



# Senior Services Division

## Dementia in Older Adults



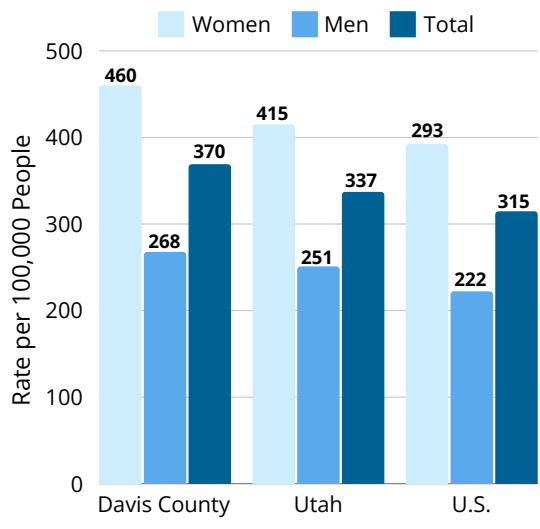
This report is intended to identify and understand public health issues affecting older adults age 60+ living in Davis County. The goal of this report is to increase awareness of these conditions and their impact on individuals and communities, identify groups most affected by these issues, and establish strategies for improvement.

### Overview of Dementia

Dementia is a general term for the impaired ability to remember, think, or make decisions that interferes with everyday activities. Alzheimer's disease is the most common type of dementia, with nearly 6.7 million Americans living with the disease in 2023. Although dementia mostly affects older adults, it is not a normal part of aging.

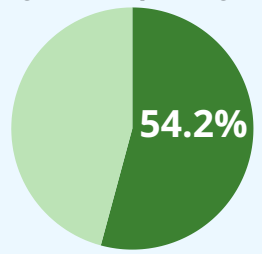
Both Davis County and the state of Utah have higher rates of dementia among those age 60+ than the Nation. Davis County has the 5th highest dementia death rate among Utah counties for this age group. Women are experiencing dementia at nearly double the rate of men.

**Dementia Deaths Among Those 60+, Rate per 100,000 Population (2018 - 2022)**



Data: [CDC WONDER](#), 2018 - 2022 (crude)

### Age 45+ Reporting Cognitive Decline Who Spoke to a Health Care Provider (2020)

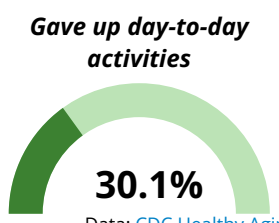
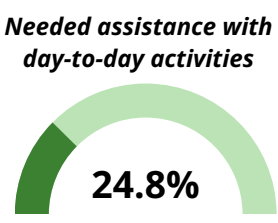
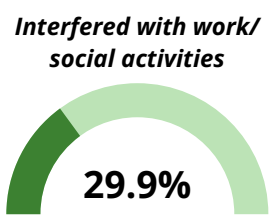


In Utah, 10% of people aged 45 and over reported that they are experiencing memory problems, or subjective cognitive decline (SCD), that are progressively getting worse. Among those self-reporting memory problems, over half had not talked with their healthcare provider about it.

Data: [CDC Healthy Aging](#), 2020

### Difficulties Experienced by Those Age 45+ Reporting Cognitive Decline (2020)

Of those experiencing SCD in Utah, 2 out of 5 self-reported experiencing functional difficulties, such as difficulty concentrating or making decisions. Additional difficulties that are associated with SCD, experienced by those reporting SCD, are shown below.



Data: [CDC Healthy Aging](#), 2021

### Risk Factors for Dementia Include:

- Age
- Family history
- Race/Ethnicity
- Poor heart health
- Depression
- Obesity
- Diabetes
- Not enough physical activity
- Cigarette smoking
- Excessive alcohol use
- Traumatic brain injury
- Hearing loss
- Hypertension

Data: [CDC Alzheimer's Disease and Dementia](#), 2022



### Dementia Key Findings

**3rd**  
Alzheimer's disease is Davis County's 3rd leading cause of death for those age 60+ <sup>8</sup>

**1.7x**  
Women are affected by dementia at a rate 1.7 times higher than the rate of men <sup>8</sup>

1 out of 4 of those age 45+ with memory problems also reported that they needed help with daily activities <sup>6</sup>

