

Alzheimer's Disease & Healthy Aging Analysis

United States, 2015-2022

Khadija Abdulla Al-Hay

DAB - 16

Agenda

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

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

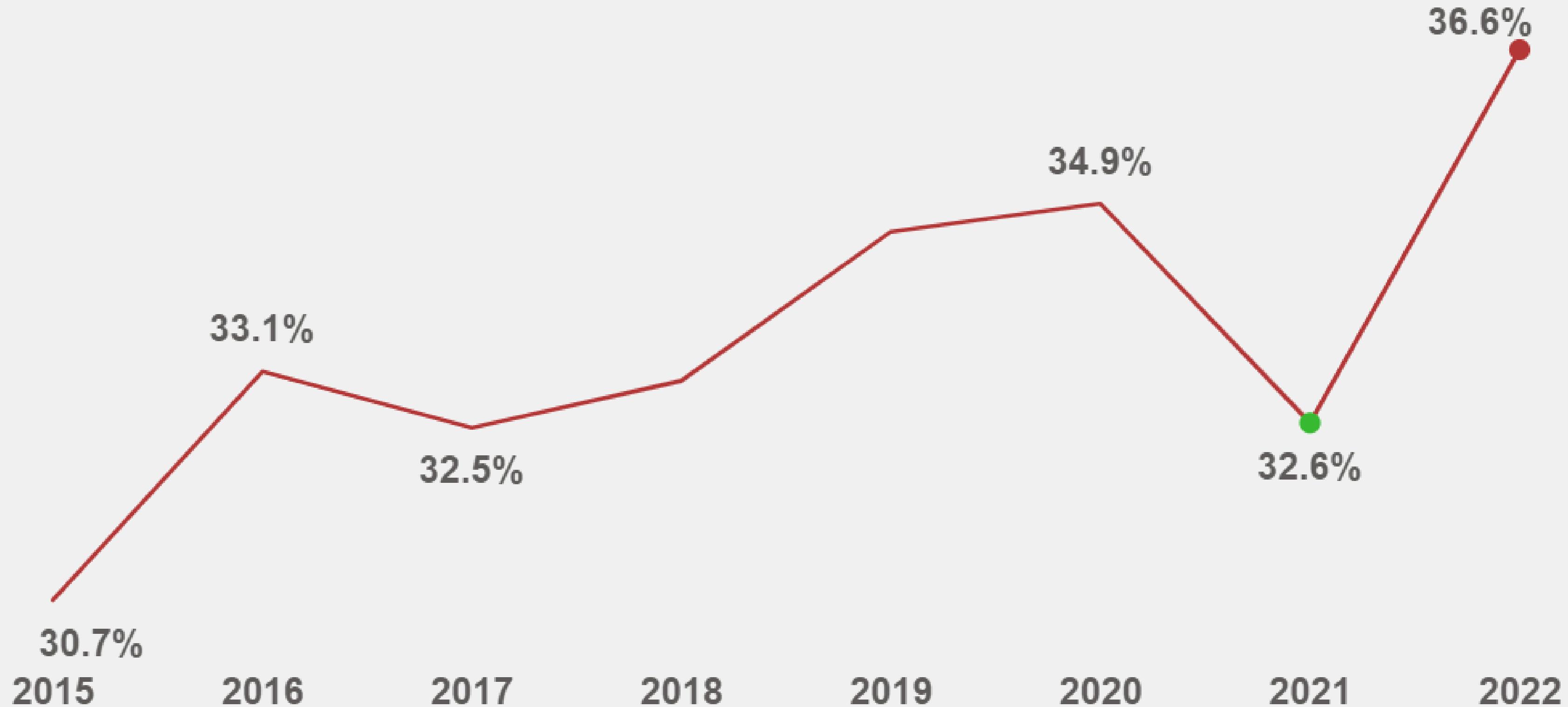
- Cognitive Decline
- Mental Health
- Overall Health
- Nutrition / Physical Activity / Obesity
- Screenings and Vaccines
- Smoking and Alcohol Use
- Caregiving

Approaches

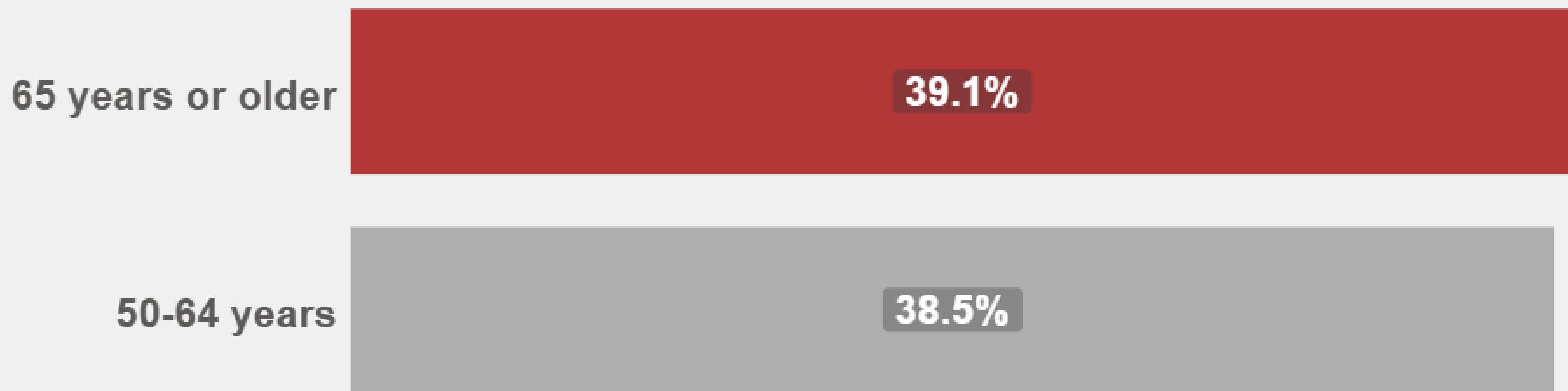
- Regional and National Risk
- Risk per Age / Gender / Ethnicity / Race
- Healthy Aging & Alzheimer's Risk Indicators
- Cognitive & Mental Health & Obesity

Are older adults aging healthily?

