

A group of diverse people, including an elderly man with a white beard and a woman, are smiling and laughing together outdoors. The image is overlaid with a semi-transparent purple filter.

## Understanding the Prevalence of Alzheimer's and Dementia in Historically Marginalized Communities

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ALZHEIMER'S  ASSOCIATION®



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Nearly

**7 MILLION**

Americans are living  
with Alzheimer's.

# 2024 Alzheimer's Disease Facts & Figures



**ALZHEIMER'S KILLS MORE**  
than breast cancer and prostate  
cancer **COMBINED.**

Share the facts and join the fight. #ENDALZ



**70%** of dementia  
caregivers

feel stressed when coordinating care.



More than **ONE-THIRD**  
of dementia caregivers  
**ARE DAUGHTERS.**



Between 2000 and 2021  
deaths from heart disease have  
**DECREASED 2.1%**

while deaths from  
Alzheimer's disease have  
**INCREASED 141%**

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At age 45, the lifetime risk  
for developing Alzheimer's is



**1 in 5**  
for women



**1 in 10**  
for men

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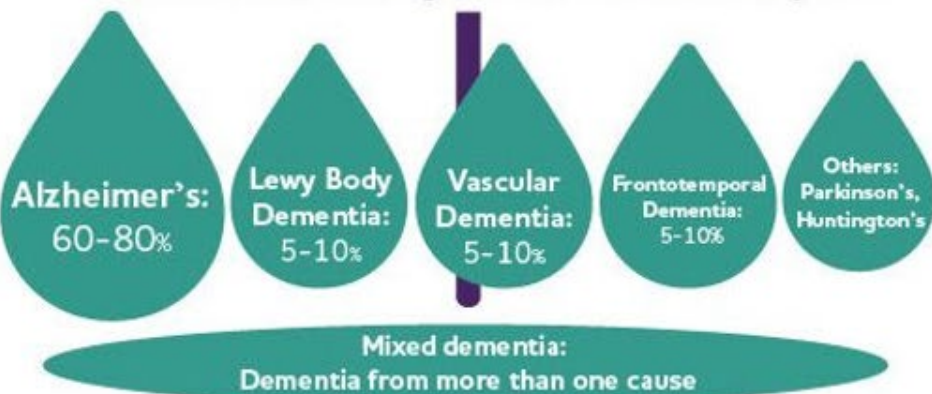
**More than half**  
of dementia caregivers said  
navigating health care is  
**difficult.**

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# DEMENTIA

Umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.



# Who is impacted by Alzheimer's?

- ☐ Anyone with a brain, especially:
  - Women
  - People 65+
  - Black/ African Americans
  - Hispanic/ Latinos
  - Caregivers, especially working caregivers.



# Alzheimer's and Dementia in Your Community

- ❑ 11% (4,000 individuals) of Sangamon County residents have Alzheimer's or dementia
- ❑ 36,700 in Sangamon County 65+
- ❑ Three support groups in the area
- ❑ 21 programs delivered since July 1st & over 1,300 (unduplicated) individuals reached

# The Alzheimer's Association's Charge



# Our Mission

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia —  
by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.



# Strategic goals



Providing and enhancing  
care and support.



Accelerating  
research.



Increasing concern  
and awareness.



Strengthening diversity,  
equity and inclusion.

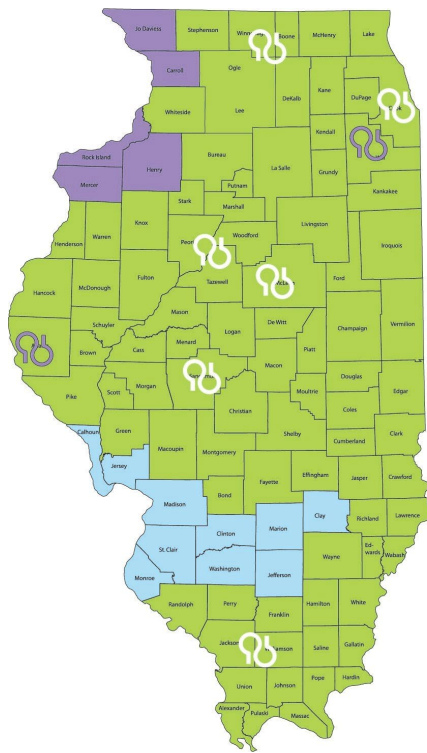


Advancing public  
policy.



