Background: Many organizations and individuals worldwide are interested in the state of the science on preventing Alzheimer’s disease and related dementias, mild cognitive impairment (MCI), and age-related cognitive decline (ARCD). To develop a better understanding of current scientific evidence, implications for public health messaging, and future research needs, the National Institute on Aging (NIA) asked the National Academies of Sciences, Engineering, and Medicine (the National Academies) to convene an expert committee to make recommendations that inform public health strategies and messaging on preventive interventions and recommendations for future research. To aid the Committee in its work, the NIA has asked the Agency for Healthcare Research and Quality (AHRQ) to commission and oversee a systematic review—conducted by the Minnesota Evidence-based Practice Center (EPC)—of the evidence on interventions associated with preventing, slowing, or delaying the onset of clinical Alzheimer’s-type dementia and MCI, and delaying or slowing ARCD. Other dementias such as frontotemporal dementia, Lewy body dementia, and dementias with a clear etiology, e.g., incident stroke, AIDS, traumatic brain injury will be excluded from the analysis. Interventions targeting stroke risk factors are a priority in this study. To help inform the National Academies committee’s recommendations, this public workshop will bring together key stakeholders to provide input to the committee on the draft AHRQ report. The National Academies committee’s report is expected to be released in June 2017.

Workshop Objectives:
- Collect reactions to the draft EPC systematic review on preventive interventions that might reduce the risk of developing clinical Alzheimer’s-type dementia and mild cognitive impairment, and slow or delay age-related cognitive impairment/decline.
- Explore the current state of evidence on preventive interventions and discuss areas where public health messaging might be warranted.
- Discuss promising, emerging data on interventions that did not meet the evidentiary standard of the systematic review, and identify gaps and areas for future research.

*Due to funding restrictions, refreshments will not be provided at this workshop. Items may be purchased at the NAS cafeteria, located on the lower level near the C Street entrance, from 7:00a.m.—2:00p.m.*
WEBEX - Neuro Forum Membership Meeting

Meeting Link: https://nationalacademies.webex.com/nationalacademies/j.php?MTID=mf94142064c4dcbca287c6e5064b8d4
Meeting Number: 817 321 555
Meeting Password: yKyNmgl9

Provide your phone number when you join the meeting to receive a call back. Alternatively, you can call:
Audio connection: 1-(866) 668-0721 (US)   International dial-in number: (845) 977-0098
Conference Code: 1856342384

OPEN SESSION

8:00 a.m.  Welcome and Overview of Workshop
            Alan Leshner, CEO Emeritus, American Association for the Advancement of Science, Committee Chair
            Story Landis, Director Emeritus, National Institute of Neurological Disorders and Stroke, Committee Vice-Chair

8:05 a.m.  Background and Overview of the Committee's Charge
            Marie A. Bernard, Deputy Director, National Institute on Aging

8:15 a.m.  Overview of the Draft EPC Systematic Review
            Robert Kane, Director, Minnesota Evidence-based Practice Center

9:00 a.m.  Discussion with Committee Members
            Additional Respondents: Mary Butler and Howard Fink, Minnesota Evidence-based Practice Center

10:00 a.m. BREAK

10:15 a.m. Making Decisions about Areas for Public Health Messaging
            • Discuss criteria and best practices for selecting areas for public health communication efforts. Questions may include: What strength of evidence is needed to justify public health messaging? What should be taken into account when considering developing messages about interventions that may apply only to specific subgroups?
            • Discuss evidence-based approaches to public health messaging (e.g., focusing on the benefits of interventions vs. the consequences of not acting)
              Brian Southwell, Program Director, Science in the Public Sphere, Center for Communication Science, RTI International

10:45 a.m. Discussion with Committee Members
SESSION I: PUBLIC HEALTH MESSAGING AND FUTURE RESEARCH — PERSPECTIVES FROM ACADEMIA

Session Objectives:
- Reflect on the current state of evidence on preventive interventions (not risk factors) and where public health messaging might be warranted.
- Discuss promising, emerging data on interventions that did not meet the evidentiary standard of the systematic review.
- Identify gaps and priorities for future research.