Median % of Older Adults, United States

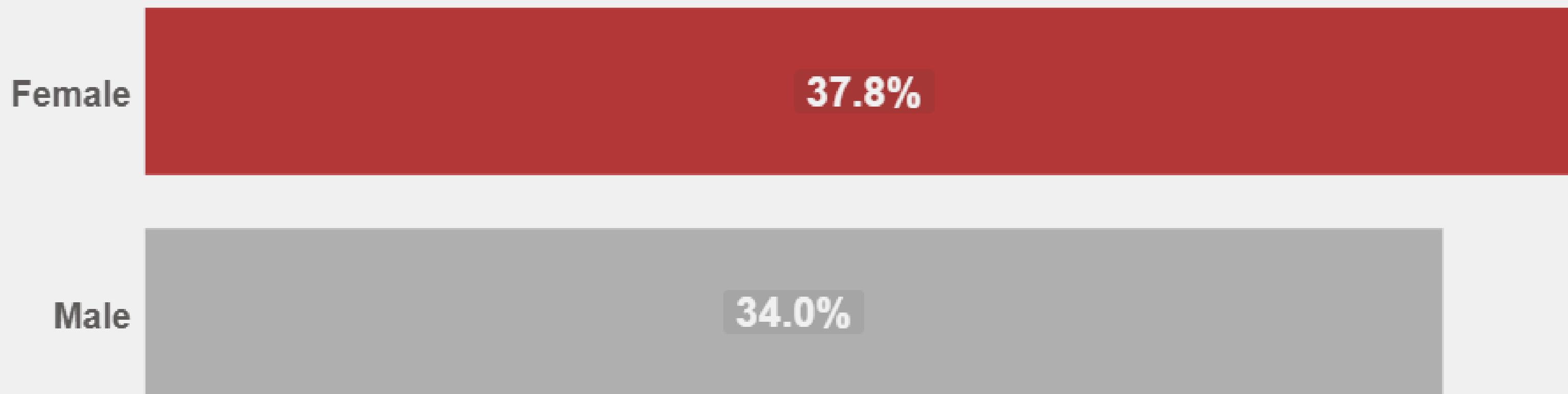


Which age group are more at risk of developing Alzheimer's?



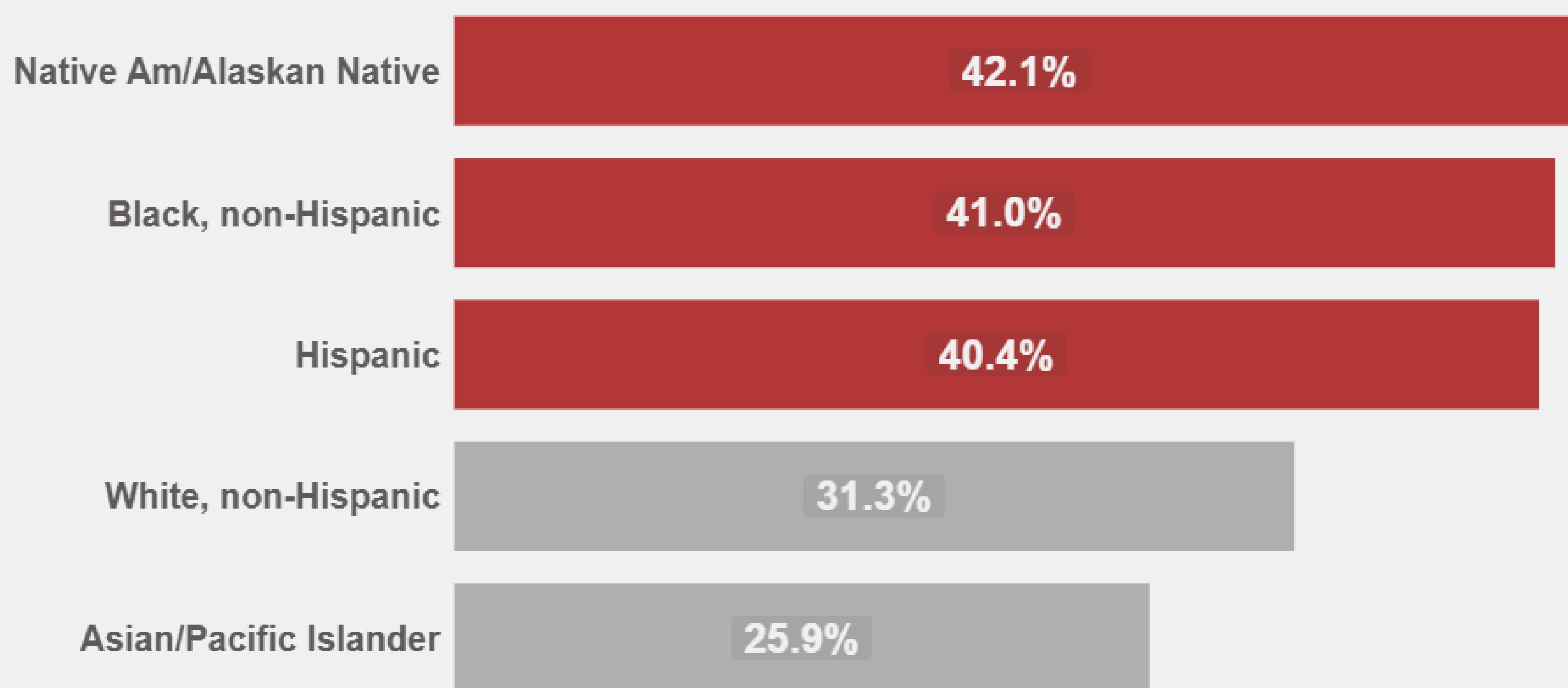
Median % of Older Adults, United States

Which gender is more at risk of developing Alzheimer's?



