



HEALTHY BRAIN RESEARCH NETWORK



Who We Are

In 2014, the Centers for Disease Control and Prevention created the Healthy Brain Research Network (HBRN) to address a pair of growing public health challenges: promoting cognitive health and addressing the needs of increasing numbers of older Americans living with cognitive impairment as well as the needs of their caregivers. We address regional and national healthy brain issues with particular attention to diverse and underserved populations.

HBRN's primary aims:

- Deliver on a public health research, translation, and dissemination agenda that promotes cognitive health and healthy aging
- Build a strong evidence base for policy, communication, and programmatic interventions
- Collaborate with public health agencies and their partners to identify and accelerate effective practices in states and communities
- Build the capacity of public health professionals through training opportunities, including as part of the HBRN Scholar Program

The University of Washington (UW) HBRN Coordinating Center, housed within the UW Health Promotion Research Center and UW School of Public Health, participates in cross-network activities with HBRN Collaborating and Affiliate Centers located at other academic institutions across the country.

As the Coordinating Center for the national network, UW HBRN:

- Provides leadership and operational supports
- Facilitates cross-center initiatives
- Engages national partner organizations and affiliate institutions
- Develops common components and enhancements for the cross-site HBRN Scholar Program
- Leads HBRN program evaluations

Our HBRN Center is composed of a multidisciplinary team of researchers and trainees. We work in close collaboration with partner institutions and organizations, including:

- Alzheimer's Association
- de Tornyay Center for Healthy Aging
- National Asian Pacific Center on Aging
- UW Memory and Brain Wellness Center
- Washington State Dementia Action Collaborative
- Washington State Department of Health



Network Collaboration and Local Partnerships

Nomenclature Review is a multi-site project involving extensive review of the literature to improve our understanding of the interdisciplinary communication processes evident in research on cognitive health.

HBRN Centers have also collaborated on a multi-center proof-of-concept study: *Evaluating the Acceptability of Public Health Messages to Promote Early Detection of Dementia in Diverse Audiences across the Country*.

UW HBRN researchers and scholars work with the Washington Department of Health, the Washington State Dementia Action Collaborative, the National Asian Pacific Center on Aging, and the Alzheimer's Association-King County to test health promotion messaging and deliver salient products tied to the Washington State Plan and national HBRN (and Road Map) priorities.

Service provider action guides and recommendations will be disseminated with support from Innovation Funding by the City of Seattle, Department of Human Services.

“ I THINK MY HBRN PROJECT WILL STRENGTHEN ME AS AN ADVOCATE FOR PERSONS WITH ALZHEIMER'S DISEASE AND RELATED DEMENTIAS, AND HELP ME UNDERSTAND HOW I CAN BETTER ADDRESS THE OFTEN UNCOMFORTABLE TOPIC OF DEMENTIA WITH MY PATIENTS.”

*Jonathan Medina-Beckwith, BSN, CCRN, RN
UW HBRN Scholar
Student, Doctor of Nursing Practice Program*

Training the Next Generation

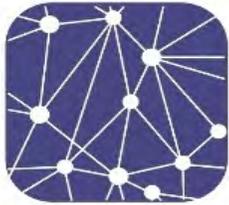


In partnership with the de Tornyay Center (dTTC) for Healthy Aging, UW HBRN Collaborating Center engages scholars in pre- and post-doctoral training. Scholars conduct research with mentor and peer support, publish, present at conferences, work with partners to conduct community-based research, and develop products for underserved and diverse populations. Scholar projects have addressed physical activity and cognitive impairment, early stage memory loss support groups, and memory messaging. They have also examined state of the science and practice related to nomenclature, multi-component interventions in cognitive health, and stigma reduction programs surrounding dementia.

Contact

Healthy Brain Research Network
Coordinating Center
University of Washington
Health Promotion Research Center
Gwen Moni
Program Manager for
Network Operations
gmoni@uw.edu





HEALTHY BRAIN RESEARCH NETWORK



OREGON
Prevention Research Center



School of Medicine

NIA-Layton Aging & Alzheimer's Disease Center

About the Oregon Healthy Brain Research Network Collaborative Center

The C. Rex and Ruth H. Layton Aging and Alzheimer's Disease Center and Oregon Prevention Research Center partner to create the Oregon Healthy Brain Research Network (OR-HBRN) Collaborative Center. Located at Oregon Health & Science University, the OR-HBRN focuses on culturally relevant messaging to diverse communities and the implementation of two specific research projects that focus on cognitive health in Oregon.

