



**Alzheimer's Disease and Related Disorders Commission
Brain Health Work Group**

Thursday, May 16, 2024
12:00 pm- 1:30 pm

Electronic Meeting

Meeting Minutes

Members Present:

Dan Bluestein
Annette Clark
Rachel Coney
Vanessa Crawford
Patricia Heyn
Guy Mayer
Lindsey Vajpeyi

Staff:

George Worthington, DARS

Welcome & Introductions

Karen Garner was unable to attend the meeting, so Mr. Worthington acted as chair in her place. Mr Worthington called the meeting to order and workgroup members and staff introduced themselves.

Karen Garner,
Chair

Adopt Agenda

Action Item: Adopt Agenda

Annette Clark made a motion to adopt the agenda as presented. Sheriff Crawford seconded the motion, and the agenda was adopted by unanimous vote.

Karen Garner

Review and Approve Minutes of February 15, 2023, Meeting

Mr Worthington noted the date was incorrect on pages 2 and 3. Sheriff Crawford made a motion to adopt the minutes as amended and Rachel Coney seconded the motion. There was no discussion, and the minutes were adopted as amended by unanimous vote.

Karen Garner

Public Comment

No public comment was received, and no members of the public were in attendance.

Karen Garner

Goal 6: SMARTIE Goals for Strategies for Implementation Plan

George
Worthington

Mr Worthington reviewed the workgroup's efforts to prioritize strategies at the previous meeting into short-, medium- and long-term priorities as well as items that are of particular high priority. Mr. Worthington shared the prioritization grid and noted that this meeting would focus on selecting which strategies would be included in the Implementation Plan that is a deliverable for the BOLD (Building Our Largest Dementia) Infrastructure project led by the Virginia Department of Health. SMARTIE was defined (strategic, measurable, ambitious, realistic, time-bound, inclusive and equitable) and the difference between outputs and outcomes was discussed. Mr. Worthington noted that the strategies already meet many of the SMARTIE goals, but measures need to be attached to the strategies in order to track whether that strategy has been achieved. There are draft measures for many of the strategies in the grid that were discussed during the meeting. Mr. Worthington also explained the next steps: VDH will review the draft implementation plan that comes out of the workgroups and the Commission meeting on June 11, and send back for review by the Dementia State Plan workgroup and final approval by the Commission in September.

Members discussed each of the short- and medium-term strategies in detail. Members provided input into potential measures, potential partners, and dissemination methods for messaging, data and educational materials. Members discussed ways of measuring improvements in dementia risk factors such as through the annual Behavioral Risk Factor Surveillance System (BRFSS). Ms. Clark suggested leveraging an existing Virginia-specific program to promote healthy lifestyles through competition; however, that program may have disappeared during the pandemic.

Dr. Bluestein suggested surveying visitors to the Healthy Brain Virginia and Dementia Capable Virginia websites (popup survey) on whether they are planning to make changes as a result of the information they are viewing.

Members discussed other ways of distributing brain health information such as blogs, social media posts, and podcasts. VDH is launching a podcast that will feature Healthy Brain Virginia in three episodes.

Members discussed educational opportunities for youth, such as in schools or via the Scouts and Girl Scouts. A "Healthy Brain" merit badge was discussed that could be pursued by the Healthy Brain Initiative and Centers for Disease Control and Prevention at a national level.

Members discussed cognitive screening strategies and how to measure outcomes; what happens when people receive a screening that suggests further examination is warranted?

Discussion: Workgroup Activity 2024

Mr Worthington will ask members what their top three strategies to work on over the next several months, collate those and members can choose an activity at the next meeting.

George
Worthington

Meeting Adjournment

Mr. Worthington thanked members for their input and adjourned the meeting at 1:25pm.

Karen Garner