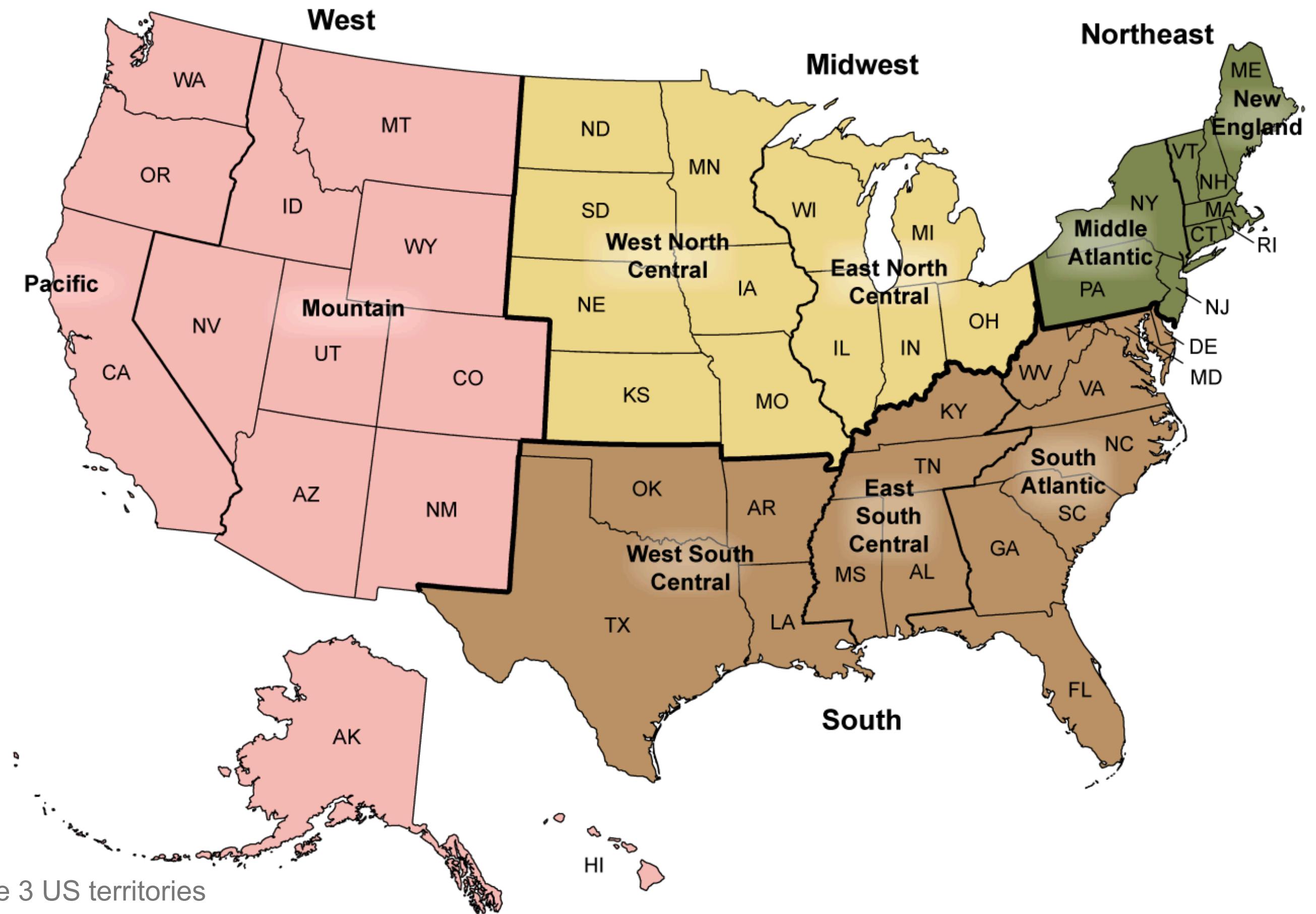
Median % of Older Adults, United States

Which races/ethnicities are more at risk of developing Alzheimer's as they age?