Sharing History through Active Reminiscence and Photo-imagery (SHARP) Program

The SHARP Program engages African Americans aged 55 and over in walking, social engagement, and community memories to promote physical and cognitive health. Using "Memory Markers" the SHARP smartphone application guides participant teams on walks with images as they engage in conversational reminiscence about neighborhood people, places, and events. Recorded narratives inform learning sessions that link community health to individual healthy aging. We partner with the Alzheimer's Association, PreSERVE Coalition for African American Memory and Brain Health, and Oregon Center for Aging and Technology.

Behavioral Risk Factor Surveillance System (BRFSS), cognitive impairment and caregiver modules

Using qualitative discussions, this project aims to increase our understanding of how African Americans 45 and older experience memory loss and family caregiving, and how they make meaning of the terms and phrases used in the BRFSS survey's cognitive impairment and caregiver modules. Results inform culturally relevant cognitive health messaging, outreach materials, and surveys to African American communities.

THE OR-HBRN TEAM

Jeffrey Kaye, MD

Raina Croff, PhD

Andre Pruitt, MSW, LCSW

OUR PARTNERS

Alzheimer's Association

PreSERVE Coalition

Oregon Center for Aging and Technology

OUR SCHOLAR INTERNS

We strive to improve the future of cognitive health science through mentoring graduate and undergraduates in our OR-HBRN Scholars Program.

The Oregon Collaborative Center of the Healthy Brain Research Network is supported by Cooperative Agreement Number U48/DP005006 from the Centers for Disease Control and Prevention, Oregon Center for Aging and Technology (ORCATECH) by NIA grant P30AG024978, NIA-Layton Aging & Alzheimer's Disease Center by NIA grant P30AG008017.

The Oregon Team: Healthy Brain Research Network



Jeffrey Kaye, MD

Director, NIA - Layton Aging & Alzheimer's Disease Center
Director, CDC OR- HBRN Collaborative Center
Professor of Neurology and Biomedical Engineering

Dr. Kaye's research has focused over the past two decades on the question of why some individuals remain protected from dementia and functional decline at advanced ages while others succumb much earlier. This work has relied on a number of approaches ranging across the fields of genetics, neuroimaging, physiology and continuous life activity monitoring. In addition to OR-HBRN activities, Dr. Kaye leads several longitudinal studies on aging including the ongoing Oregon Brain Aging Study, the Intelligent Systems for Detection of Aging Changes (ISAAC), and the Ambient Independence Measures for Guiding Care Transitions studies using ubiquitous, unobtrusive technologies for assessment of older adults in their homes to detect changes signaling imminent functional decline.



Raina Croff, PhD

Principal Investigator, SHARP & BRFSS Studies
Co-Chair HBRN Scholars Program Workgroup
Assistant Professor of Neurology

Dr. Croff's work focuses on how culture impacts health, acting as a lens through which people interpret health literature, messaging, programming, and research participation, and how cultural shifts in neighborhoods impact older adults' daily, cognitively healthy behaviors. Dr. Croff serves as Co-Chair of the HBRN Scholars Program workgroup, as well as a mentor. She is a collaborative partner on the HBRN nomenclature systematic review workgroup that examines the gaps and commonalities in how providers and researchers use and understand cognitive health-related terms. In the community, Dr. Croff works with PreSERVE Coalition for African Memory and Brain Health, helping organize their biennial conference and leading their program evaluation efforts. With PreSERVE, Dr. Croff led the Barriers to Healthy Aging focus group study to inform the Urban League's State of Black Oregon Report. At OHSU, Dr. Croff is also co-investigator on the African American Dementia and Aging Project that aims to understand longitudinal lifestyle factors of cognitive health.



Andre Pruitt, MSW, LCSW

Co-Investigator, SHARP & BRFSS Studies
HBRN Scholar
Graduate Research Assistant, Neurology

Andre is a doctoral student and adjunct instructor at the School of Social Work at Portland State University. He received his Bachelor's degree in Physical Education from Linfield College and his Master's degree in Social Work at Portland State University. He is currently a research scientist at the NIA - Layton Aging & Alzheimer's Disease Center, Oregon Health & Science University. Trained in Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy, and Empowerment Theory, Andre has been providing direct services for the past 16 years. He has also provided diversity consultation and training for more than two decades. In Seattle and Portland, Andre has been a strong advocate for equitable health care for people living with HIV/AIDS, focusing on ethnic communities, women, gay and bisexual men. Andre's research interests include theories around trauma, the impact of social justice, Cultural Effective Research Methodology, and cognitive changes as we age.

