



**CUYAHOGA COUNTY
BOARD OF HEALTH**

Your Trusted Source For Public Health Information

CCBH Data Days Event: Brain Health

Speaker: Sarah Szabo, MSSA

January 27, 2026

HBI Road Map Strategists Program



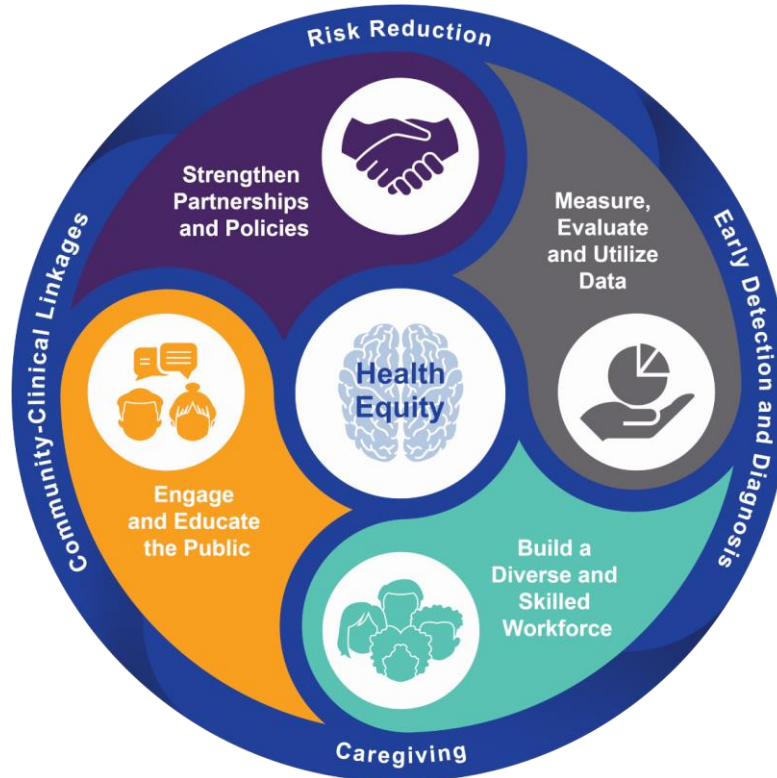
HBI Road Map Strategists Program

CCBH was 1 of 10 LHDs funded for 2025

Received training to bolster local efforts to promote brain health and address dementia-related challenges by:

- Developing expertise in Alzheimer's and dementia
- Assessing local needs and strengths related to dementia
- Educating LHD staff about brain health
- Providing leadership in implementing and coordinating actions from the 2023-2027 HBI Road Map

HBI Framework



Goal for CCBH

To increase the capacity of our health department, along with that of our partners, in addressing brain health in Cuyahoga County.

We focused on making more local brain health data publicly available to support health equity and data-driven decision-making.

HBI Implementation Plan



MEASURE, EVALUATE AND UTILIZE DATA

Increase data availability, quality and utilization

M-2 Supplement existing state, local and BRFSS data with data from **health systems, health plans, pharmacies, and other health care providers and community organizations** to better understand disparities and opportunities for improving equity.

M-5 **Share findings** with community organizations, agencies, policymakers and provider associations to help focus and inform community awareness efforts, resource needs, programs and policies, particularly for populations most impacted.

HBI Working Group Organizations

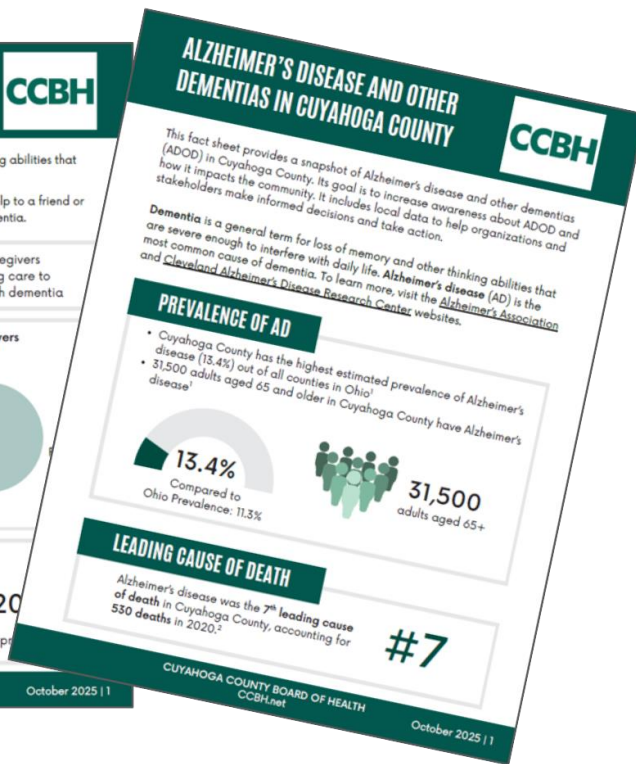
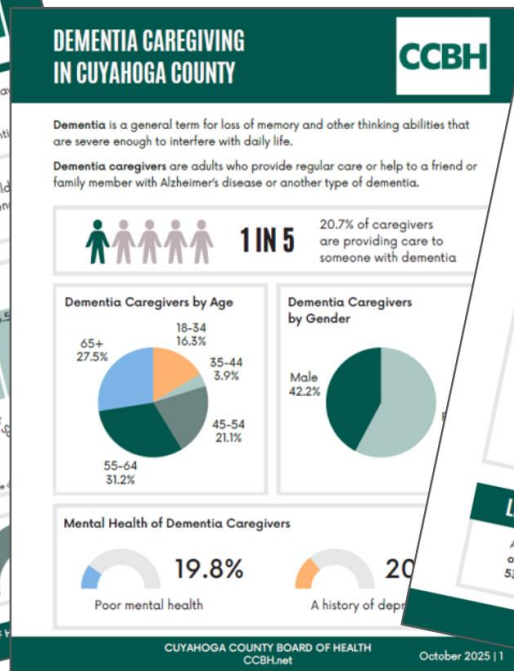
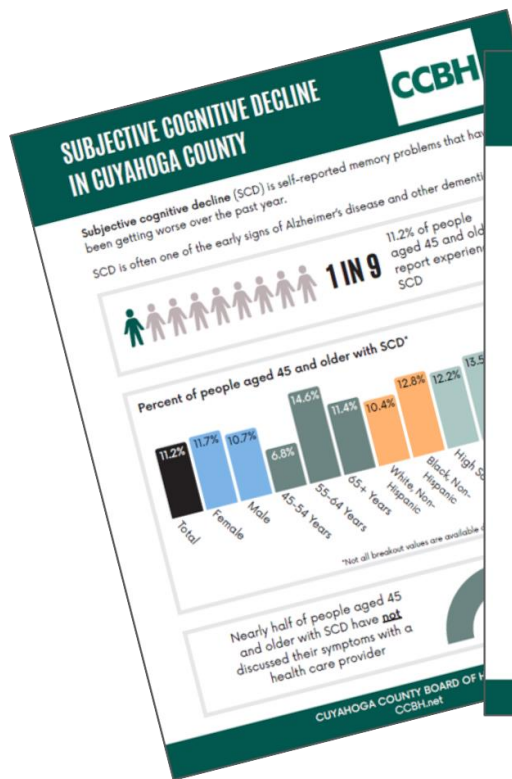
- Alzheimer's Association, Cleveland Area Chapter
- Benjamin Rose Institute on Aging
- Better Health Partnership
- Cleveland Alzheimer's Disease Research Center (CADRC)
- Case Western Reserve University
- Community Partnership on Aging
- Cuyahoga County Board of Health
- Cuyahoga County Division of Senior and Adult Services

