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 dementia. It is also the sixth leading cause of death in the US for the 65 and older population.

Age is the most important known risk factor for dementia. 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 active.

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.
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
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%** reported 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.
References


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/

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