Contact us

Mail

Layton Aging and
Alzheimer's Disease
Center
Oregon Health & Science
University
3181 SW Sam Jackson
Park Rd
Mail Code CR 131
Portland, Oregon 97239

Phone

503-494-2367

Email

kaye@ohsu.edu
croff@ohsu.edu
pruittan@ohsu.edu

Fax

503-494-7499





HEALTHY BRAIN RESEARCH NETWORK

AZ-HBRN

University of Arizona Healthy Brain Research Center

One of six Collaborating Centers of the CDC Healthy Brain Research Network, the University of Arizona (AZ) HBRNs works in close partnership with the CDC Alzheimer's Disease and Healthy Aging Program (AD+HAP), HBRN affiliates and national, regional and local partners to ensure that the HBRN advances a public health research and translation agenda for cognitive health and healthy aging.



Our research emphasizes HBRN Research Goal # 2: Research to improve prevention of cognitive impairment for older adults with cognitive impairment, to improve identification, appropriate diagnosis, access to, and appropriate use of clinical and supportive services in primary care and public health settings.

“The Healthy Brain Initiative envisions a nation in which the public embraces cognitive health as a vital component of health and is committed to its inclusion in public health efforts. To achieve that vision, our goal is to maintain or improve the cognitive performance of all adults.”

The Arizona Healthy Brain Research Network Collaborating Center is supported by Cooperative Agreement Number U48DP005002 from the Centers for Disease Control and Prevention.

Tip: Supporting Your Cognition

A healthy lifestyle can support your cognition and stave off impairment. Try this simple tip:

Freshly juiced fruits and vegetables are rich in polyphenols. Juicing more than three times a week could cut your risk of developing Alzheimer's.

Read more at:

<https://www.ncbi.nlm.nih.gov/pubmed/16945610>



Statewide Collaborators

- Arizona Center on Aging
- Arizona Department of Health Services (ADHS)
- Arizona Prevention Research Center (AzPRC)
- Hartford Nursing Center
- Arizona Geriatric Workforce Enhancement Program
- Banner Sun Health Research Institute
- Arizona Alzheimer's Consortium
- Desert Southwest Alzheimer's Association

AZ HBRN Scholars

AZ HBRN Scholars are selected each year, receiving training in clinical research, academic career development, and completing a project relating to national HBRN Research Goals. All end their experience submitting an academic product for national presentation.

AZ HBRN Scholar Highlight



University of Arizona HBRN scholar Rachel Peterson (PhD student in Health Behavior Health Promotion) has partnered with the Pascua Yaqui Tribal Health Department and the Alzheimer's Association Desert Southwest Chapter to address the issue of underdiagnosis of Alzheimer's disease and related dementias among tribal members. On June 13, Peterson helped train 50 community health nurses (CHNs) and community health representatives (CHRs) from the Pascua Yaqui Tribal Health Department to have the "Dementia Conversation" with community-dwelling clients and their families. The goal of the training is to increase awareness of dementia signs and symptoms, and prepare participants to provide appropriate education and referrals for community-dwelling older adults and their families. The training is in the early stages of establishing its evidence base through pre- and post-assessments of knowledge; 12-week follow up to identify knowledge retention, use of skills and appropriateness of the tools for the population; and monitoring referrals to the Alzheimer's Association.

Contact Us

Arizona Center on Aging
Att: AZ-HBRN
1821 E. Elm Street
Tucson, AZ 85719

(520) 626-5800
jmohler@aging.arizona.edu

Visit us on the web
<http://aging.arizona.edu/research/healthy-brain-research-network>

Helpful Resources

Administration on Aging:
www.aoa.gov

Alzheimer's Association:
www.alz.org

Centers for Disease Control and Prevention's Alzheimer's Disease and Healthy Aging Program:
www.cdc.gov/aging

Family Caregiver alliance:
www.caregiver.org

National alliance for Caregiving:
www.caregiving.org

National association of area agencies on aging: www.n4a.org

National institute on aging:
www.nia.nih.gov



HEALTHY BRAIN RESEARCH NETWORK

University of Illinois at Chicago (UIC) Healthy Brain Research Network

We at the Illinois Prevention Research Center (PRC) assist in advancing the Healthy Brain Initiative Road Map agenda by contributing expertise in aging, brain health, and communications. We help develop methods to be used to deliver brain health messages, develop content and consistency of messaging, and implement culturally sensitive approaches, messages, and dissemination efforts. The focus of our Collaborative Center of the Healthy Brain Research Network (HBRN) is on older Latino brain health.

