

The Problem

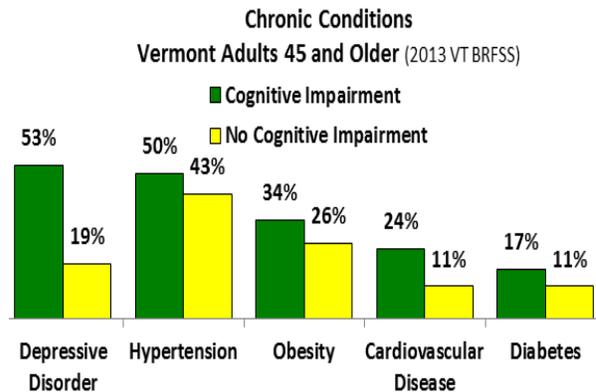
- Alzheimer's disease is the **6th** leading cause of death in the United States. For adults who are 65+, it is the 5th leading cause of death.¹
- The number of people over age 65 is growing. By 2020 it is expected that **20%** of Vermonters will be age 65+.²
- In 2014, **11,000** seniors in Vermont are living with Alzheimer's disease. This is projected to grow to **13,000** by 2020 and to **17,000** by 2025.³

The Risks

- Heart disease, stroke, high blood pressure and diabetes put people at higher risk for Alzheimer's.^{4,5} **Smoking increases the risk for all of these risk factors.**⁶

Research shows that smoking can increase the risk of Alzheimer's disease.⁷

- In 2013, **38%** of Vermonters who showed a decline in brain function were current smokers.⁸
- Vermonters with impaired brain function also had high rates of chronic conditions that put people at greater risk for Alzheimer's.⁹



Simple everyday activities can help manage chronic conditions and protect brain health. These include regular physical and mental exercise, good nutrition, and engaging with others socially.

Quitting smoking can help to protect your brain's health.



Prevention Steps



Quit Smoking:

Go to 802Quits.org or call 1-800-QUIT-NOW (1-800-784-8669) to register for free services to help you quit tobacco use. 802Quits offers free

nicotine replacement therapy when you sign up for phone, web, or in-person programs.

Ask Your Doctor about Screening:

Ask your doctor to check your brain health by screening for dementia and cognitive impairment. Even without a cure, knowing the early signs and lowering your risks will greatly increase your quality of life and the lives of your family members.

Live a Healthy Lifestyle: Being more physically active and quitting smoking are two lifestyle changes showing promising results.

Resources

Information on Alzheimer's

www.alzheimers.gov

www.nia.nih.gov/alzheimers

www.alz.org

The Dementia Respite Program

[www.ddas.vermont.gov/ddas-](http://www.ddas.vermont.gov/ddas-programs/programs-dementia-respite-default-page)

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Quit Smoking Services

www.802Quits.org

- Call **1-800-QUIT-NOW (1-800-784-8669)** to get help quitting tobacco. In-person, online, and phone services are available.

- To check your eligibility and register for the 802Quits nutrition and exercise program go to www.802quits.org/resources/getfitvt/

- To learn more about YMCA's statewide healthy living Diabetes Prevention Program call 802-652-8196 or visit www.gbymca.org

¹ Alzheimer's Association and Centers for Disease Control and Prevention. *The Healthy Brain Initiative: The Public Health Road Map for State and National Partnerships, 2013–2018*: Chicago, IL: Alzheimer's Association; 2013.

² Vermont State Plan on Dementia 2009 www.ddas.vermont.gov/ddas-publications/publications-dementia/publications-dementia-documents/state-plan-dementia-exec-summary

³ Vermont Alzheimer's Statistics factsheet

www.alz.org/documents_custom/facts_2014/alz_ff_vermont.pdf?type=interior_map&facts=undefined&facts=facts

⁴ Durazzo, T. C., Mattsson, N., & Weiner, M. W. (2014). Smoking and increased Alzheimer's disease risk: A review of potential mechanisms. *Alzheimer's & Dementia*, 10(3), S122-S145.

⁵ Kivipelto, M., Solomon, A., Ahtiluoto, S., Ngandu, T., Lehtisalo, J., Antikainen, R., ... & Soininen, H. (2013). The Finnish Geriatric Intervention Study to prevent cognitive impairment and disability (FINGER): study design and progress. *Alzheimer's & Dementia*, 9(6), 657-665.

⁶ 2014 Surgeon General's Report

⁷ Durazzo, T.C., Mattsson, N., & Weiner, M.W. (2014). Smoking and increased Alzheimer's disease risk: A review of potential mechanisms. *Alzheimer's & Dementia*, 10(3), S122-S145.

⁸ 2013 Vermont BRFSS data

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