HBI Working Group Goal

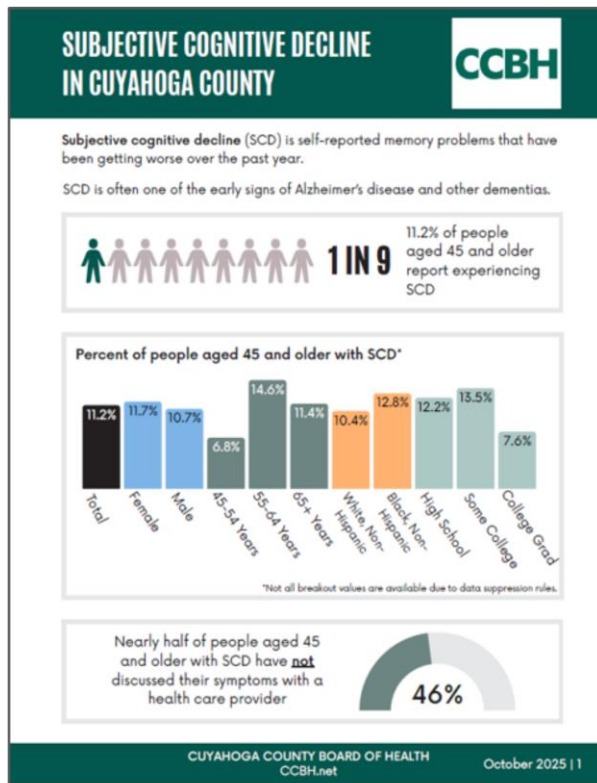
To identify data sources and indicators around brain health that would:

- Be most useful to organizations in Cuyahoga County for data-informed decision making and driving data to action; and
- Help our health department, other organizations, and the community better understand brain health, existing disparities, and opportunities for improving equity.