Goals

1. Collaborate with the Coordinating Center and CDC to advance a Healthy Brain research agenda.
2. Identify established resources within or available to the UIC PRC in areas relevant to public health, aging, brain health, and communications and use these resources to further the goals of the proposed Network.
3. Engage our regional partners to facilitate the dissemination of brain health programs and brain health messages, and identify new partners as needed.
4. Contribute to the development and prioritization of topics for research, intervention, and translation within the HBRN Network.

HBRN Memory Messaging Workgroup

Cognitive impairment is increasingly identified as a key public health issue, impacting over 5 million people living with Alzheimer's disease and other dementias (ADOD) and 13 million care partners and caregivers. Both national and state-level public health recommendations (e.g., the Healthy Brain Initiative's *Public Health Roadmap*; state plans that address ADOD) highlight the need to increase early ADOD detection through public health messaging that is directed at adult children.

“The aims of this project are to assess whether public health messages developed for a distinct audience are acceptable to other audiences”



UIC has conducted focus groups on perceptions of Latinos about specific brain health messages that were adapted from messages developed by the University of Pennsylvania. We conducted 4 focus groups (n=2 women, n=2 men), and will soon have results.



Milestone

We strive to establish and implement a public health research, translation, and dissemination agenda that promotes cognitive health and aging, addresses cognitive impairment, and helps meet the needs of care partners among all older adults, especially older Latino adults.

Partners

Latino Alzheimer's Coalition for Advocacy, Research, and Education (LA CARE)

The mission of LA CARE revolves around three primary areas including (1) increasing education and awareness about AD and/or cognitive health among Latinos/Spanish-speaking community, (2) increasing support for Spanish speaking caregivers, and (3) generating research whose results can be translated to the community.

Illinois Cognitive Resources Network (ICRN)

The Illinois Cognitive Resources Network has a mission to leverage strengths to optimize the cognitive and functional well-being of Illinois residents and their families. <https://ilbrainhealth.org/>

Featured Scholar

Karen Aguirre, MPH

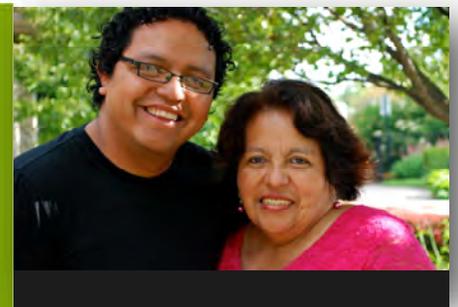
Karen completed her MPH at UIC in Health Policy & Administration. As an HBRN Scholar, Karen achieved many honors, including being a Schweitzer Fellow in the Health and Medicine Policy Group and as part of being an HBRN Scholar she submitted a manuscript, "Older Latinos' Perceptions of Cognitive Health and the Role of Physical Activity and Nutrition" for publication .



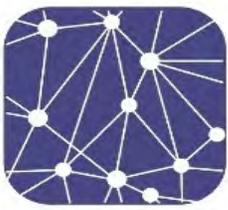
Contact us:

Principal Investigator: David X. Marquez, PhD
marquezd@uic.edu

Co-Investigator: Susan L. Hughes, PhD
shughes@uic.edu



This member center is supported by Cooperative Agreement Number U48/DP005010 from the Centers for Disease Control and Prevention.



HEALTHY BRAIN RESEARCH NETWORK



Healthy Brain
Research Center
UNIVERSITY of PENNSYLVANIA

The University of Pennsylvania Healthy Brain Research Network Center, led by Jason Karlawish, MD, works through collaborations within the West Philadelphia community, community health practitioners, and researchers from a wide range of fields to focus on specific efforts: education and training of young researchers, with a particular focus on increasing the number of African-Americans in Alzheimer's disease research; increased awareness about Alzheimer's disease, mild cognitive impairment, and dementia with a goal of reducing the associated stigma; and elder justice — the prevention of financial exploitation of seniors, especially those with cognitive impairment.

