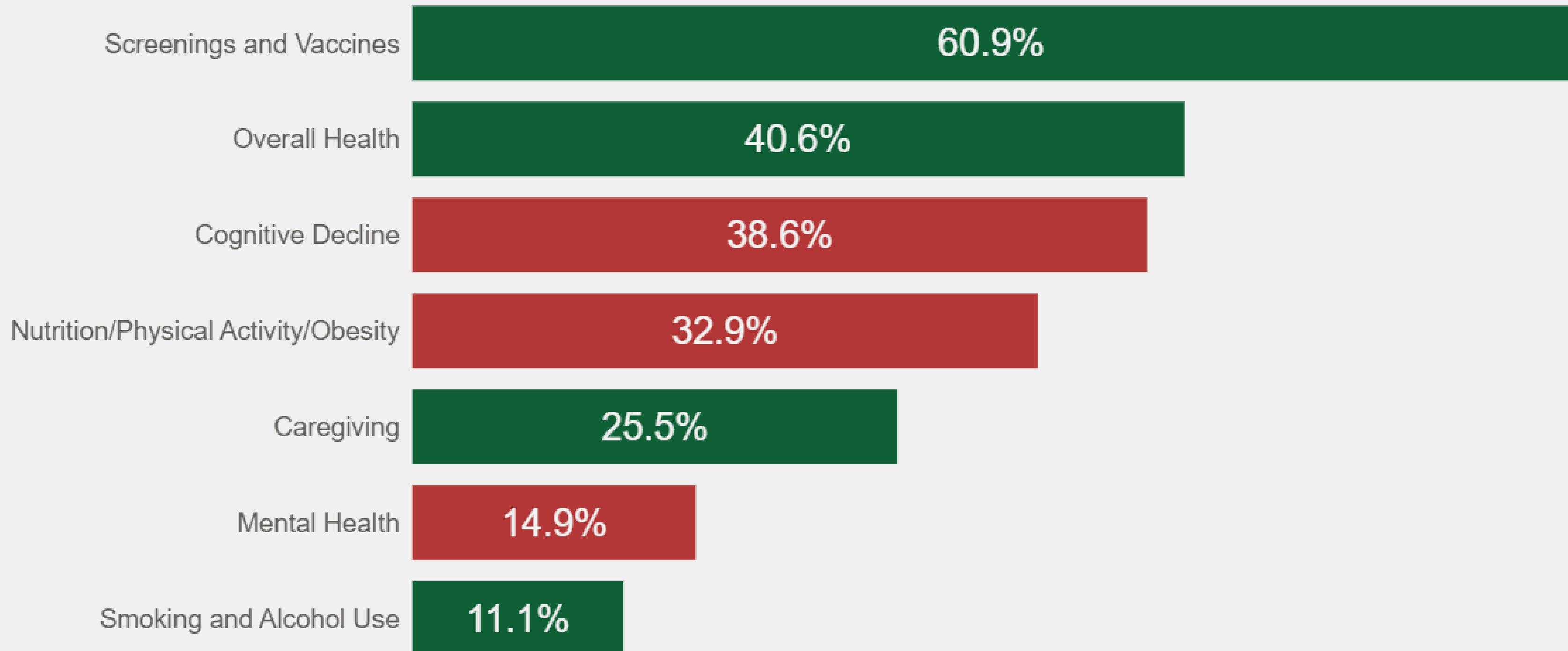
32.6%

West

30.8%

Median %

Risk Indicators

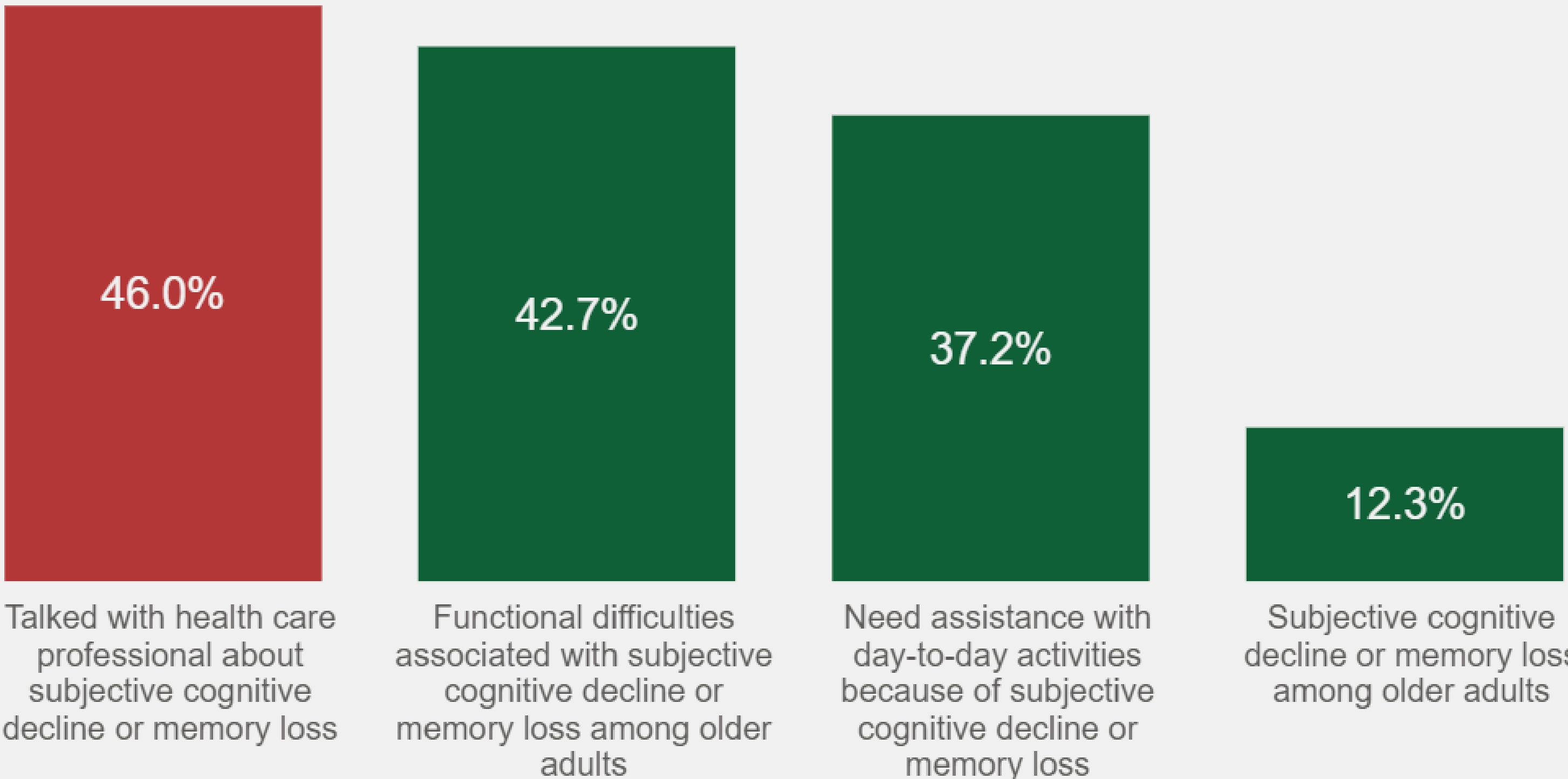


Median %, South Region

Cognitive Decline

