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Subject: Reminder: Public Health Implications of IOM Report Webinar

Reminder: Register for Upcoming Webinar on Public Health and Cognitive Aging

Join us next **Thursday, June 4 from 1:00-1:45 p.m. EDT** for a webinar on *Cognitive Aging: Progress in Understanding and Opportunities for Action*, which was recently released by the **Institute of Medicine**. Members of the IOM committee will provide an overview of the report's findings and recommendations as well as implications for state and local public health. Please [register online](#).

The IOM report examines the public health implications of "cognitive aging," the gradual and variable changes in mental functions that occur with age. It concludes that three key behaviors – being physically active, managing certain cardiovascular risk factors, and regularly talking with a health care provider about issues that might affect cognitive health, including medications – can reduce the risk of cognitive decline, protect cognitive functioning, and promote healthy aging in older adults.

Dr. Kristine Yaffe – Vice Chair of the Committee on the Public Health Dimensions of Cognitive Aging – will review the report's findings and recommendations. Committee member Dr. Jason Karlawish will discuss the public health implications.

We hope you will join us to learn more. [Register online](#), mark your calendars, and forward this message to any interested colleagues.

ABAM Offers Opportunity to Raise Public Awareness

June is **Alzheimer's & Brain Awareness Month (ABAM)**, an opportunity to raise awareness about the brain and Alzheimer's and other dementias. This year, special attention will be paid to healthy aging

and brain health. The IOM's *Cognitive Aging* report provides public health officials with an evidence-based foundation to inform the public on ways to reduce the risk of cognitive decline.

Here are two ways the public health community can promote brain health during ABAM:

- **Partner with your local Alzheimer's Association chapter to deliver *Healthy Habits for a Healthier You***. This program, led by Alzheimer's Association chapter staff, provides research-based recommendations to help the general public protect cognition and age as well as possible.
- **Deliver the *Brain Health As You Age: You Can Make A Difference!* program**. Health officials around the country can download and deliver this free, evidence-based program developed by the Administration for Community Living (ACL) in partnership with the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH). *Brain Health As You Age* educates the general public on normal changes in the aging brain, threats to brain health, and healthy aging for the body and brain.

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