11:00 a.m.  Session Overview
Ronald Petersen, Director of the Alzheimer’s Disease Research Center and Mayo Clinic Study of Aging, Mayo Clinic

11:05 a.m.  Public Health Trends: Understanding the Impact of Individual and Societal Factors on Delaying or Preventing the Risk of Dementia and Cognitive Impairment
Walter Rocca, Professor of Neurology and Epidemiology, Mayo Clinic

Panel I: Perspectives from Academia

11:20 a.m.  Interventions on Co-Existing Conditions (e.g., blood pressure control, depressive symptoms, diabetes prevention and control, and obesity and weight loss)

Vascular Factors, Diabetes, and Obesity
Rebecca Gottesman, Associate Professor of Neurology, Johns Hopkins University
Jeff Williamson, Interim Chair of Internal Medicine; Program Director of the Sticht Center on Aging; Professor of Gerontology and Geriatric Medicine, Neurology, Epidemiology & Prevention, and Translational Science Institute, Wake Forest Baptist Health

Multimodal Interventions
Edo Richard, Neurologist, University of Amsterdam, Academic Medical Center; Radboud University Medical Center

11:50 a.m.  Discussion with Committee Members
Including questions on interventions using drugs and supplements (e.g., aspirin/NSAIDs, drugs for memory, hormone therapies, nutraceuticals, and vitamins)

12:30 p.m.  LUNCH (Cafeteria located on the lower level)

1:30 p.m.  Interventions on Lifestyle and Social Support Factors (e.g., cognitive stimulation and training, diet, physical activity, sleep quality and disorder, and substance use)
**Diet and Physical Activity**  
*Joe Verghese*, Professor of Neurology and Medicine, Director of the Division of Cognition and Motor Aging, Director of the Jack and Pearl Resnick Gerontology Center, Albert Einstein College of Medicine

**Cognitive Training and Computer-Based Brain Games**  
*Sherry Willis*, Research Professor, Department of Psychiatry and Behavioral Sciences, University of Washington

**Sleep Quality and Disorders**  
*Susan McCurry*, Research Professor and Vice Chair of Research of Psychosocial and Community Health, University of Washington

**Methodological Considerations Pertaining to the Prevention of Dementia** (e.g., life course perspective, timing of interventions, and characteristics of people living with dementia)  
*Mary Sano*, Professor of Psychiatry and Director of the Alzheimer's Disease Research Center, Mount Sinai School of Medicine

**Individual Characteristics: Interventions Conducted in Minority Populations**  
*Julene Johnson*, Professor of Cognitive Neuroscience; Professor and Associate Director at the University of California, San Francisco Institute for Health & Aging

**Discussion with Committee Members**

**SESSION II: PERSPECTIVES FROM PEOPLE LIVING WITH DEMENTIA, ADVOCACY ORGANIZATIONS, AND PROFESSIONAL SOCIETIES**

**Session Objective:**
- Comment on which preventive interventions and outcomes are of most interest to people living with dementia and their caregivers.
- Collect input from advocacy organizations and professional societies’ on the EPC draft systematic review, the current state of evidence on preventive interventions and where public health messaging might be warranted, and areas for future research.

**3:45 p.m.**  
**Session Overview**  
*Marilyn Albert*, Professor of Neurology and Director of the Division of Cognitive Neuroscience, Johns Hopkins University School of Medicine

**3:50 p.m.**  
**Panel II: Comments from Alzheimer’s Disease/Dementia Advocates**  
*Michael Ellenbogen*, Alzheimer’s Disease/Dementia Advocate (video recording)  
*Brian LeBlanc*, National Public Speaker/Alzheimer’s Advocate
4:10 p.m. **Panel III: Perspectives from Advocacy Organizations** (5 minutes each)
   
   Matthew Baumgart, Senior Director of Public Policy, Alzheimer’s Association
   
   Sarah Lenz Lock, Senior Vice President-Policy in Policy Strategy & International Affairs, AARP
   
   Stacy Pagos Haller, President and Chief Executive Officer, BrightFocus Foundation

4:25 p.m. Discussion with Committee Members

4:40 p.m. **Panel IV: Perspectives from Professional Societies** (5 minutes each)

   James Appleby, Chief Executive Officer and Executive Director, The Gerontological Society of America

   Mary Ann Forciea, Clinical Professor of Geriatric Medicine, University of Pennsylvania Perelman School of Medicine; American College of Physicians

   Lisa Shulman, Eugenia Brin Professor of Parkinson’s Disease and Movement Disorders, Director of the University of Maryland Movement Disorders Center, University of Maryland; Treasurer, American Academy of Neurology

   Regina Davis Moss, Associate Executive Director of Public Health Policy and Practice, American Public Health Association

5:00 p.m. Discussion with Committee Members

5:15 p.m. Public Comment Period (3 minutes each)

5:25 p.m. Closing Remarks

   Alan Leshner, Committee Chair

   Story Landis, Committee Vice-Chair

5:30 p.m. Public Session Adjourns