



Dementia Prevention and Care for Latinos in San Francisco

Presenter: Serggio Lanata, MD, MS

Moderator: Anna Chodos, MD, MPH



Introduction



Sergio Lanata, MD, MS

Associate Professor of Clinical Neurology,
University of California, San Francisco
Director of the UCSF Memory and Aging Center Community
Outreach Program.



Anna Chodos, MD, MPH

Primary Care & Geriatrics Clinician
Associate Professor, UCSF Department of Medicine
Moderator, Executive Director, Dementia Care Aware

Financial Disclosures

- All presenters report no financial disclosures.



Housekeeping



We will leave 10-15 minutes at the end of this session for Q&A. Throughout the webinar, you can put your questions into the Q&A/chat functions, and some may be answered in real time.



We will share instructions for claiming Continuing Education (CE) credit at the end of this webinar and via email within 48 hours.



You will receive the recording of this webinar via email within 48 hours



You can also access the webinar slides and recording from the Dementia Care Aware website and YouTube channel.

Dementia Care Aware Program Offerings



Warmline:

1-800-933-1789

- A provider support and consultation service that connects primary care teams with Dementia Care Aware experts



Trainings:

- Online Trainings e.g., Cognitive Health Assessment training
- Monthly Webinars
- Podcasts



Interactive Case Conferences:

- UCLA and UCI ECHO (Extension for Community Healthcare Outcome) conferences
- - *Sign up now.*



Practice change support:

- UCLA Alzheimer's and Dementia Care Program
- Alzheimer's Association Health Systems

Our Training

Welcome!

Welcome to the Dementia Care Aware (DCA) learning management system. This site provides access to the training modules for the DCA program. When you registered, you were automatically enrolled in the "*The Cognitive Health Assessment: The Basics*" course. Select Start in the "The Cognitive Health Assessment: The Basics" block below to begin.



Screening for Dementia: The Cognitive Health Assessment (CHA)

Goal: Screen patients older than age 65 annually (who don't have a pre-existing diagnosis of dementia)

Part 1



Take a Brief Patient History

Part 2



Use Screening Tools

Part 3



Document Care Partner Information

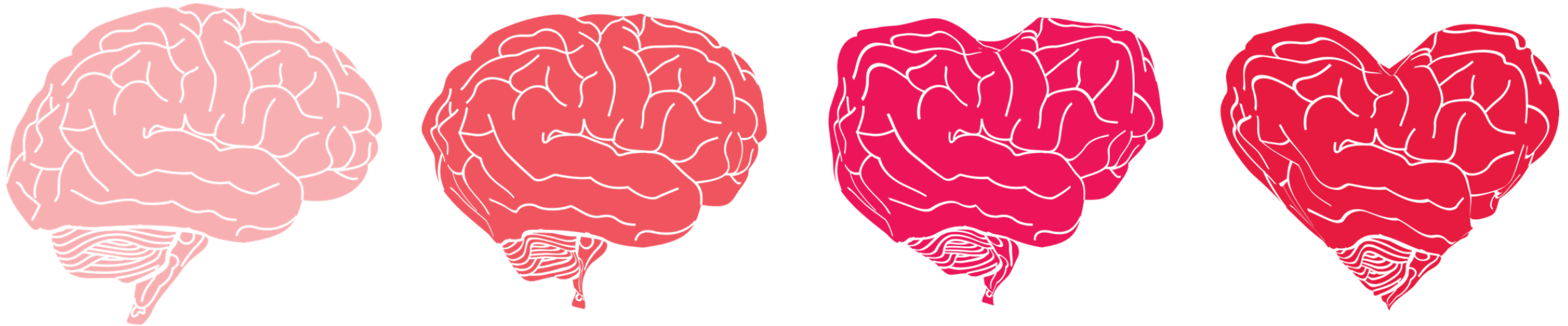
Sign Up for Upcoming Live CHA Trainings

- Dementia Care Aware offers the CHA training as a **free 1-hour live session** multiple times each month.
- Led by Dementia Care Aware partners at the Alzheimer's Association and UC, Irvine.
- Open for anyone who is interested.
- Eligible participants can claim **1 free CE/CME/MOC credit**.