Cognitive Health Risk

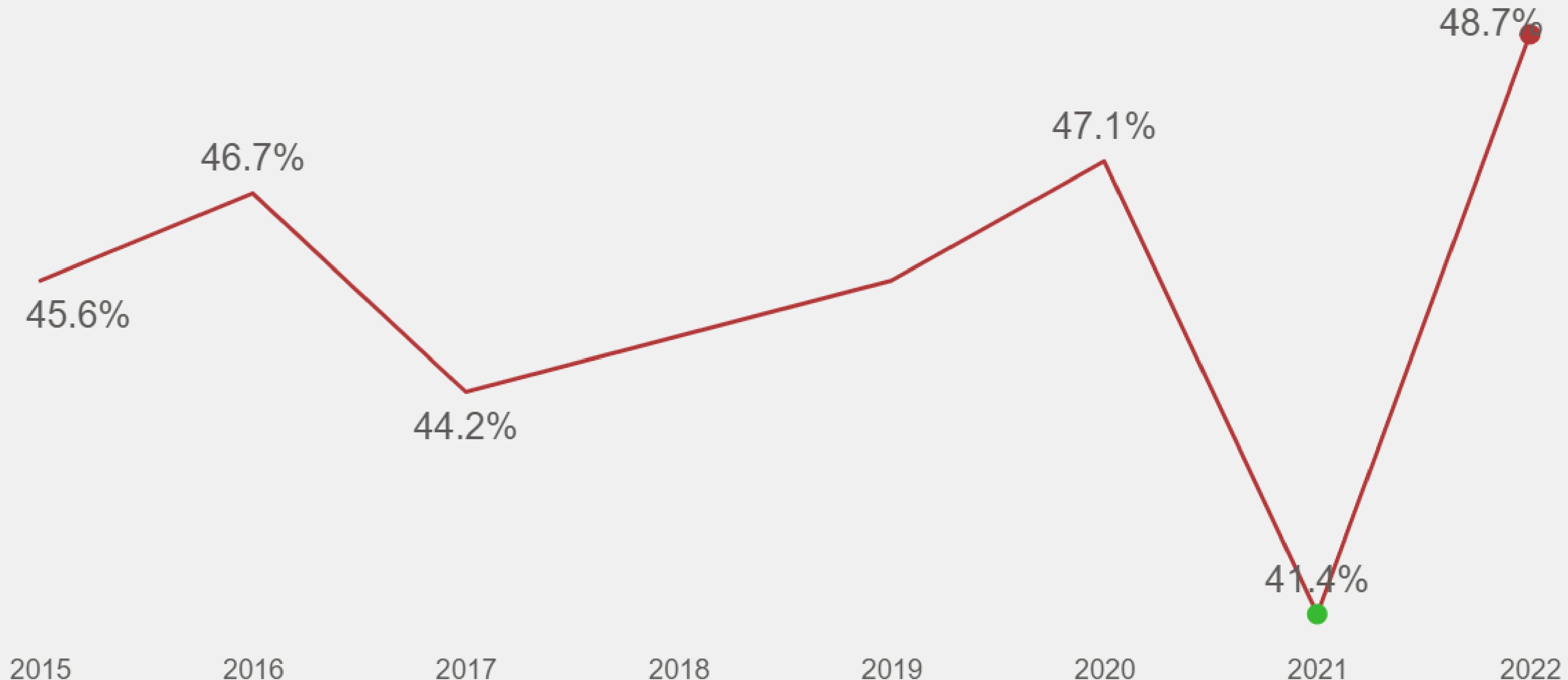
Median %, South Region



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Reporting Subjective Cognitive Decline & Memory Loss