Median % of Older Adults, United States

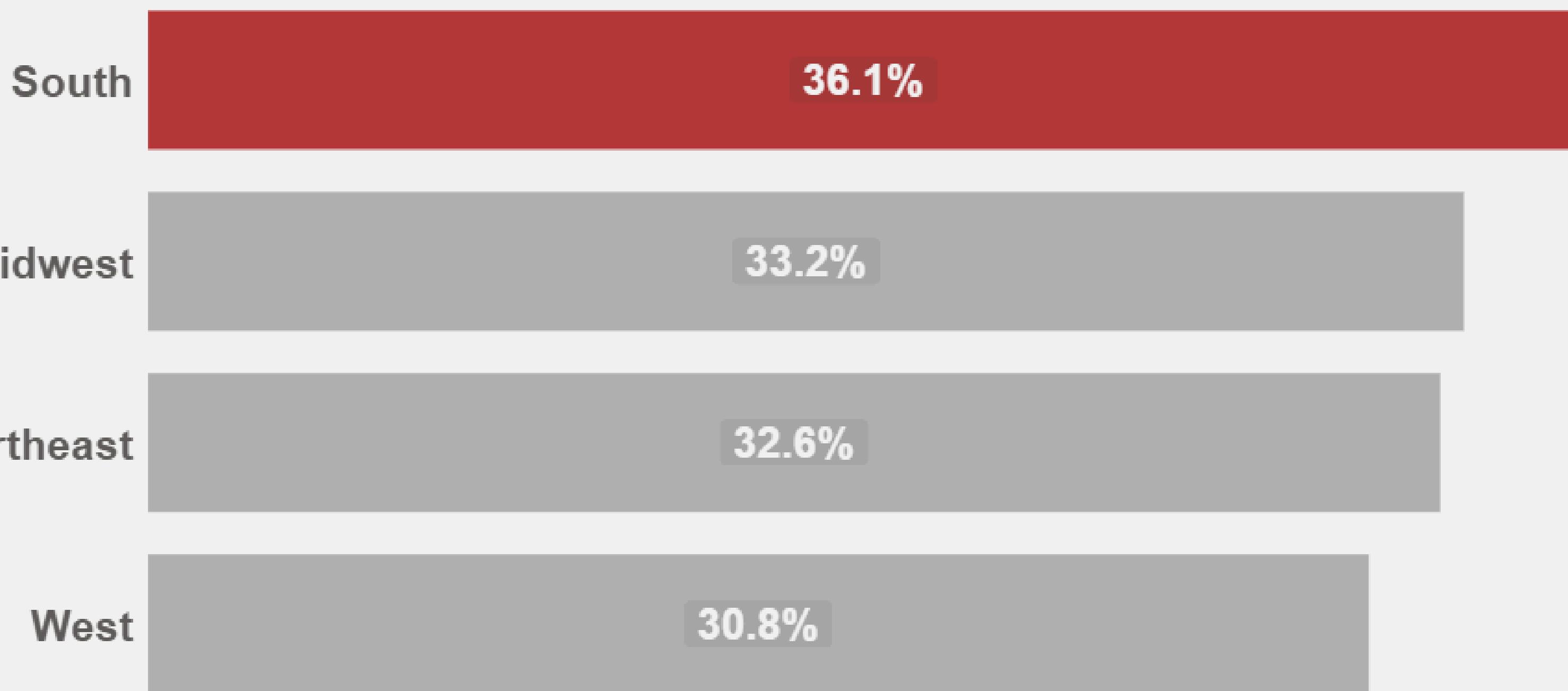
Regions*



Source: [CDC](#)

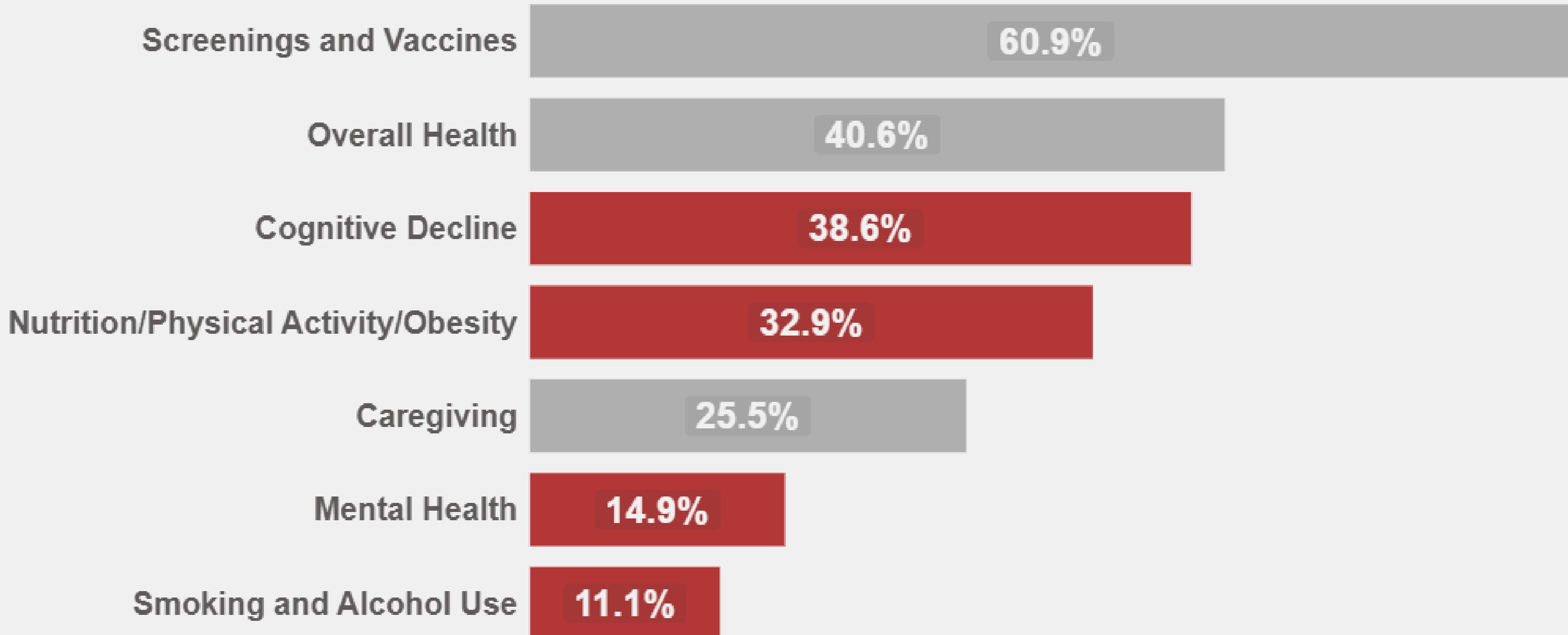
*Regional Level data **excludes** the 3 US territories
(Guam, Puerto Rico, Virgin Islands.)

