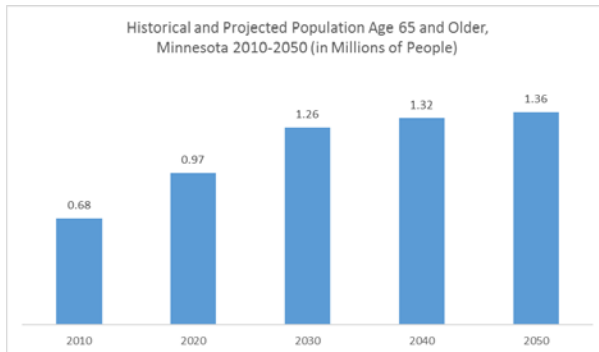


Statewide Health Improvement Partnership

Helping Minnesota's seniors live longer, healthier lives

Minnesota's senior population is expected to grow tremendously over the next 20 years. The Minnesota State Demographer anticipates the state's 65+ population will increase by 41 percent from 2010 to 2020, resulting in about 970,000 older adults. By 2030, the 65+ population will surge to 1.26 million.¹



Alzheimer's Disease and Other Dementias

The growth in Minnesota's older population also means a growth in Minnesotans living with Alzheimer's and other dementias. By 2025, nearly 120,000 Minnesotans are expected to be diagnosed with Alzheimer's, a 32 percent increase from 2016.² Costs associated with the care for those who have Alzheimer's and other dementias will also increase. Minnesota's cost of caring for dementia patients may exceed \$5 billion by 2025.³

Alzheimer's and other dementias have a major impact on public programs, families, communities, public health and health care.

For example, 2016 estimates indicate that Minnesota's 240,000 caregivers provided 280 million hours of unpaid care.²

SHIP takes action

Research has indicated that some of the best approaches to alleviating the burden of Alzheimer's and other dementias are to delay the onset of these diseases by maintaining healthy lifestyles and creating a supportive environment that extends independent living for those with dementia.⁴ SHIP grantees are working with partners statewide to implement these healthy lifestyle strategies and create supportive environments.

- Thirty-seven SHIP grantees and 296 partner sites are focusing on making sustainable changes that improve physical activity, healthy eating, and reduce tobacco use and secondhand smoke exposure for populations 60 years and older.
- Eight grantees have partnered with 12 Alzheimer's/dementia coalitions to increase awareness of resources, advocate for dementia-friendly communities and educate business and communities members on dementia.

SHIP grantees at work

- Healthy Northland in northeastern Minnesota and the American Lung Association (ALA) continue to be a resource for landlords, managers and tenants across the northeast. Ecumen Lakeshore in Duluth worked with ALA to develop a smoke-free campus, affecting 1,060 assisted living residents and short term rehabilitation patients and their caregivers.
- The CDC has identified Chisago County as high risk for mortality due to Alzheimer's. Chisago County SHIP continues to collaborate with ACT on Alzheimer's to reduce the impact of Alzheimer's disease while building supportive, dementia-friendly environments. Chisago County SHIP is identifying ways to introduce locally produced foods to nutrition support services for their senior populations and has supported local law enforcement to complete the Dementia Law Enforcement/1st Responder Training.
- Dakota County Public Health is collaborating with community agencies to enhance evidence-based, early identification and management of falls in Dakota County seniors.
- Isanti County has developed a partnership with ACT on Alzheimer's in Cambridge to provide education in the community about dementia and the benefits of early detection and treatment. This partnership, focusing on workplace trainings, has the goal of dissolving common misconceptions that may persist in the community regarding Alzheimer's disease and other dementias.
- Olmsted County Public Health is collaborating with the Rochester ACT on Alzheimer's Coalition to assess the strengths and gaps in the community for those with dementia. SHIP staff are delivering Dementia Friends at Work trainings to worksites in the county.

¹Minnesota State Demographic Center (2016). Demographic considerations for long-range & strategic planning. http://mn.gov/admin/assets/demographic-considerations-planning-for-mn-leaders-msdc-march2016_tcm36-219453.pdf

²Alzheimer's Association (2016). Alzheimer's Association. Alzheimer's Disease Facts and Figures. Alzheimer's & Dementia 2016;12(4). http://www.alz.org/documents_custom/2016-facts-and-figures.pdf

³Hurd, MD, Martorell P, Delavande A et al. Monetary costs of dementia in the United States. N Engl J Med. 2013;368:1326-1334. Cost estimated using 2010 dollars.

⁴Baumgart M, Snyder HM, Carrillo MC, et al. Summary of the evidence on modifiable risk factors for cognitive decline and dementia: A population-based perspective. Alzheimers Dement 2015;11(6):718-26.

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