Increasing  
revenue.

# About the Illinois Chapter



- ❑ There are 8 points of service throughout the state of Illinois.
- ❑ Our teams are mobile in 87 counties.
- ❑ The Illinois chapter serves nearly 1 million people affected by Alzheimer's, including 230,000 individuals living with the disease.

*Land Acknowledgement: The land on which we work includes the traditional homelands of the Peoria, Kaskaskia, Piankashaw, Wea, Miami, Mascoutin, Sauk, Mesquaki, Kickapoo, the Council of the Three Fires: Odawa, Potawatomi, Ojibwe, and the Chickasha Nations. By acknowledging the land, we recognize that it holds significance for its original stewards: the Native Nations and peoples of the region.*

# Health Inequities in Alzheimer's and Dementia



At the Alzheimer's Association<sup>®</sup>, we believe that diverse perspectives are critical to achieving health equity — meaning that all communities have a fair and just opportunity for early diagnosis and access to risk reduction and quality care.

The Association is committed to engaging underrepresented and underserved communities and responding with resources and education to address the disproportionate impact of Alzheimer's and dementia.



Learn more at [bit.ly/illinoisdei](https://bit.ly/illinoisdei)







## Women and Alzheimer's Disease



In the U.S., more than **10 million** women are either living with Alzheimer's or caring for someone who has it.



Over **60%** of Alzheimer's and dementia caregivers are women.



Almost **2/3** of Americans living with Alzheimer's are women.

# Black Americans and Alzheimer's Disease



Black Americans are about **2 times** as likely as White Americans to have Alzheimer's and other dementias, but they are less likely to receive a diagnosis.



**1/2** say that they have experienced discrimination while seeking care for a person living with Alzheimer's.



**Nearly 2/3** believe medical research is biased against people of color.

# Hispanic Americans and Alzheimer's Disease

Hispanic Americans are about **1.5 times** as likely as White Americans to have Alzheimer's and other dementias.



**57%** believe that a significant loss of memory or cognitive abilities is a “normal part of aging.”



**1 in 3** report that they have experienced discrimination when seeking health care.







## Asian Americans and Pacific Islanders and Alzheimer's Disease



**46%** of Asian Americans say that they are concerned about developing Alzheimer's or dementia.



**56%** believe that significant loss of memory or cognitive abilities is a "normal part of aging."



**45%** believe medical research is biased against people of color.

# LGBTQ+ Americans and Alzheimer's Disease

LGBTQ+ older adults living with dementia are significantly more likely to live alone, not be partnered or married, not have children, and not have a caregiver.



They face unique challenges in accessing support:



**40%** report that their support networks have become smaller over time.



Up to **30%** experience lower rates of access to care.





# Native Americans and Alzheimer's Disease

By 2060, the number of American Indian/Alaska Native individuals 65 and older living with dementia is projected to increase by **4 times**.



As many as **1 in 3** will develop Alzheimer's or another dementia.



**61%** say that affordability of care is a barrier.



Source: Racial and ethnic estimates of Alzheimer's disease and related dementias in the United States (2015–2060) in adults aged ≥65 years, "Alzheimer's & Dementia": The Journal of the Alzheimer's Association 2019.