Which region has a higher risk of having more patients in the future?



Median % of Older Adults, United States

How are older adults doing in terms of Healthy Aging and Alzheimer's risk indicators?

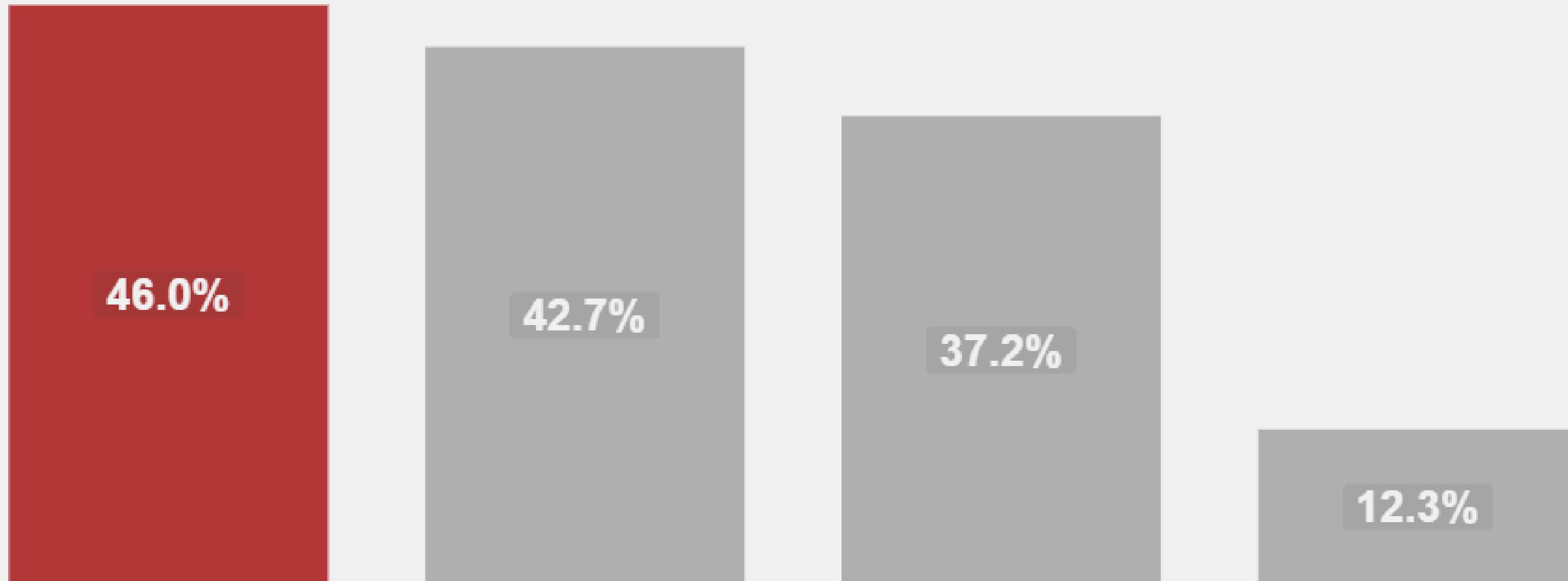


Median %, South Region

Cognitive Decline

How are older adults doing in terms of Cognitive Health?

Median % of Older Adults, South Region



Talked with health care professional about subjective cognitive decline or memory loss

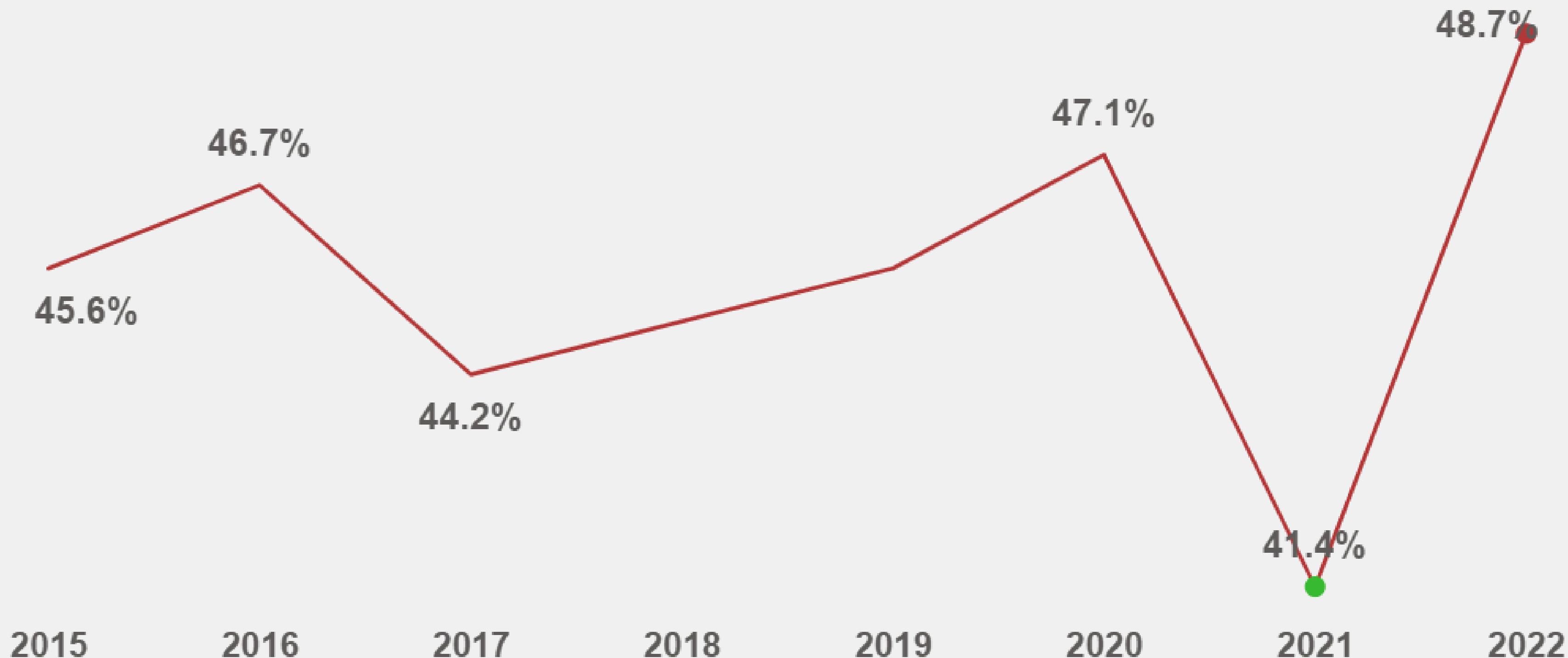
Functional difficulties associated with subjective cognitive decline or memory loss among older adults