South Region



Mental Health

Mental Health Risk

Median %, South Region

Lifetime diagnosis of depression

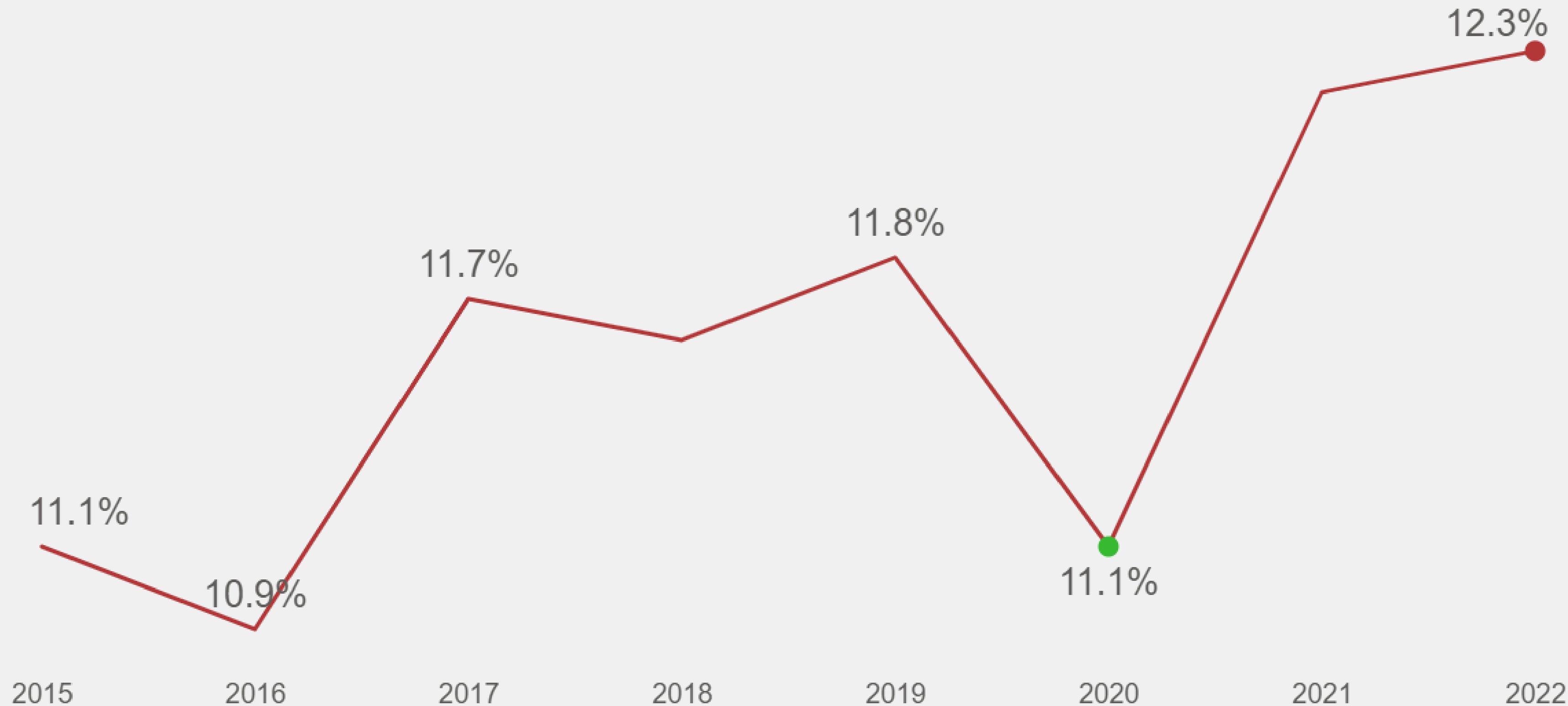
18.6%

Frequent mental distress

11.6%

Frequent Mental Distress

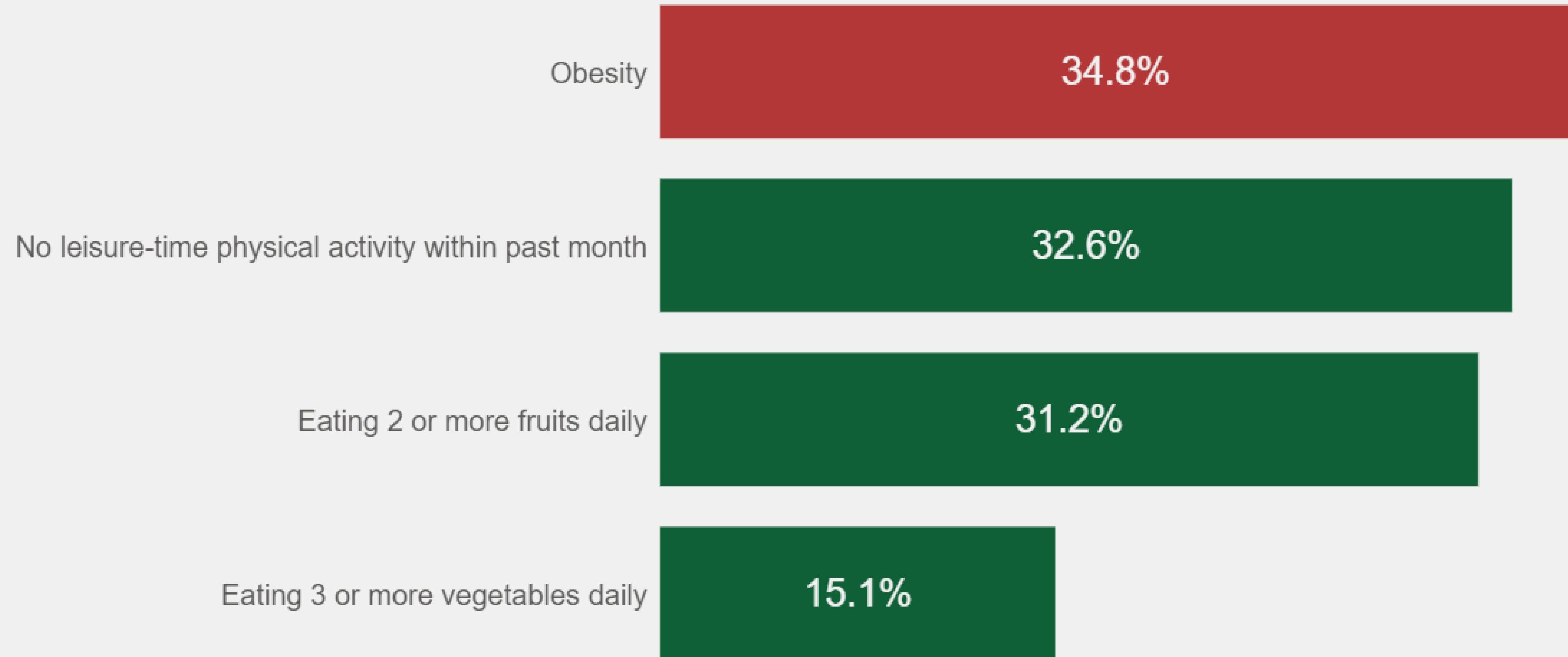
South Region



Nutrition, Physical Health & Obesity

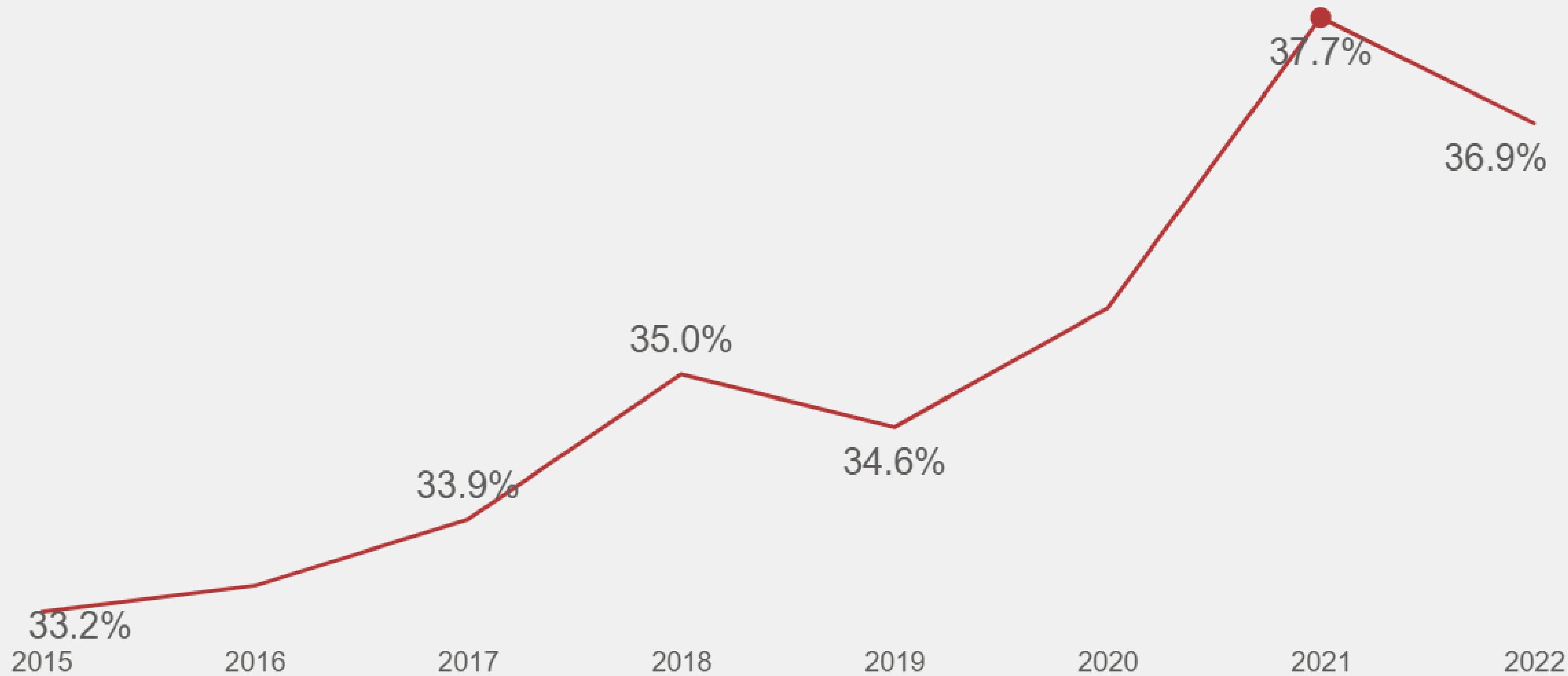
Nutrition & Obesity Risk

Median %, South Region



Obesity

South Region



Key Findings

- Steady **decrease** in the overall Health of older adults in the US.
- **65+ year olds, Females, and Native Americans/Alaskans, Black (Non-Hispanic) and Hispanic** people are more likely to develop Alzheimers.

Key Findings

- The **South** Region has the highest alzheimers risk.
- The **South** region is facing a decrease in the **Cognitive & Mental Health** of older adults.
- **Obesity** poses a **high risk** in terms of Nutrition in the **South** region as **36.9%** of older adults are considered obese by 2022.

Recommendations

United States to

- Encourage **routine screening** for cognitive & physical health.
- Provide **incentives & training** to increase the number of qualified Alzheimer's specialists

South Region to

- Utilize **telehealth** to reach rural and underserved communities.
- Create **Alzheimer's-friendly communities** with accessible transportation and structured living arrangements.
- Improve Access to **Healthy Foods & Facilitate walking groups, running clubs**

The End

Thank You For Listening

Khadija Abdulla Al-Hay

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