Learning Objectives

- Learn about 2 outreach programs focused on Latinos in San Francisco
- Identify 3 social and environmental brain health risk factors for Latinos
- Describe 2 ways to educate older adult Latinos from an urban, underserved environment on brain health topics



Community Outreach Program

記憶與老化研究中心社區外展團隊

Programa de alcance comunitario

UCSF Weill Institute for Neurosciences
Memory and Aging Center

 **GLOBAL
BRAIN HEALTH
INSTITUTE**

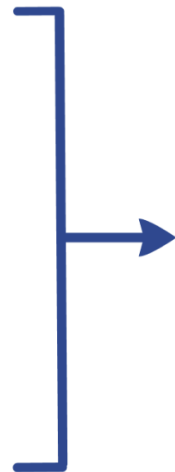
 National Institute on Aging
DESIGNATED
**Alzheimer's Disease
Research Center**

Behavioral risk factors:

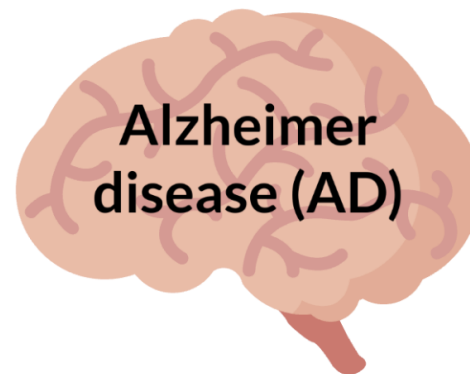
Physical activity
Adequate sleep
Social isolation
Alcoholism
Smoking
Air pollution
Education

Medical risk factors

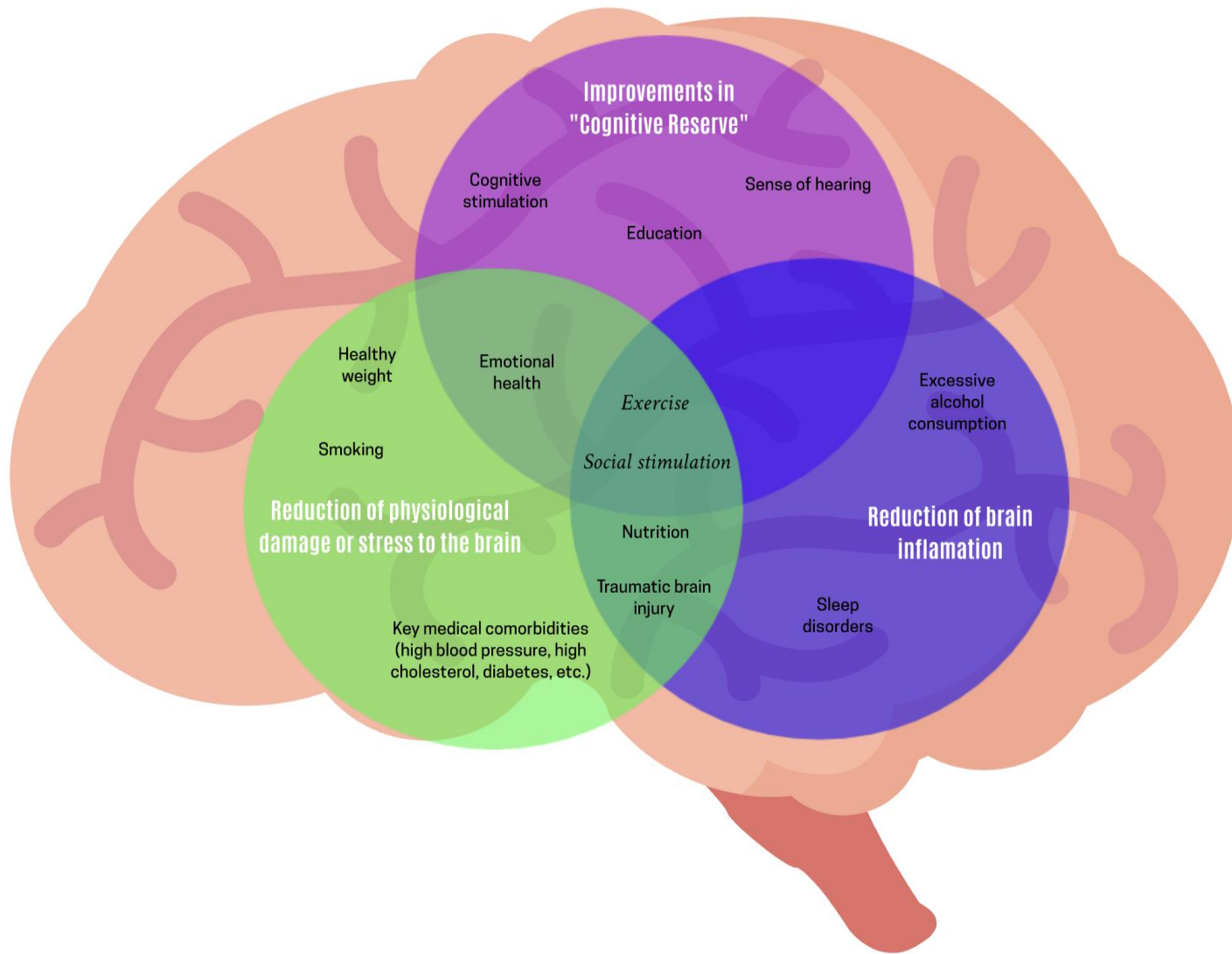
Blood pressure
Cholesterol
Diabetes
Depression
Smoking
Hearing loss
Obesity