Need assistance with day-to-day activities because of subjective cognitive decline or memory loss

Subjective cognitive decline or memory loss among older adults

What is the percentage of people who have talked to a Health Care professional about Subjective Cognitive Decline or Memory Loss?

% of Older Adults, South Region



Mental Health

How are older adults doing in terms of Mental Health?

Median % of Older Adults, South Region

Lifetime diagnosis of depression

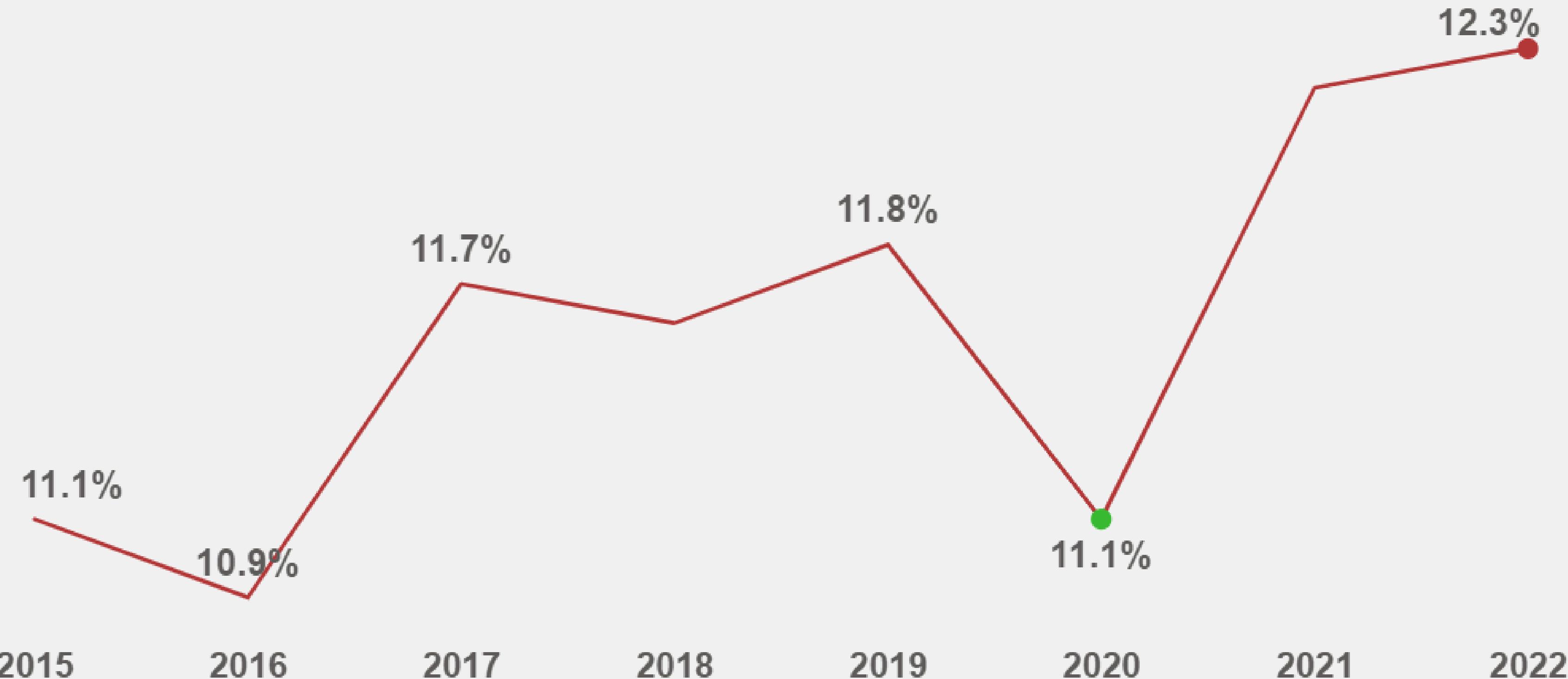
18.6%

Frequent mental distress

11.6%

Are more people experiencing Frequent Mental Distress* in the recent years?