HBI Data Products – Fact Sheets



Subjective Cognitive Decline



Subjective Cognitive Decline

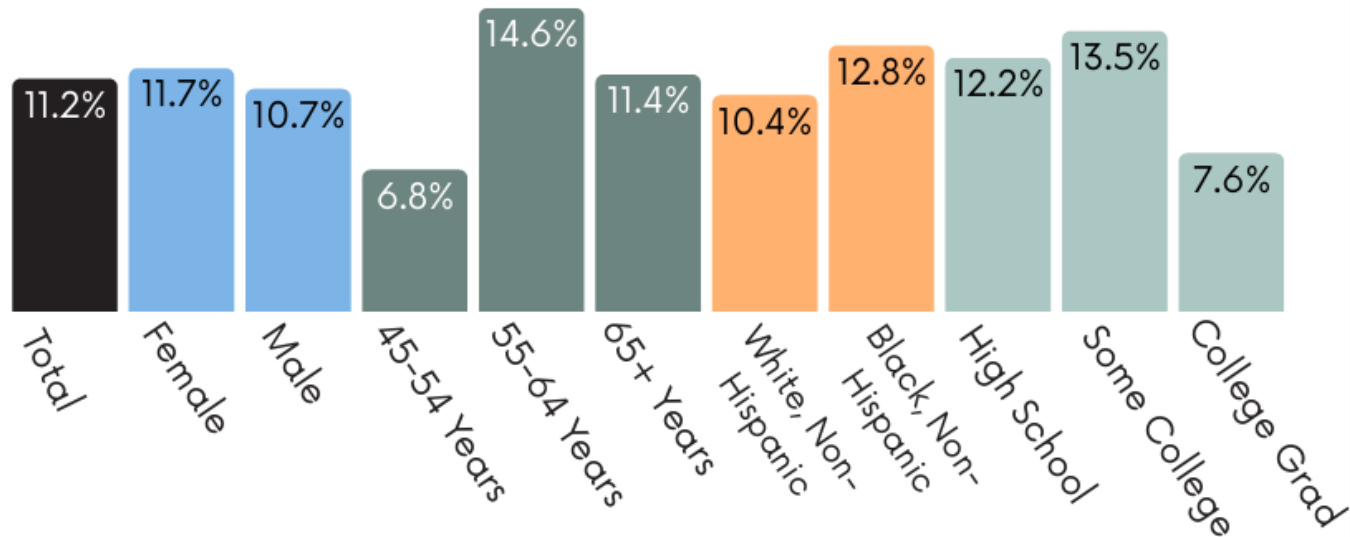


1 IN 9

11.2% of people
aged 45 and older
report experiencing
SCD

Subjective Cognitive Decline

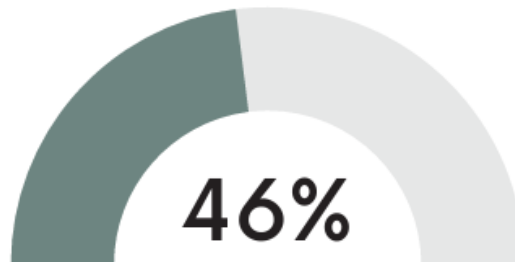
Percent of people aged 45 and older with SCD*



*Not all breakout values are available due to data suppression rules.

Subjective Cognitive Decline

Nearly half of people aged 45 and older with SCD have not discussed their symptoms with a health care provider



Subjective Cognitive Decline

Percent of people aged 45 and older with SCD who say it created difficulties and burden