## Hispanic, Black, and Asian American dementia caregivers indicate:



Greater care demands



Less use of outside help



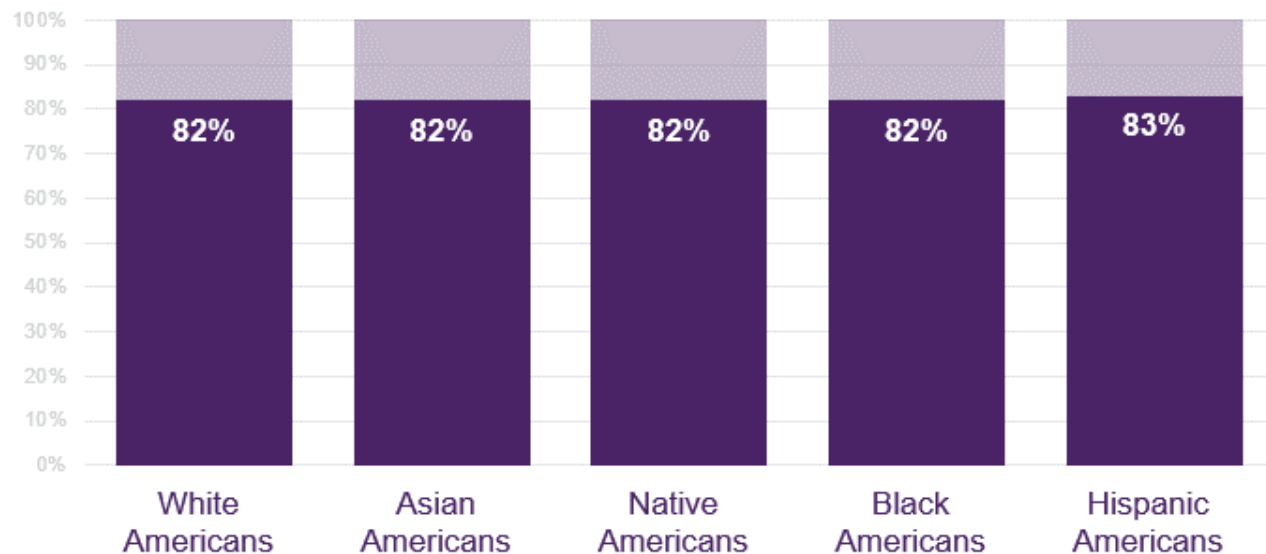
Greater depression

**compared to White American caregivers.**

## All ethnic groups surveyed know little or are not familiar with mild cognitive impairment (MCI)



MCI can be an early stage of Alzheimer's.



## DISCRIMINATION

is a barrier to  
Alzheimer's and  
dementia care.

These populations  
reported  
discrimination when  
seeking health care:



of **Black**  
Americans



of **Native**  
Americans

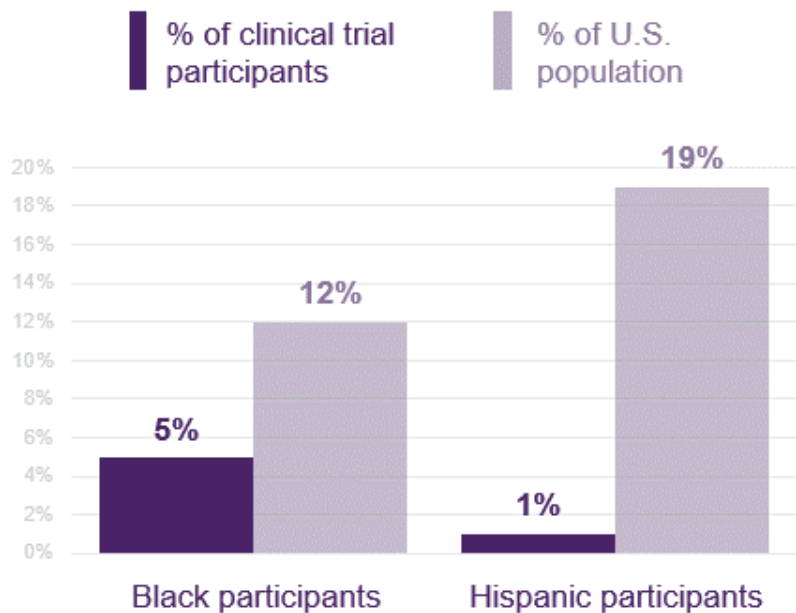


of **Hispanic**  
Americans



of **Asian**  
Americans

# Underrepresentation in Clinical Trials



Racial and ethnic minorities are underrepresented in clinical trials.

This limits knowledge of how a treatment or diagnostic may affect these populations.

Sources: *Dialogues on Diversifying Clinical Trials: Successful Strategies for Engaging Women and Minorities in Clinical Trials*. Washington, DC: The Society for Women's Health Research and US FDA Office of Women's Health. September 22-23, 2011.

Jaewook S, Doraiswamy PM. Underrepresentation of African-Americans in Alzheimer's Trials: A Call for Affirmative Action. *Front Aging Neurosci*. 2016;8:123.



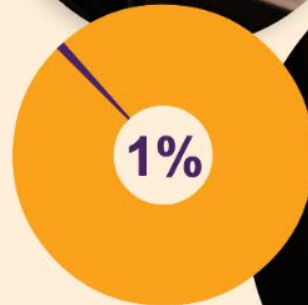
# Underrepresentation in Clinical Trials

<1%

In the last two decades, <1% of the NIH's total budget has gone to research projects focused on AAPI individuals.