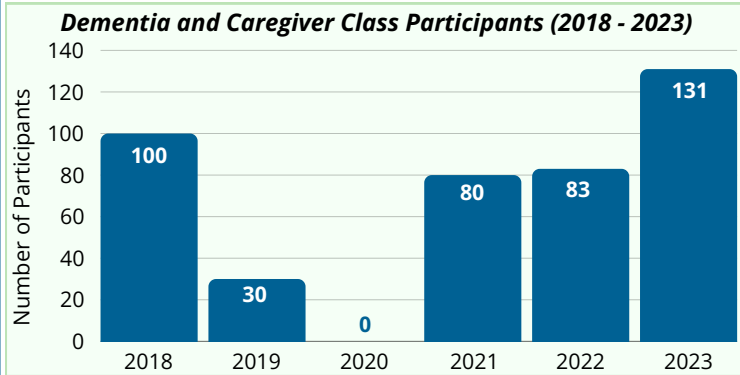
**42,000**  
People 65+ projected to be living with Alzheimer's disease in Utah in 2025, an increase of 23.5% from 2020 <sup>1</sup>

**30**  
Number of Geriatric Medicine practitioners in Utah in 2023, compared to over 1,900 Primary Care Physicians. <sup>4,9</sup>

# Current Progress and Strategies for Improvement

## Classes and Support Groups

The Senior Services Division offers various types of classes for those experiencing dementia and their caregivers. The number of course participants decreased leading up to the COVID-19 pandemic, but has been continually increasing as the Division has recovered from the pandemic. The Division expects that these courses will continue to expand in the coming years. Alzheimer's and Parkinson's support groups are also offered at the Senior Activity Centers. These support groups have proved to be a valuable support system for caregivers, with over 475 attendees throughout 2023.



The Division is also working to refine existing courses. *Caregiver Academy*, for example, is currently being reorganized to better support caregivers living in Davis County. The new course will reflect more accurate and up-to-date information. Additionally, the timeline of the course will be restructured, making the class more accessible to a wider variety of caregivers. The Division hopes to begin offering the new course to community members by Fall 2024.

## Healthy Brain Initiative (HBI) Grant

The Senior Services Division, in partnership with the Alzheimer's Association, the National Association of County and City Health Officials (NACCHO), and the Centers for Disease Control and Prevention (CDC), was recently awarded and began work on the Healthy Brain Initiative. The HBI grant was created as a nationwide effort that focuses on addressing dementia at the local level. The main objectives of this grant are increasing awareness of brain health; building a diverse and skilled workforce; collecting and reporting dementia-related data; and supporting individuals with dementia and their caregivers.

Senior Services is using the HBI grant to:

### Increase awareness of brain health, both at the Health Department and in the community.

- Educate Health Department employees and volunteers so they can provide more equitable care; and
- Educate community members to recognize signs of cognitive decline and know what resources are available to them.

### Continue to educate caregivers about available resources and support services.

- Educate people with cognitive decline and their caregivers on the available resources and support services, such as *Dealing with Dementia* classes, in-home care, and support groups.

### Enhance the services the Division currently offers.

- Increase outreach efforts to promote and expand our programs, reaching as many community members as possible.



### Local Resources

Alzheimer's Association Utah	<a href="http://Alz.org/utah">Alz.org/utah</a>	800-272-3900
Alzheimer's Association Utah Support Groups	<a href="http://Alz.org/utah/helping_you/support_groups">Alz.org/utah/helping_you/support_groups</a>	800-272-3900
Davis County Health & Wellness Classes	<a href="http://Daviscountyutah.gov/health/senior-services/senior-service-centers">Daviscountyutah.gov/health/senior-services/senior-service-centers</a>	801-525-5050
Davis County Support Groups	<a href="http://Daviscountyutah.gov/health/aging-and-adult-services/home-based-services/caregiver-support-groups">Daviscountyutah.gov/health/aging-and-adult-services/home-based-services/caregiver-support-groups</a>	801-525-5050
Utah Aging & Adult Services	<a href="http://Dementia.utah.gov/#next">Dementia.utah.gov/#next</a>	801-538-3910

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 7. CDC Healthy Brain Initiative. 2023. Accessed March 11, 2024. [Cdc.gov/aging/nationalinitiatives/national-healthy-nhbi.html](http://Cdc.gov/aging/nationalinitiatives/national-healthy-nhbi.html)  
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