Subjective Cognitive Decline

Percent of people aged 45 and older with SCD who have other health problems



81.8%

At least one
chronic disease



26.0%

Poor physical health



32.8%

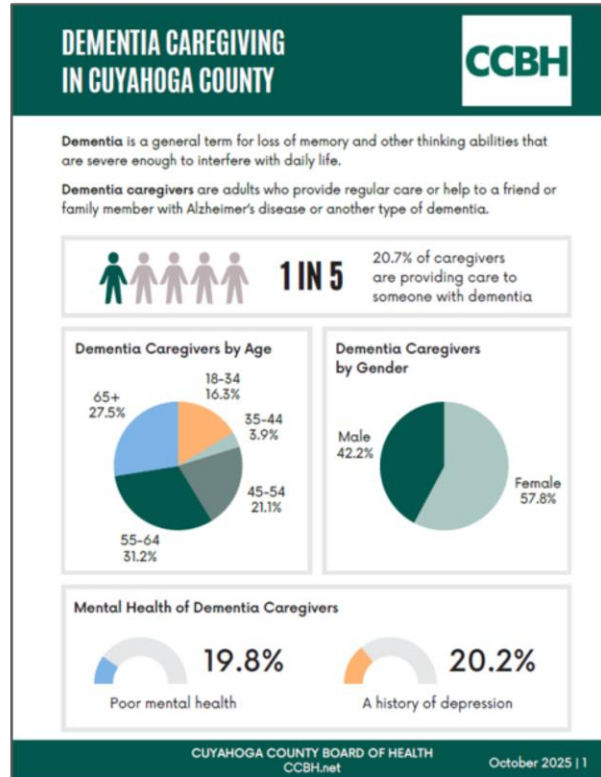
Poor mental health



28.3%

A history of depression

Dementia Caregiving



Dementia Caregiving

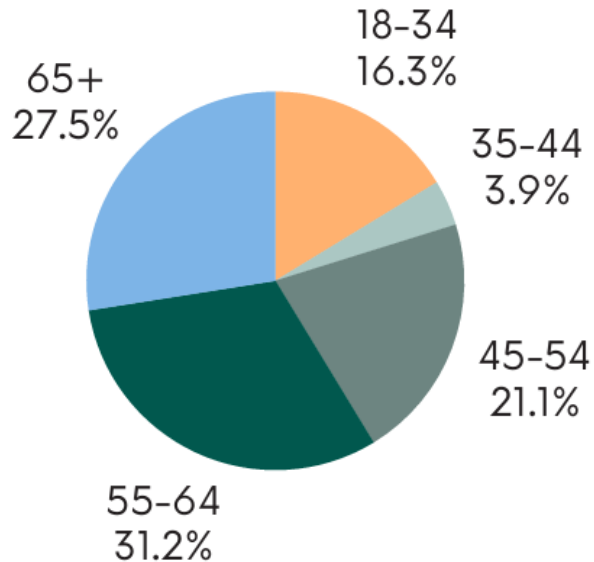


1 IN 5

20.7% of caregivers
are providing care to
someone with dementia

Dementia Caregiving

Dementia Caregivers by Age



Dementia Caregivers by Gender



Dementia Caregiving

Mental Health of Dementia Caregivers



19.8%

Poor mental health

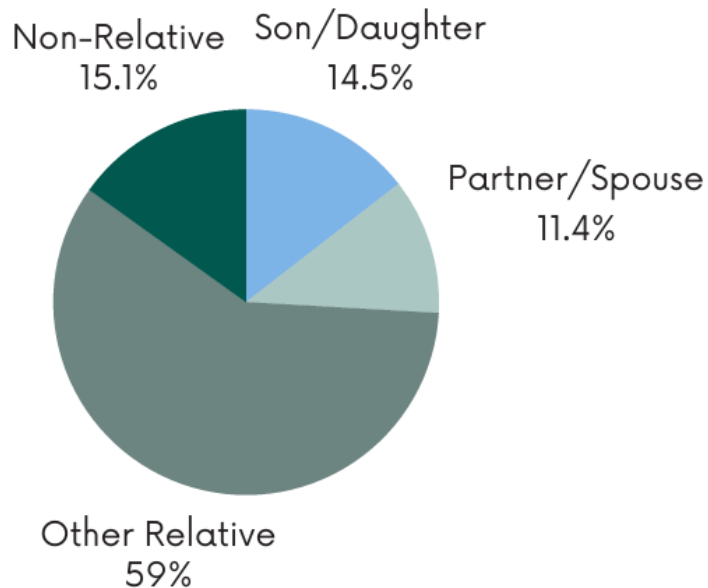


20.2%

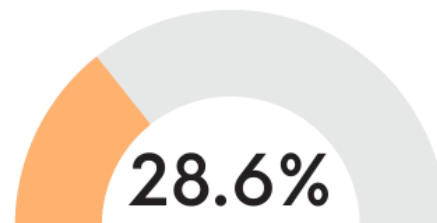
A history of depression

Dementia Caregiving

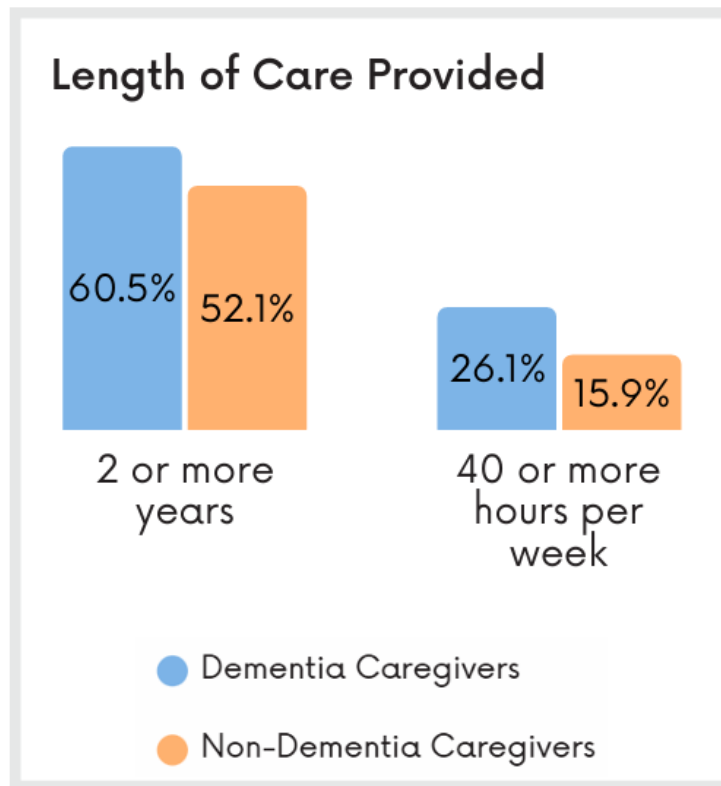
Care Recipient Relationship to Caregiver



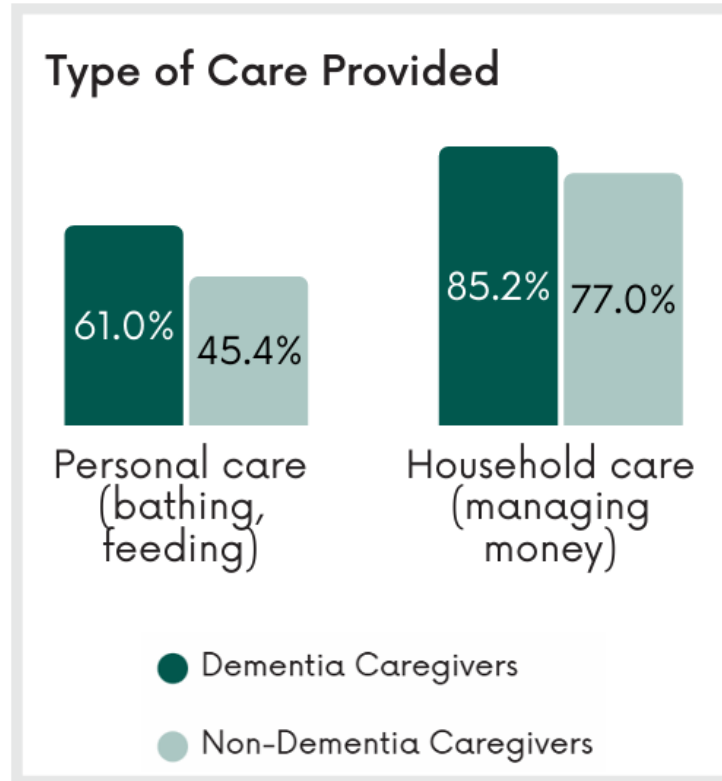
More than 1 in 4 dementia caregivers are also caring for a child



Dementia Caregiving



Dementia Caregiving



Alzheimer's Disease & Other Dementias

ALZHEIMER'S DISEASE AND OTHER DEMENTIAS IN CUYAHOGA COUNTY

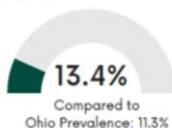
CCBH

This fact sheet provides a snapshot of Alzheimer's disease and other dementias (ADOD) in Cuyahoga County. Its goal is to increase awareness about ADOD and how it impacts the community. It includes local data to help organizations and stakeholders make informed decisions and take action.

Dementia is a general term for loss of memory and other thinking abilities that are severe enough to interfere with daily life. **Alzheimer's disease (AD)** is the most common cause of dementia. To learn more, visit the [Alzheimer's Association](#) and [Cleveland Alzheimer's Disease Research Center](#) websites.