% of Older Adults, South Region

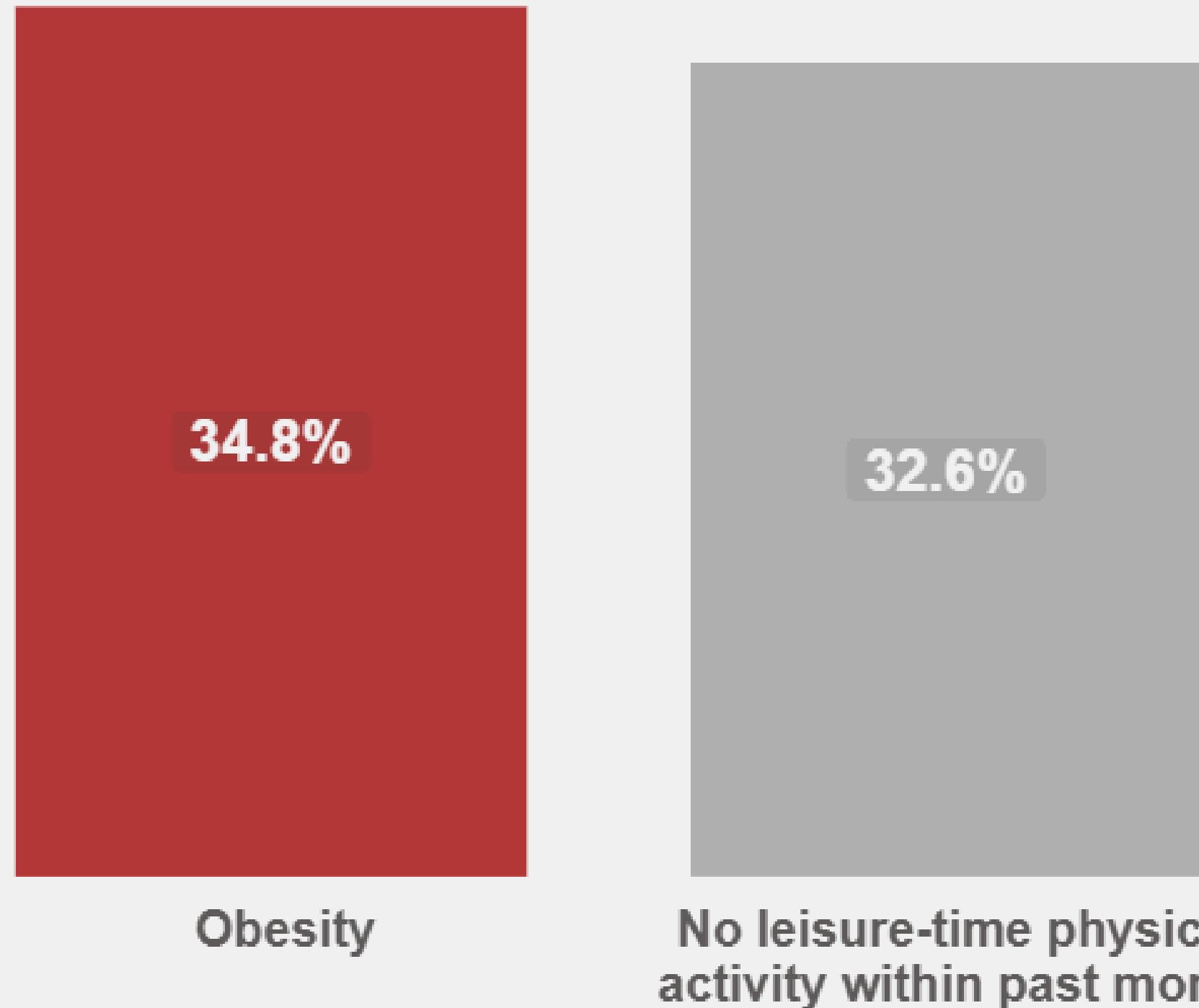


*Frequent Mental Distress = Poor Mental Health for the past two weeks or more

Nutrition, Physical Health & Obesity

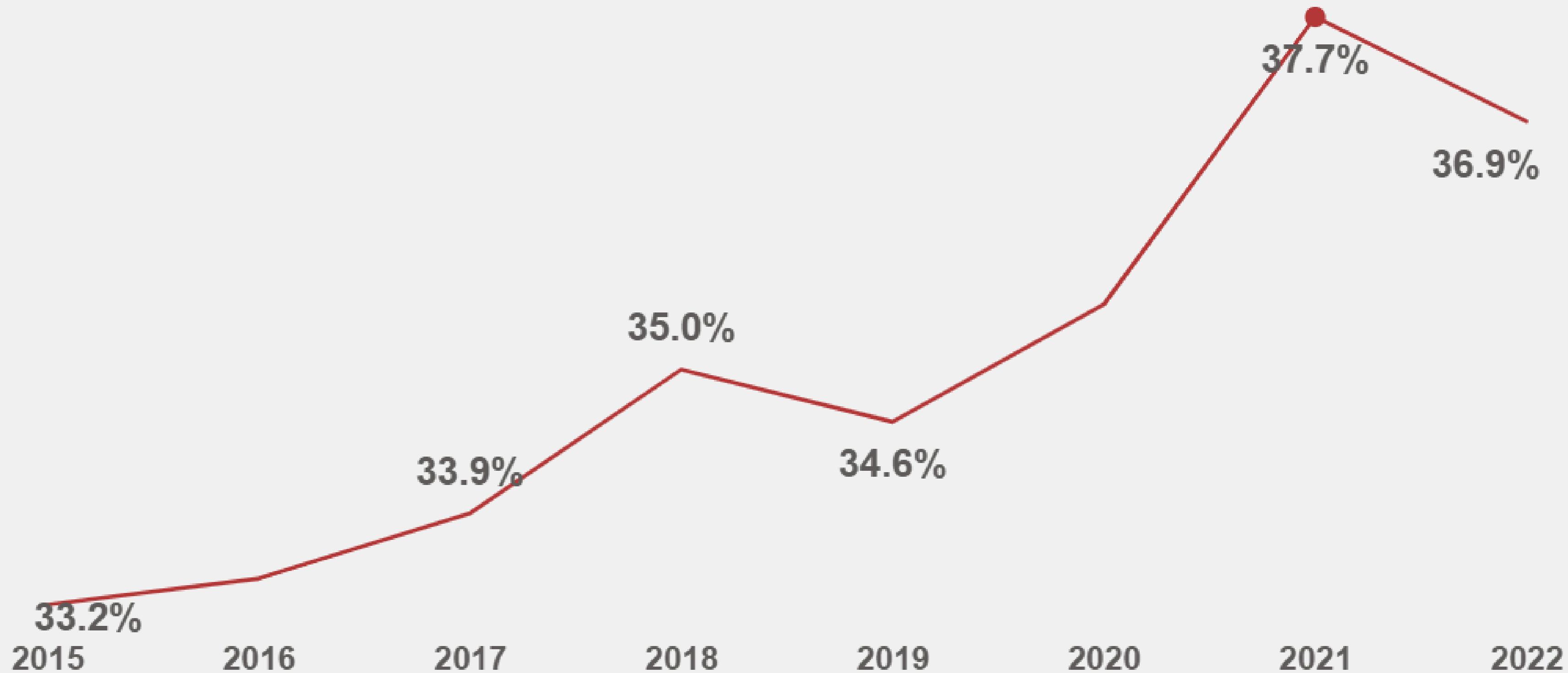
How are older adults in terms of obesity and physical activity?

