

Alzheimer's and Related Dementias

Using NCI-AD Data as Context for Better Understanding

NCI-AD DATA SPOTLIGHT

Did you know June is Alzheimer's & Brain Awareness month?

Alzheimer's disease is the most common type of dementia that begins with mild memory loss but can eventually affect a person's ability to perform daily functions. Alzheimer's is more prevalent than some might think; more than 1 in 9 people aged 65 and older have Alzheimer's dementia¹. It is also the sixth leading cause of death in the US for the 65 and older population².

Age is the most important known risk factor for dementia⁴. Recent research suggests addressing certain lifestyle factors can help to mitigate the risk of Alzheimer's disease, including quitting smoking, diet and blood pressure management, increased physical activity, and staying socially and mentally active⁵.

In 2018-19, 15% of people surveyed by NCI-AD had an Alzheimer's Disease or related dementia (AD/RD) diagnosis. The information below, derived from NCI-AD data, can help provide context on the complexities of this population.



Average age of people with Alzheimer's Disease or related dementia:

72

Data are from the 2018–2019 NCI-AD Adult Consumer Surveys and are collected directly from people receiving services. For this Spotlight we limited the sample to those with a diagnosis of Alzheimer's disease or other dementia, for a total of 2,107 people.

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Where people with Alzheimer's disease or other dementias live:



38%

were living in their own or family home



31%

were living in nursing facilities



18%

were living in assisted facilities



8%

were living in group homes



4%

were living in senior living apartments

15%

reported they were in poor health and 8% said their health was much worse compared to the previous year



70%

reported forgetting things more often than before in the past year; 80% discussed their forgetting things more often than before with a doctor or a nurse

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Importance of family relationships and community:



29%
reported paid or unpaid family members provided support most often for them



50%
reported paid or unpaid family members provided additional support (if family members were not the primary source of support)



88%
were getting enough assistance with everyday activities (such as preparing meals, housework, or shopping)



83%
could *always* talk to family and friends they do not live with when they want to



52%
reported to be as active in the community as they would like to be



59%
liked how they spent their time during the day

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References

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3. Alzheimer's Association and Centers for Disease Control and Prevention. (2018) Healthy Brain Initiative, State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map. Chicago, IL: Alzheimer's Association.
4. National Institute on Aging. (2019) What Causes Alzheimer's Disease. Available at: <https://www.nia.nih.gov/health/what-causesalzheimers-disease>. Accessed June 3, 2021
5. Livingston, G., Huntley, J., Sommerlad, A., Ames, D., Ballard, C., Banerjee, S., Brayne, C., Burns, A., Cohen-Mansfield, J., Cooper, C., Costafreda, S. G., Dias, A., Fox, N., Gitlin, L. N., Howard, R., Kales, H. C., Kivimäki, M., Larson, E. B., Ogunniyi, A., Orgeta, V., ... Mukadam, N. (2020). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *Lancet (London, England)*, 396(10248), 413–446. [https://doi.org/10.1016/S0140-6736\(20\)30367-6](https://doi.org/10.1016/S0140-6736(20)30367-6)

Resources

For more information on NCI-AD and to see all NCI-AD public reports, visit: <https://nci-ad.org>

More information on Alzheimer's disease and related dementias:

- Alzheimer's Foundation of America: <https://alzfdn.org/about-us/mission-history/>
- Alzheimer's Association: <https://www.alz.org/>
- Dementia Society of America: <https://www.dementiasociety.org/>