Amyloid protein
"Amyloid plaques"
tau protein
"Tau tangles"

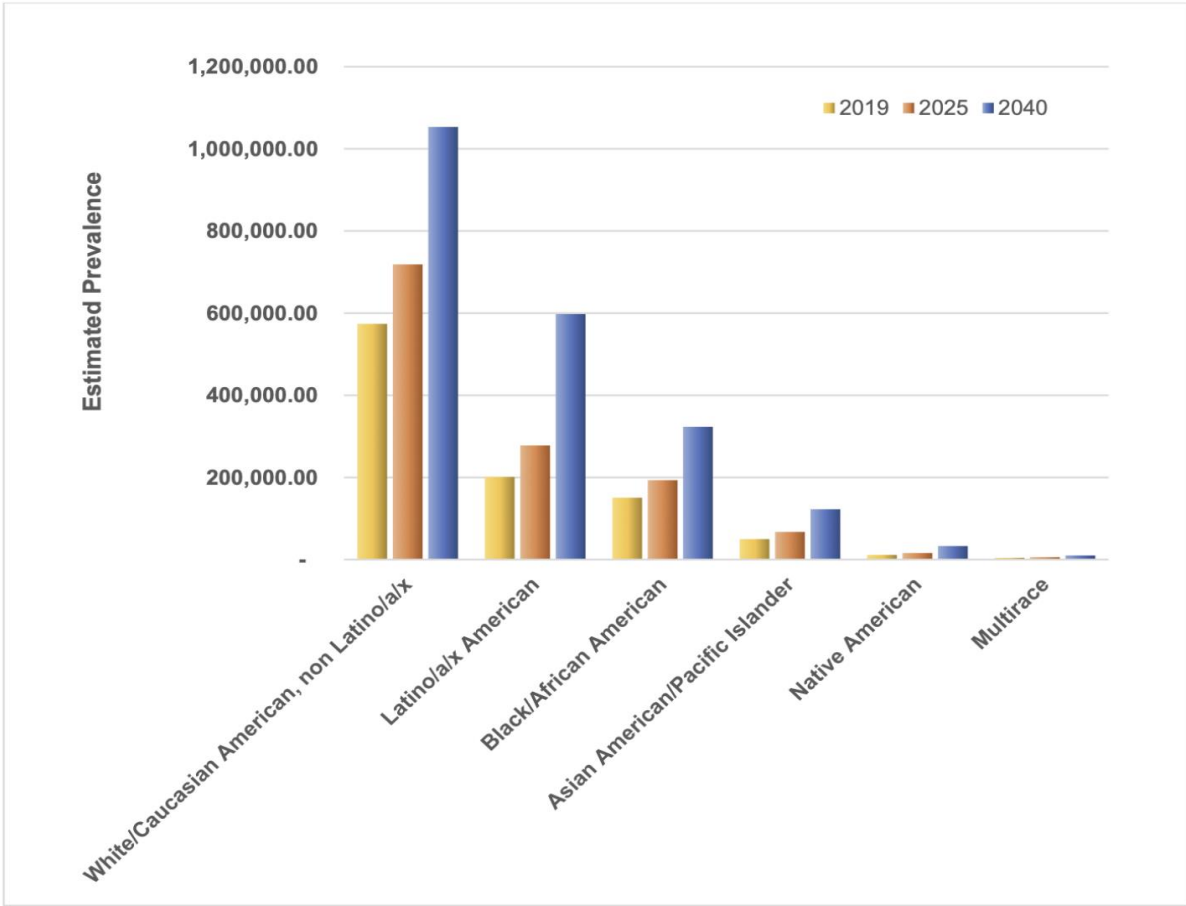
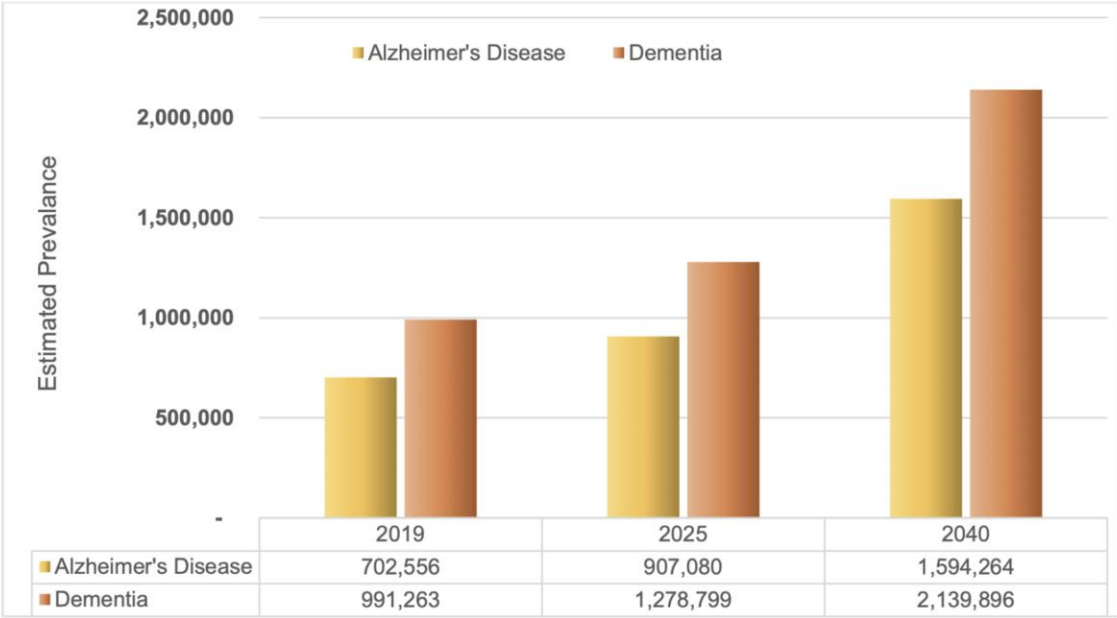


Clinical syndromes



The Prevalence of Dementia is Rising in California

FIGURE 8: ESTIMATED PREVALENCE OF DEMENTIA AMONG CALIFORNIANS AGE 55+ BY RACE/ ETHNICITY; 2019, 2025, 2040



Source: State of California, Department of Finance, *E-1 Population Estimates for Cities, Counties and the State with Annual Percent Change — January 1, 2019 and 2020*. Sacramento, California, May 2019. Accessed July 2, 2019. Please see Appendix B for methodology used to estimate California Alzheimer's disease prevalence.

Source: State of California, Department of Finance, *E-1 Population Estimates for Cities, Counties and the State with Annual Percent Change — January 1, 2019 and 2020*. Sacramento, California, May 2019. Accessed July 2, 2019. Please see Appendix B for methodology used to estimate California Alzheimer's disease prevalence.



Why are California Latinos at Increased Risk of dementia?

Self-identified race/ethnicity is a poor marker of within-group biological similarity and between-group biological difference

American Society of Human Genetics (Nov. 2017):

"Humans cannot be divided into biologically distinct subcategories...human genetics challenges the traditional concept of different races of humans as biologically separate and distinct."