PREVALENCE OF AD

- Cuyahoga County has the highest estimated prevalence of Alzheimer's disease (13.4%) out of all counties in Ohio¹
- 31,500 adults aged 65 and older in Cuyahoga County have Alzheimer's disease¹



31,500
adults aged 65+

LEADING CAUSE OF DEATH

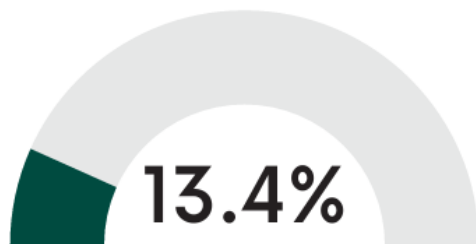
Alzheimer's disease was the 7th leading cause of death in Cuyahoga County, accounting for 530 deaths in 2020.²

#7

Alzheimer's Disease & Other Dementias

PREVALENCE OF AD

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Compared to
Ohio Prevalence: 11.3%



31,500
adults aged 65+

Alzheimer's Disease & Other Dementias

LEADING CAUSE OF DEATH

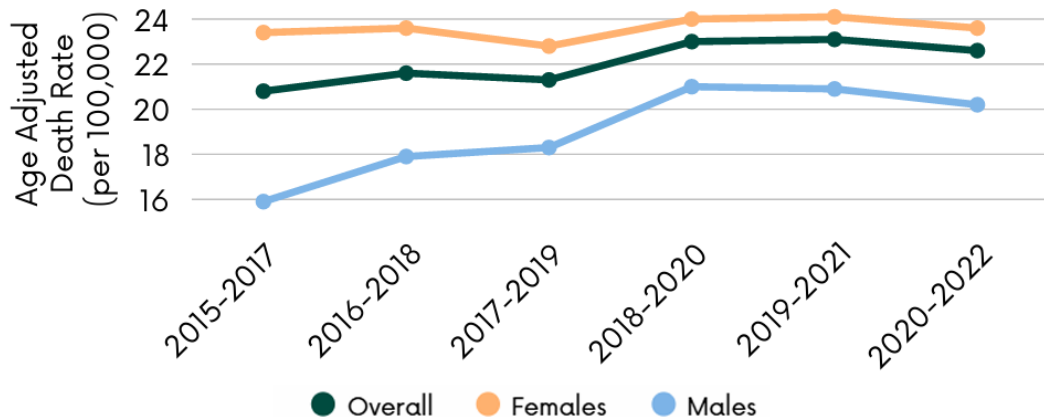
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#7

Alzheimer's Disease & Other Dementias

MORTALITY

- The **Age-Adjusted Death Rate** due to Alzheimer's Disease in Cuyahoga County has increased over time³
- The current overall rate for Cuyahoga County is 22.6 deaths/100,000 population³
- The rate for females is higher than males, and the overall county rate³



Alzheimer's Disease & Other Dementias

HOSPITALIZATIONS & ED VISITS

Medicare population **hospitalization rate** for Alzheimer's disease or dementia⁴:

**1 hospitalization per
1,000 beneficiaries**

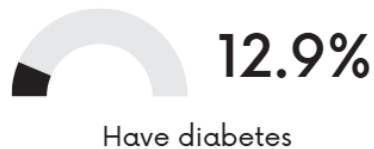
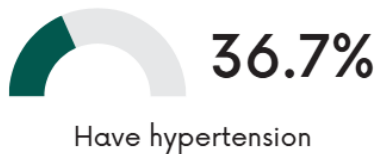
Medicare population **emergency department (ED) visit rate** for Alzheimer's disease or dementia⁴:

