



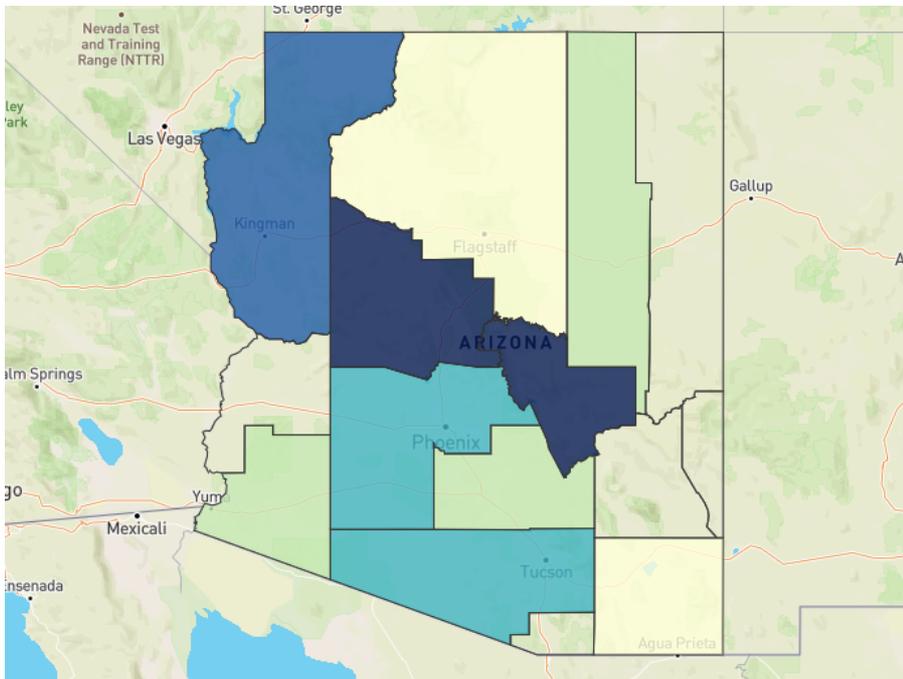
# Aging Well Arizona

## Brain Health

**Each person may describe "aging well" in different terms. The Aging Well Arizona initiative focuses on the aspect of overall brain health. Brain Health encompasses Alzheimer's Disease and related dementias, Stroke, and other circulatory diseases, as well as mental health and substance use. All these conditions can affect a person's thinking, relationships with family and friends, and ability to have meaning and purpose in life, ultimately affecting their autonomy and ability to live independently. In this section, we provide some of the available statistics on selected indicators of brain health in our community.**

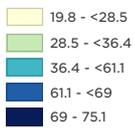
When we look at the Alzheimer's Disease death rates across different counties, we can see some variations. While some counties have higher rates, indicating a greater impact of the disease, others have lower rates. Yavapai County, Gila County, and Mohave County have the highest rates, surpassing the state average. These higher rates are likely closely tied to the older age of persons living in these counties. This information highlights the importance of healthcare services and support for those affected by Alzheimer's Disease, especially in the areas where the rates are higher.

## Alzheimer's Disease Death Rate



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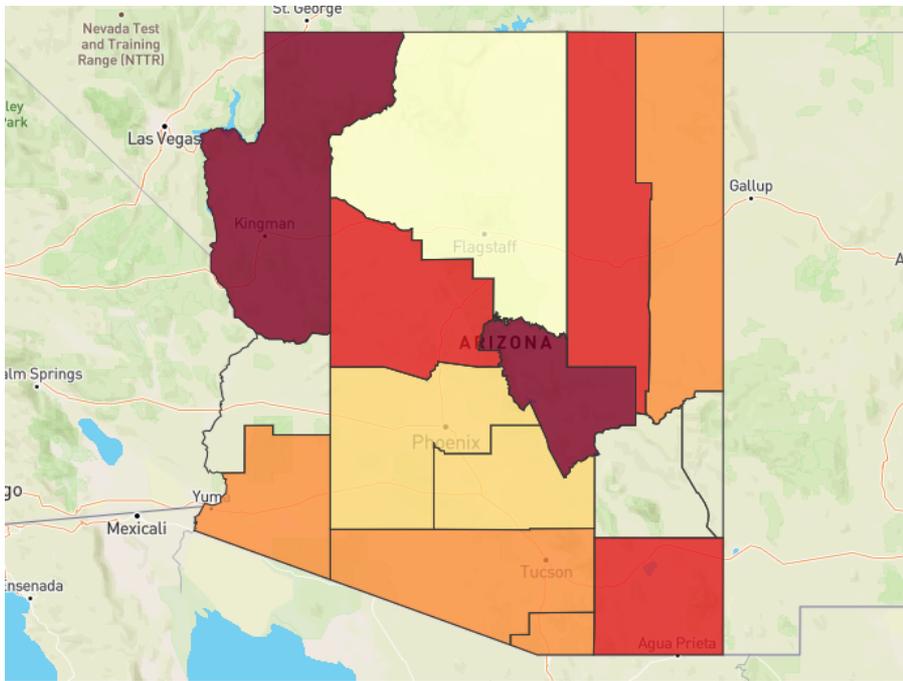
### Alzheimer's Disease Death Rate per 100,000 people