"There is considerable genetic overlap among members of different [socially-defined] populations. Such patterns of genome variation are explained by patterns of migration and mixing of different populations throughout human history."

"Genetics exposes the concept of "racial purity" as **scientifically meaningless.**"

Why are California Latinos at Increased Risk of Dementia?



Completion of the Human Genome Project (2000):

" All human beings, regardless of race, are more than 99.9 percent the same "

" There is no way to tell one ethnicity from another. Society and medicine treats us all as members of populations, where as individuals we are all unique, and population statistics do not apply. "

Why are Californian Latinos at increased risk of dementia?

Edward B. Tylor, often considered the father of cultural anthropology, defined culture as:

“A complex whole, which includes knowledge, belief, arts, morals, law, customs and other capabilities and habits acquired by man as a member of society”.

Six Aspects of Culture

- Learned—taught by someone to someone else, usually parent to child. This process is called enculturation.
- Shared—groups share norms—the way things ought to be done—and values—what is true, right, and beautiful
- Symbolic—culture creates meaning; it is the story we tell ourselves about ourselves
- Patterned—practices make sense; culture is an integrated system—changes in one area, cause changes in others
- Adaptive—culture is the way humans adapt to the world; current adaptations may be maladaptive in the long term
- Changes—culture constantly shifts and transforms; it is not static

Why are Californian Latinos at increased risk of dementia?

DAILY COMMENT

THE NEW YORKER

WHO ARE YOU CALLING LATINX?

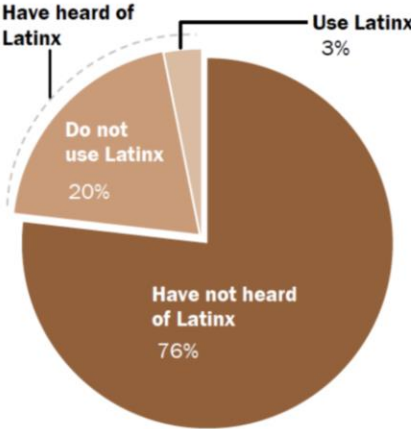
By Graciela Mochkofsky

September 5, 2020

" Why bother, then, inventing one name to bind the many together? Perhaps it's because these people, who carry legacies of two continents of varied cultures, traditions, ethnicities, social status, and even languages, do have one thing in common: the ways in which they [and other socially-defined racial/ethnic groups] have been discriminated against by the white majority in this country. "

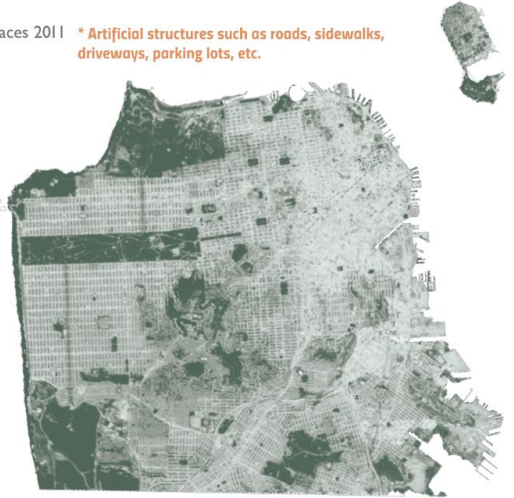
Most Latino adults have not heard of the term Latinx; few use it

% who ...



Map 2: Impervious surfaces 2011

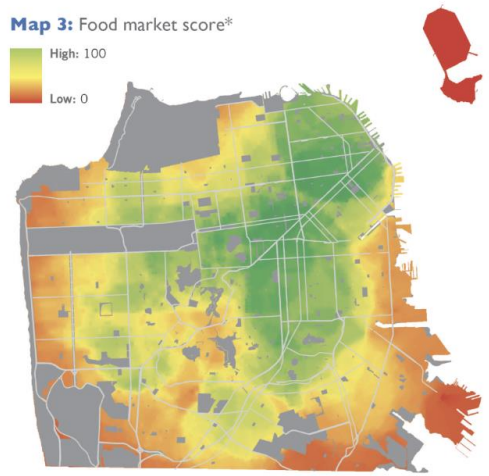
Percentage of impervious surface
 High: 100%
 Low: 0%
 Data source: USGS 2011 National Land Cover Database.