**3 ED visits per 1,000
beneficiaries**

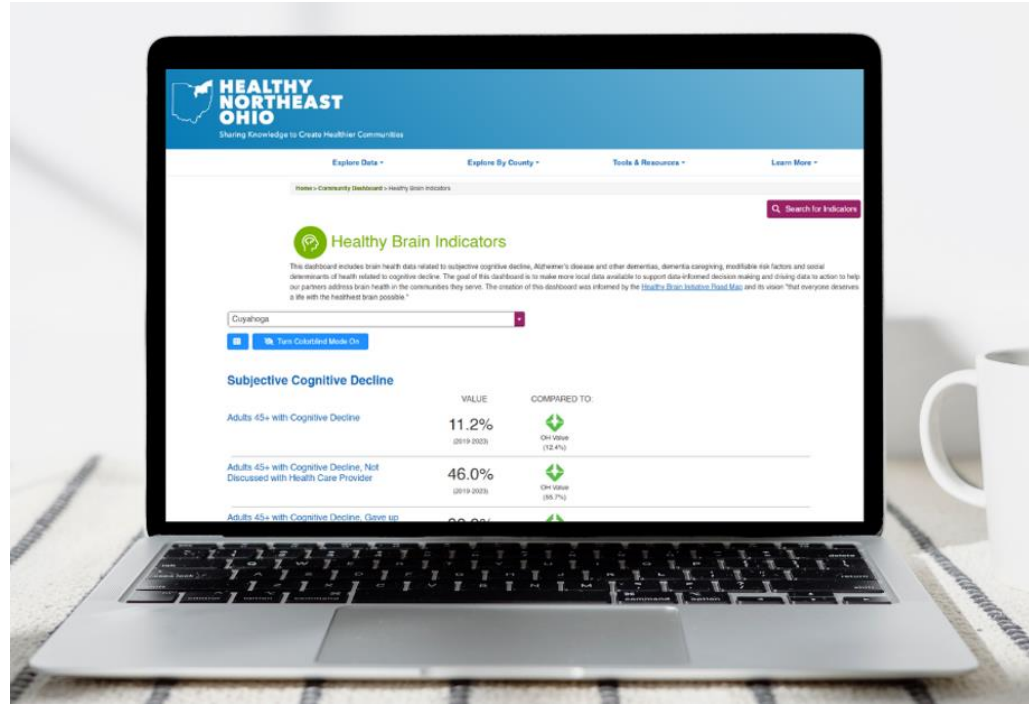
Alzheimer's Disease & Other Dementias

RISK FACTORS

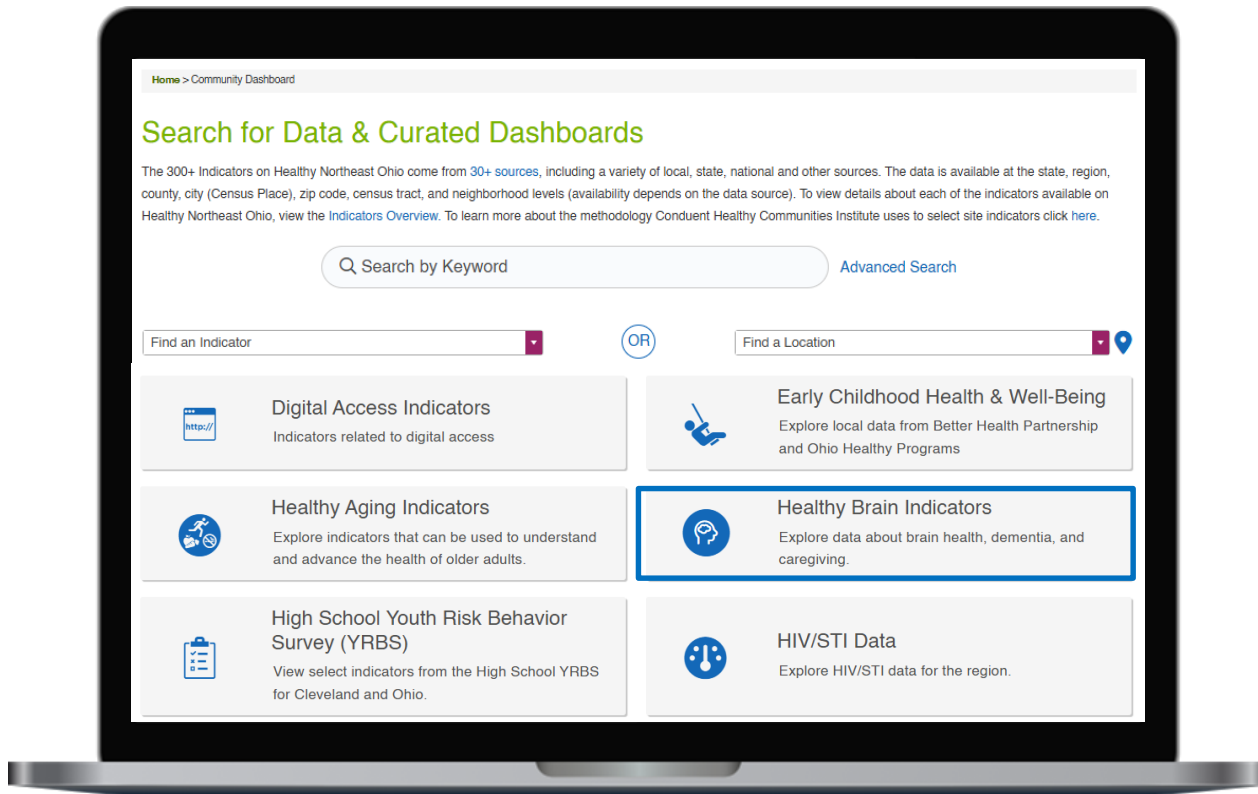
Percent of Cuyahoga County adults who:



HBI Data Products - Dashboard



Healthy Brain Indicators Dashboard



Healthy Brain Indicators Dashboard



Healthy Brain Indicators

This dashboard includes brain health data related to subjective cognitive decline, Alzheimer's disease and other dementias, dementia caregiving, modifiable risk factors and social determinants of health related to cognitive decline. The goal of this dashboard is to make more local data available to support data-informed decision making and driving data to action to help our partners address brain health in the communities they serve. The creation of this dashboard was informed by the [Healthy Brain Initiative Road Map](#) and its vision "that everyone deserves a life with the healthiest brain possible."

The indicators included in this dashboard are from the following data sources: Alzheimer's Association Cleveland Area Chapter, Centers for Disease Control and Prevention (including CDC PLACES), Centers for Medicare & Medicaid Services, County Health Rankings, Feeding America, National Environmental Public Health Tracking Network, Ohio Behavioral Risk Factor Surveillance System provided by the Ohio Department of Health, Ohio Public Health Information Warehouse, U.S. Bureau of Labor Statistics, and U.S. Census Bureau American Community Survey. The Ohio Behavioral Risk Factor Surveillance System (BRFSS) data comes from the Cognitive Decline (asked of those aged 45 and older) and Caregiver (asked of those aged 18 and older) modules.

Brain health terminology:

- **Brain health** is defined by the Centers for Disease Control and Prevention (CDC) as "an ability to perform all the mental processes of cognition, including the ability to learn and judge, use language and remember."
- **Subjective cognitive decline** (SCD) is defined by the Centers for Disease Control and Prevention (CDC) as "the self-reported experience of worsening or more frequent confusion or memory loss."
- **Dementia** is a general term for loss of memory and thinking abilities severe enough to interfere with daily life.
- **Alzheimer's disease** (AD) is the most common cause of dementia, accounting for approximately 60-80% of cases.
- **Dementia caregivers** provide regular care and assistance to a friend or family member with Alzheimer's disease or other form of dementia. They often assist with activities such as personal care and household management.



Healthy Brain Initiative - CDC Webpage

View an overview of the Healthy Brain Initiative (HBI) and the 2023-2027 HBI State and Local Road Map for Public Health.



Alzheimer's Association Website

View information on the Alzheimer's Association's programs, services, and resources.



Brain Health Resource Collection

View brain health related resources in the Resource Library.

Select a location using the drop-down list below. Click on an indicator to navigate to the Indicator Detail page where you can read more about the indicator.