Median % of Older Adults, South Region



Are people more obese in recent years?

% of Older Adults, South Region



Do older adults have healthy eating habits?

31



Eating 2 or more
fruits daily

15



Eating 2 or more
vegetables daily

What is the percentage of older adults who smoke or binge drink?

Median % of Older Adults, South Region

Current smoking

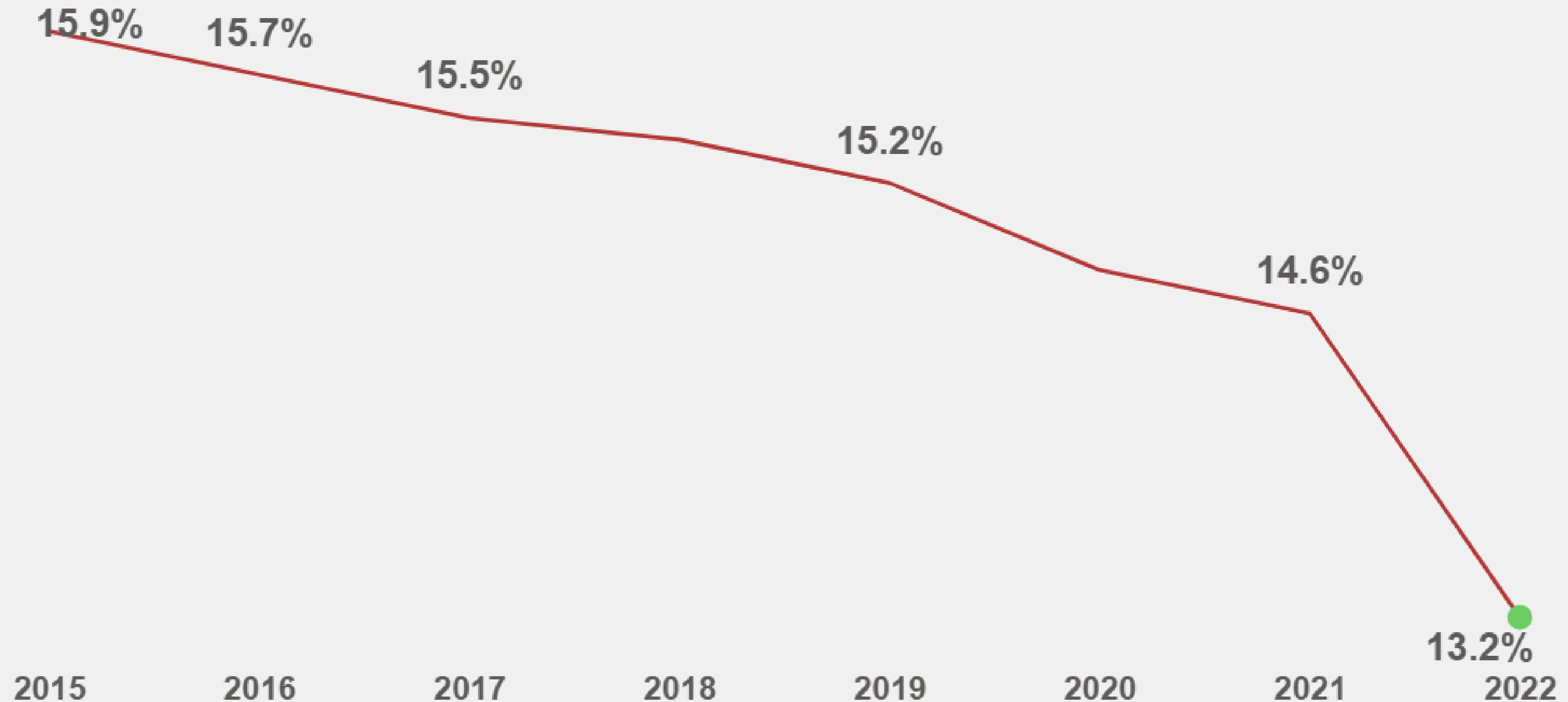
15.3%

Binge drinking within past 30 days

8.5%

Are more people smoking in recent years?

% of Older Adults, 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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