≈1%

American Indian and Alaska Native individuals make up only ≈1% of participants in NIH clinical research studies.



Sources: Trends in Clinical Research Including Asian American, Native Hawaiian, and Pacific Islander Participants Funded by the US National Institutes of Health, 1992 to 2018, JAMA Network Open. 2019;2(7).

American Indian and Alaska Native Enrollment in Clinical Studies in the National Institutes of Health's Intramural Research Program. Ethics & Human Research. 2021;43:3.

# Striving for Health Equity

# Defining Health Equity



# Health Disparities and Social Determinants of Health

**Health disparities** are differences in health or in the key determinants of health, such as education, safe housing, and discrimination, which adversely affect

## **Economic Stability:**

- » Employment
- » Income
- » Expenses
- » Debt
- » Medical Bills
- » Support

## **Neighborhood & Physical Environment:**

- » Housing
- » Transportation
- » Safety
- » Parks
- » Playgrounds
- » Walkability

## **Education:**

- » Literacy
- » Language
- » Higher Education
- » Vocational Training
- » Early Childhood Education

## **Food:**

- » Hunger
- » Access to Healthy Options

## **Community & Social Context:**

- » Social Integration
- » Community Engagement
- » Support Systems
- » Discrimination

## **Health Care Systems:**

- » Health Coverage
- » Provider Availability
- » Provider Linguistic & Cultural Competency
- » Quality of Care

## **Health Outcomes:**

- » Mortality
- » Life Expectancy
- » Health Care Expenditures
- » Health Status
- » Functional Limitations

Source: Adapted from Kaiser Family Foundation, Beyond Health Care: The Role of Social Determinants in Promoting Health and Health Equity, November 2015.



# Diversity, Equity, and Inclusion

To reach families with programs and services and impact communities through our **diversity and inclusion initiatives** the Alzheimer's Association:

- ❑ Building relationships with organizations
- ❑ Strategic planning through listening
- ❑ Serving through our free 24/7 help line  
*(800) 272-3900*
- ❑ Recruiting (English and Bi-lingual) volunteers





# How We Can Help



24/7 Helpline  
**800.272.3900**

## 24/7 Helpline

Our 24/7 Helpline (**800.272.3900**) is available around the clock. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.



## Free Education

Find dementia and aging-related resources that connect individuals facing dementia with local programs and services at **alz.org**.

alzheimer's  
association  
PROGRAMS AND EVENTS

AARP  
Public Company  
PROGRAMS AND EVENTS

COMMUNITY SERVICES

HOUSING OPTIONS

## Alzheimer's Association & AARP Community Resource Finder

Get easy access to resources, community programs and services in your local community at **communityresourcefinder.org**.

# The Fight Against Alzheimer's and Dementia



Make a Difference **Today**

Sign up to now to become a volunteer at [alz.org/volunteer](https://alz.org/volunteer)

# Care & Support Opportunities

Community Representative

Community Educator

Support Group Facilitator

[alz.org/volunteer](https://alz.org/volunteer)







Held annually in more than 600 communities nationwide, the **Alzheimer's Association Walk to End Alzheimer's®** is the world's largest fundraiser for Alzheimer's care, support and research.

[alz.org/walk](http://alz.org/walk)



ALZHEIMER'S  ASSOCIATION®



**The Longest Day®** is the day with the most light — the summer solstice. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association®.

[alz.org/thelongestday](https://alz.org/thelongestday)





The **Alzheimer's Impact Movement (AIM)**, a separately incorporated advocacy affiliate of the Association, recruits a nationwide network of advocates to ensure our message about care, support and research is heard at every level of government.

[alzimpact.org](http://alzimpact.org)



alzheimer's  association®  
trialmatch™

POWERED BY  EmergingMed

**TrialMatch®** is a free clinical studies matching service that connects individuals with Alzheimer's, caregivers and healthy volunteers to current studies.

[alz.org/trialmatch](https://alz.org/trialmatch)





**Thank you for joining  
today's Alzheimer's  
Association presentation.**

**Learn more about our  
local resources at  
[bit.ly/illinoisdei](https://bit.ly/illinoisdei)**