Ohio

Healthy Brain Indicators Dashboard

Health Care & Service Utilization



Alzheimer's Disease or Dementia Emergency
Department Visit Rate: Medicare Population

VALUE	COMPARED TO:	
3.0		=
Emergency department visits per 1,000 beneficiaries (2023)	OH Value (2.0)	Prior Value (3.0)

Alzheimer's Disease or Dementia
Hospitalization Rate: Medicare Population

1.0		=
Hospitalizations per 1,000 beneficiaries (2023)	OH Value (1.0)	Prior Value (1.0)


Alzheimer's Disease or Dementia Average
Total Cost per Beneficiary: Medicare
Population

\$32,815		
US dollars per beneficiary (2023)	OH Value (\$30,915.0)	Prior Value (\$30,518)

Alzheimer's Association Helpline Calls (count)

1,125	
Calls (July 2024-June 2025)	Prior Value (1,243)

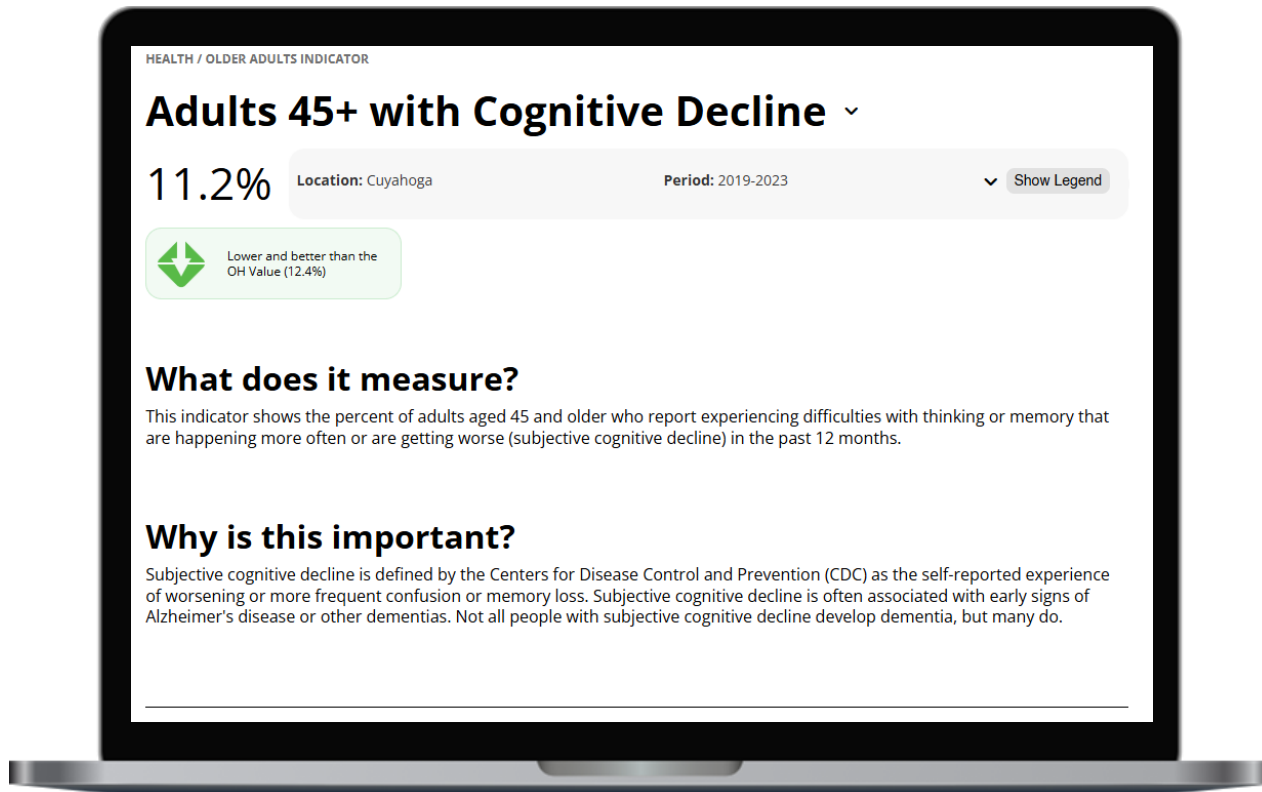
Alzheimer's Association Support Group
Meetings (count)