What We Do:

Training

- **HBRN Scholars:** As of 2017, our center has supported 10 scholars, including undergraduates, MPH candidates, and postdoctoral researchers.
- **Academic Opportunities:** Dr. Karlawish teaches a class each spring titled “Public Health Dimensions of Alzheimer’s disease and Cognitive Aging,” part of the Public Health and Cognitive Aging certificate program. Learn more at www.pennmemorycenter.org/certificate.

Education and Empowerment

- **Messaging:** Development and dissemination of theory-driven, evidence-based, culturally appropriate messages to encourage adult children to attend a visit with a memory doctor with their parent or loved one. Learn more at www.pennmemorycenter.org/messages.
- **Whealthcare:** Combining the management of finances and healthcare to assure financial security in aging. Learn more at www.whealthcare.org.
 - **Bridges to Wealth:** Offering workshops on personal financial education and managing a loved one’s money through a collaboration with Wharton. Learn more at www.pennmemorycenter.org/programs-services.
 - **Task Force:** Participating in the Philadelphia Corporation for Aging’s Financial Exploitation Prevention Task Force.
- **Typical Day:** Using photography to allow older adults living with mild cognitive impairment (MCI) to document their lives as they address their condition, Typical Day works to inform the public and reduce the stigma associated with MCI. Learn more at www.mytypicalday.org.
- **Making Sense of Alzheimer’s:** A “museum without walls” to creatively engage patients, families, and the community about living with cognitive aging and dementia. Learn more at www.makingsenseofalzheimers.org.

Promoting Healthy Brain Behaviors

- **Dance for Health: Active Body, Active Mind:** Promoting brain health through dance and intergenerational activities. Learn more at www.pennmemorycenter.org/programs-services.

The University of Pennsylvania Healthy Brain Research Network Center works to educate young researchers, inform the public about Alzheimer’s disease and dementia, and increase the number of African-American research participants.

Dr. Jason Karlawish, MD

Dr. Jason Karlawish is a Professor of Medicine, Medical Ethics and Health Policy, and Neurology at the University of Pennsylvania Perelman School of Medicine. He is board-certified in geriatric medicine and directs the Healthy Brain Research Network Center at Penn.

He is a Senior Fellow of the Leonard Davis Institute of Health Economics, Senior Fellow of the Penn Center for Public Health Initiatives, fellow of the University of Pennsylvania's Institute on Aging, Director of the Penn Neurodegenerative Disease Ethics and Policy Program, Associate Director of the Clinical Core and Co-Associate Director of the Alzheimer's Disease Core Center, and Co-Director of the Penn Memory Center. He is also Director of the Alzheimer's Disease Center's Education Core and its Outreach and Recruitment Core.

Community Partners

This center depends on its advisory board and community partners for much of its outreach and education efforts. Partners include West Philadelphia faith-based organizations, non-profits such as the Alzheimer's Association and the Philadelphia Corporation for Aging, University of Pennsylvania programs such as Dance for Health and Bridges to Wealth, as well as Penn Memory Center research participants and caregivers.

HBRN Collaboration

The University of Pennsylvania team is in the process of training other HBRN centers to expand the Typical Day project nationally. This follows intra-HBRN collaboration on distribution of the messages produced by our Public Health Communications Study.