Sources: CDC WONDER Cause of Death 2021

When looking at the Stroke/Cerebrovascular Disease Death Rate in 12 counties in Arizona with available data for reporting, there are noticeable variations. Some counties, such as Mohave, Gila, Cochise, Navajo, and Yavapai, have higher rates. Understanding these disparities can help identify areas that may require additional healthcare resources and interventions to improve the well-being of all residents. This variation may result from differences in risk factors and access to services. It is crucial to ensure equal access to healthcare services and preventive measures across all communities so that everyone has a fair chance at a healthy life.

## Stroke / Cerebrovascular Disease Death Rate



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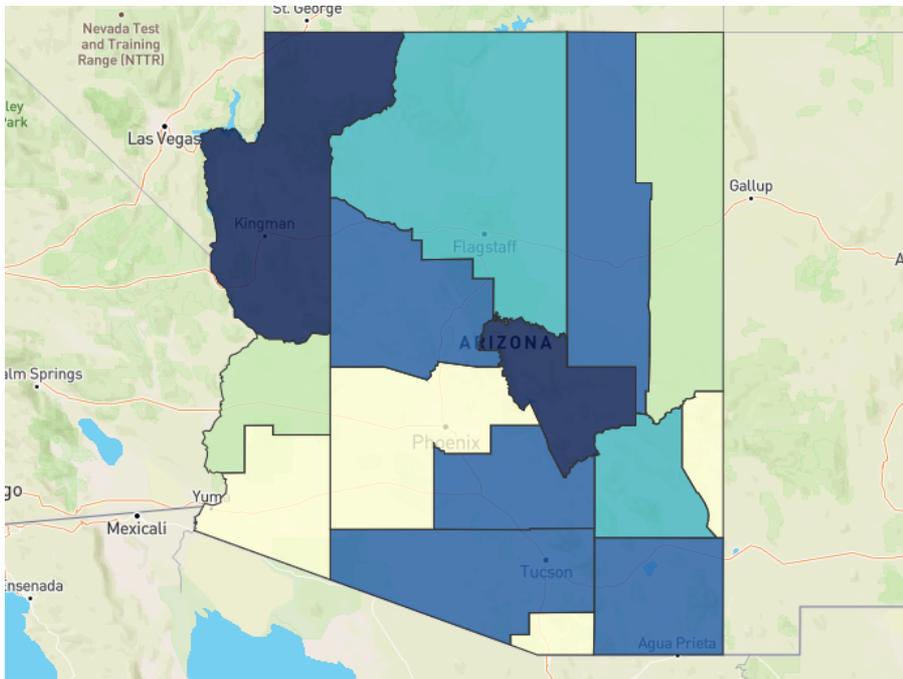
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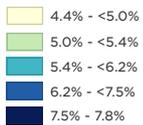
Sources: CDC WONDER Cause of Death 2021

The federal government does a periodic survey called the American Community Survey that includes questions about one's health and functional situation. One aspect it identifies is people who are experiencing cognitive difficulties. The survey does not identify the clinical or diagnostic reasons for these difficulties, but it does identify the estimated proportion of the population experiencing these experiences. By understanding these patterns, we can work towards creating more equitable opportunities and ensuring that everyone has access to the essential resources they need to lead fulfilling lives. Community leaders and policymakers can use this data to identify areas where support is most needed and develop strategies to address these disparities. Together, we can build communities that prioritize the well-being and success of all individuals, regardless of their population size.

## Disability - Cognitive Difficulty per civilian noninstitutionalized capita over 5



Self-reported Cognitive Difficulty per civilian noninstitutionalized capita over 5 years of age



Sources: US Census Bureau ACS 5-year 2018-2022

Looking at the two variables of Alzheimer's Disease deaths and self-reported cognitive difficulties on a choropleth map, we can see where communities may be experiencing disparities. By recognizing these disparities, we can work towards achieving equitable access to healthcare for all individuals, regardless of their geographical location.