180	
Support group meetings (July 2024-June 2025)	Prior Value (165)

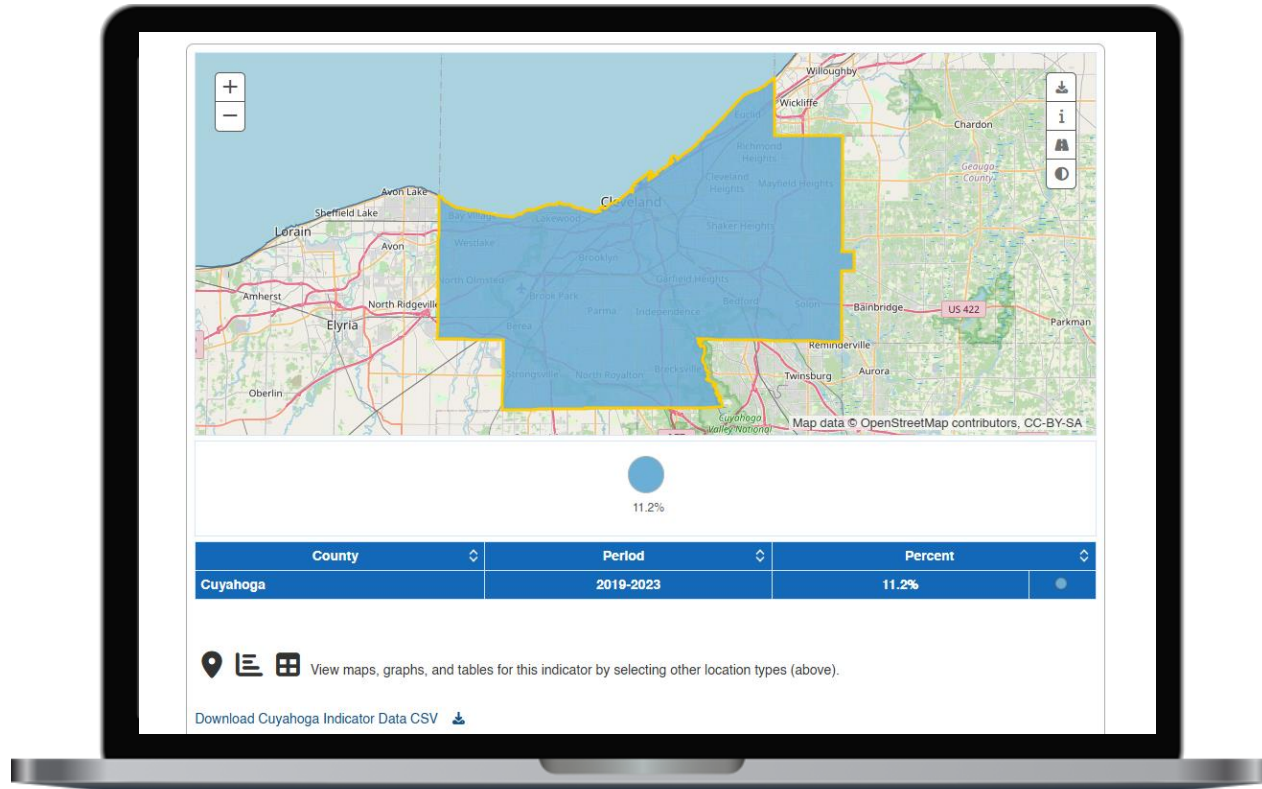
Alzheimer's Association Support Group
Attendees (count)

1,244	
Attendees (July 2024-June 2025)	Prior Value (1,222)

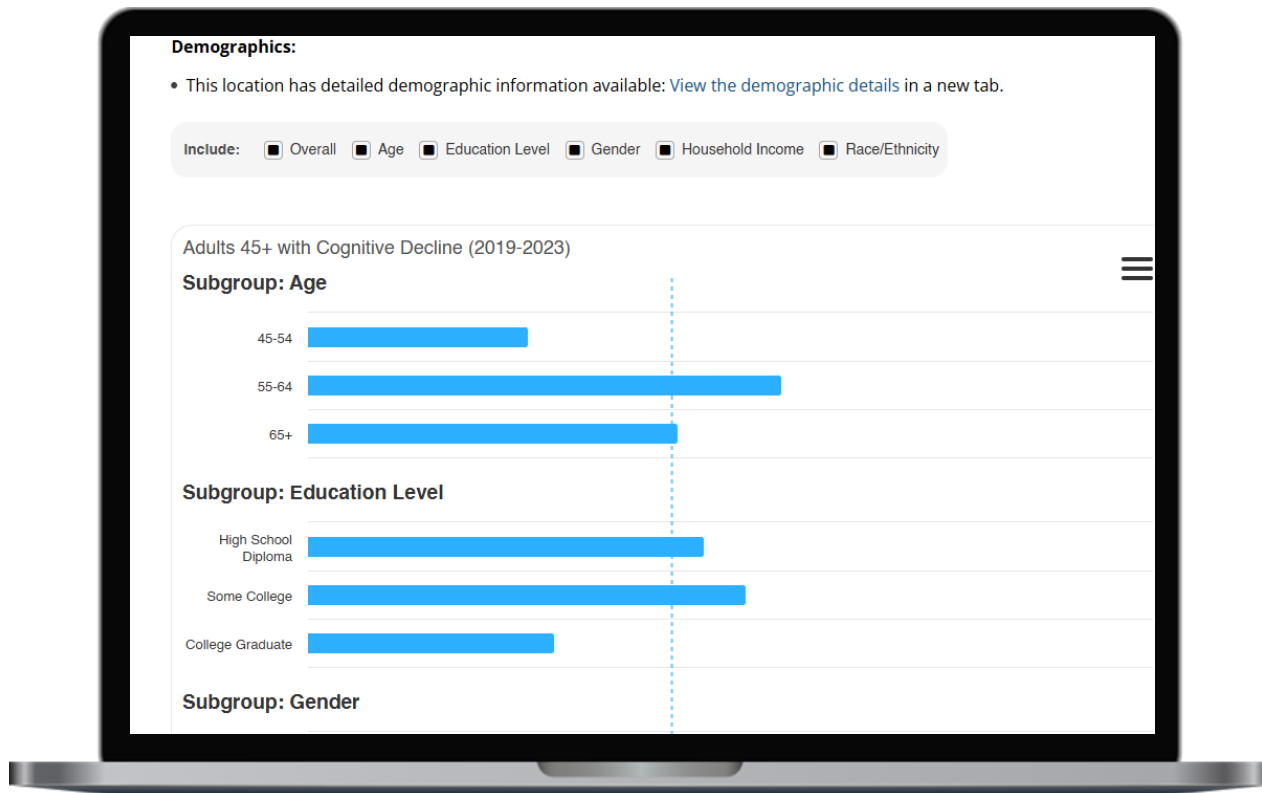
Healthy Brain Indicators Dashboard



Healthy Brain Indicators Dashboard



Healthy Brain Indicators Dashboard



Access HBI Data Products



Available at healthyneo.org

HBI Successes

- Increased staff awareness about brain health
- Increased community outreach and education about brain health
- Developed new and strengthened existing relationships with partner organizations
- Added 26 indicators to Healthy Northeast Ohio
- Created “Healthy Brain Indicators” Dashboard
- Created 3 county-level fact sheets

Contact Information



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