Meet the Team

Jason Karlawish, MD

Principal Investigator

Amy Jordan, PhD

Co-Investigator

Kristin Harkins, MPH

Research Coordinator

Benjamin Baker, MSW

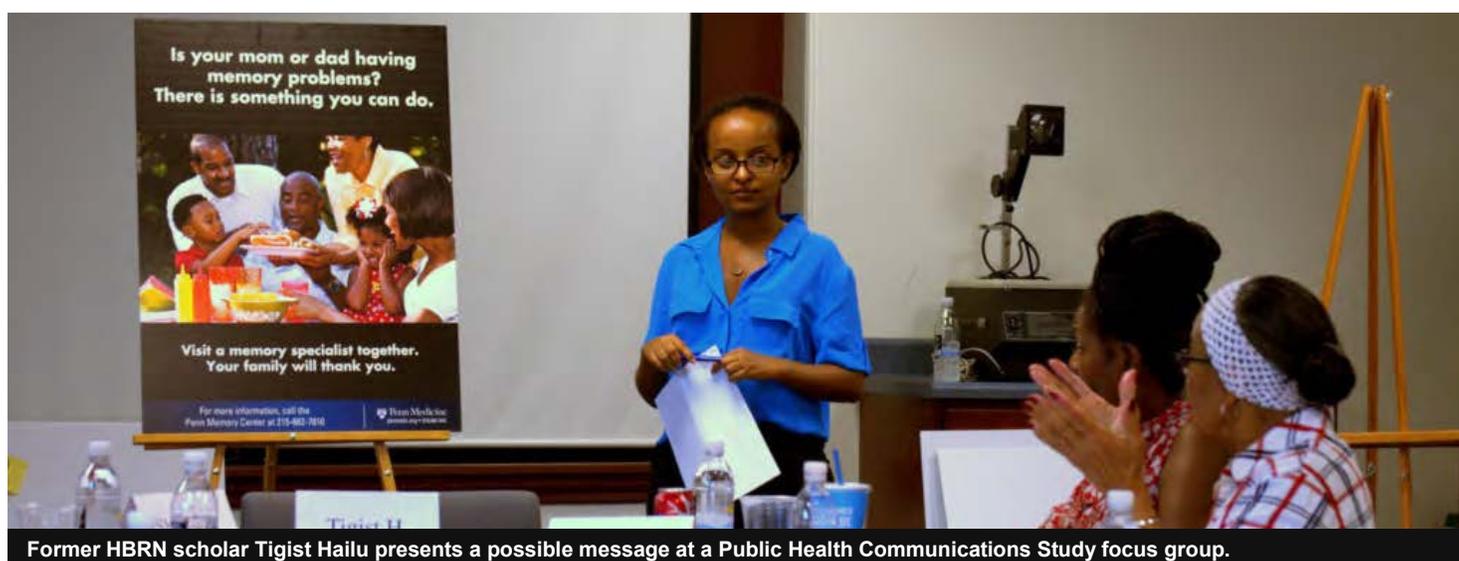
Research Coordinator

Terrence Casey

Communications Coordinator

Contact us:

Penn Memory Center
3615 Chestnut Street, #243
Philadelphia, PA
215-898-9979
terrence.casey@uphs.upenn.edu



Former HBRN scholar Tigist Hailu presents a possible message at a Public Health Communications Study focus group.

This member center is supported by Cooperative Agreement Number U48/DP005053 from the Centers for Disease Control and Prevention.



Healthy Brain Research Network University of South Carolina Member Center

GOALS

The primary goal of the South Carolina Healthy Brain Research Network (SC-HBRN) Member Center is to participate in the collaborative activities and evaluation of the national HBRN to advance the public health research and translation agenda for cognitive health and healthy aging.

The Specific Aims of the SC-HBRN are:

- Pursue a cognitive health and healthy aging research agenda
- Advance collaborative and applied research in the areas of cognitive health and healthy aging
- Support fellowship training of student scholars

In the coming decades, older adults will reach record numbers in our state and nation. The SC-HBRN is committed to advancing research and education in aging issues to support the unique opportunities and challenges of this growing population.

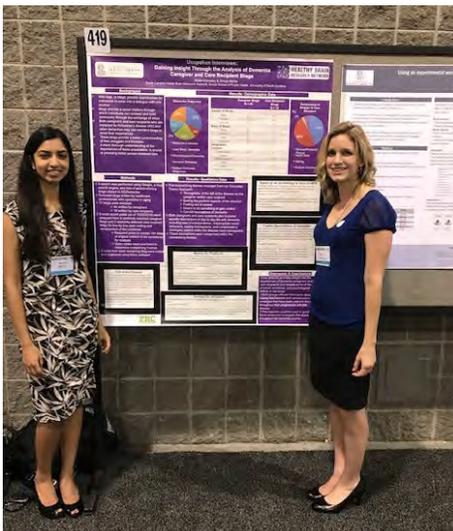
RESEARCH FOCUS

Communications Focus: Collaboration with Puerto Rico Department of Health

In 2015, the SC-HBRN collaborated with the Puerto Rico Department of Health to support the assessment of the Un Café por el Alzheimer outreach program. This public health program used Facebook to disseminate educational resources about Alzheimer's disease and provide a source of social support for caregivers of those affected by the disease. The program evaluation conducted by the SC-HBRN helps researchers and public health advocates understand how social media can be used in combination with an in-person education program to increase awareness about Alzheimer's disease.

Social Perceptions: Concern about Developing Alzheimer's Disease and Intention to be Screened

Working with colleagues from other HBRN universities and the CDC, the SC-HBRN team used Porter Novelli's SummerStyles 2013 data to examine the relationship among: concern about getting Alzheimer's disease and other dementias, likelihood of being screened for the disease in the event of noticeable memory loss, and concern about potentially sharing that diagnosis with others. This study found that there is an association between the level of concern about getting the disease and the potential likelihood of agreeing to be screened.



SC-HBRN SCHOLARS

The SC-HBRN supports scholars at the undergraduate, graduate, and postdoctoral levels. Scholars represent multiple departments across campus. This cross disciplinary team allows each student the opportunity to provide their own unique perspectives and educational experiences to the network.

SC-HBRN Scholars have had the opportunity to engage with multi-site HBRN projects focused on cognition focused terminology and community perceptions. In addition, scholars each worked to develop their own research project studying topics such as Alzheimer's disease messages on YouTube, common themes of caregiver blogs, information connecting physical activity and brain health, and caregivers' own health behaviors.

CONNECTING WITH AGING RESEARCHERS

The SC-HBRN is dedicated to working with other aging researchers within the wider HBRN network, throughout the university system, and within the greater South Carolina community. These collaborations include:

The Healthy Aging Forum

- Held in 2015 by the SC-HBRN the Healthy Aging Forum was well-attended by community guests. The event included opening remarks from the SC Lieutenant Governor along with presentations highlighting the latest aging research from diverse field including exercise science, biomedical engineering, geriatrics, and public health.

The Office for the Study of Aging

- 2017 marked the relaunch of Arnold School of Public Health's Office for the Study of Aging (OSA). As co-director of OSA, Dr. Friedman bridges campus-wide aging work with the HBRN.
- The SC-HBRN also engages with Dementia Dialogues™, an OSA program that provides training on effective communication and behavior management for individuals who care for individuals with dementia. The series of educational seminars has increased awareness of ADRD amongst students, caregivers, and healthcare professionals throughout the state of South Carolina.

SC-HBRN PARTNER ORGANIZATIONS

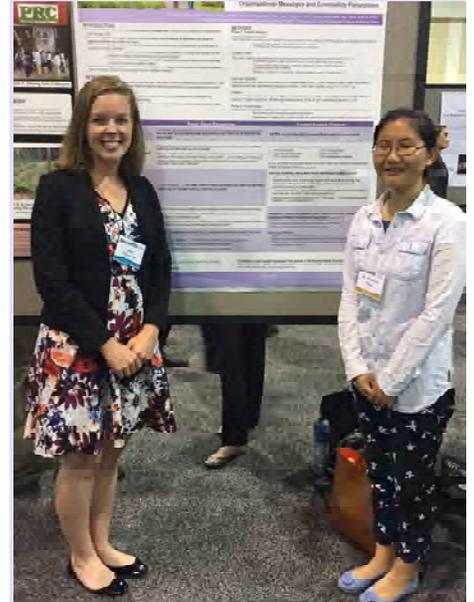
The SC-HBRN works closely with a coalition of community partner organizations. Guided by a scope of work document, these organizations gather quarterly to address overlapping goals, shared projects, and opportunities for further collaboration.

Benefits include shared information and resources, access to a larger audience, and the ability to add "human touch" to research.

SC-HBRN Partner Organizations include:

- Alzheimer's Association South Carolina Chapter
- AARP South Carolina
- Leeza's Care Connection
- Lieutenant Governor's Office on Aging
- DHEC Division of Healthy Aging
- Division of Geriatrics, Palmetto Health - USC School of Medicine
- SC Department of Health and Human Services
- SC Institute of Medicine and Public Health
- Clemson University
- University of North Carolina
- University of South Carolina
 - Biomedical Engineering
 - College of Social Work
 - Arnold School of Public Health
 - ASPH Office for the Study of Aging

This member center is supported by Cooperative Agreement Number U48/DP005000-01S7 from the Centers for Disease Control and Prevention.



“The fact that HBRN is bringing some partners that we have not had before around the table to see and meet gives us this extension of our work to other areas.”

– SC-HBRN Partner

CONTACT US

University of South Carolina
Arnold School of Public Health
Discovery 1
915 Greene Street
Columbia, SC 29208

Daniela B. Friedman, PhD
dfriedma@mailbox.sc.edu
(803) 576-5815

<http://prevention.sph.sc.edu/projects/braincenter.html>