* Artificial structures such as roads, sidewalks, driveways, parking lots, etc.

Map 3: Food market score*

High: 100
 Low: 0



*A relative measure of the number and variety of retail resources within one mile, weighed by food offerings and distance. Data source: Dun and Bradstreet, SFIP, 2011.

Appendix D: Medically Underserved Areas in San Francisco

Medically Underserved Areas in San Francisco

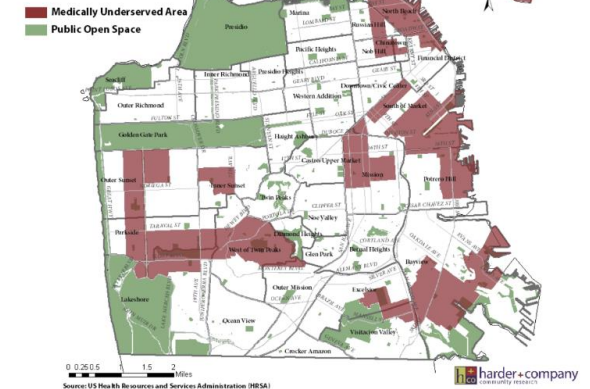
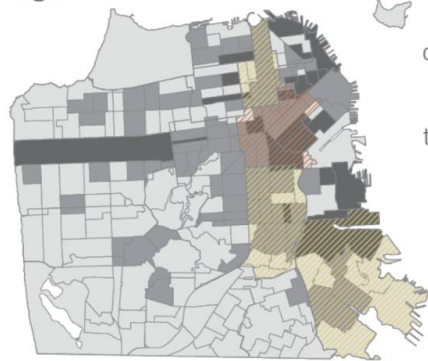


Figure D:



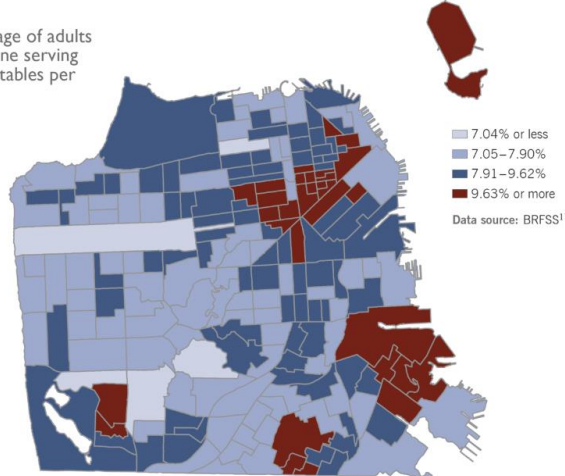
Neighborhoods with the highest density of off-sale alcohol outlets coincide with those with high rates of hospitalizations and emergency room visits due to alcohol.

Off-sale alcohol license density and alcohol-related ER visits among adults*^{11,16}

ER visits due to alcohol per 10,000 residents (adjusted)
 0.00-17.50, 17.51-26.11, 26.12-70.63
 Off-sale alcohol licenses per 1,250 residents
 0-1, 2-3, 4-56

*Retail outlets authorized to sell beer, wine, or spirits for consumption off the premises where sold.

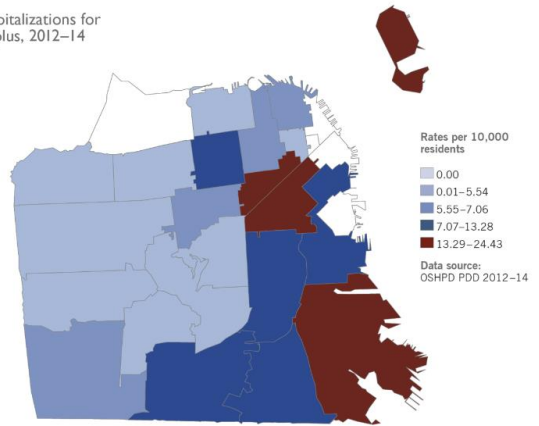
Map 4: Percentage of adults eating less than one serving of fruits and vegetables per day, 2013



7.04% or less
 7.05-7.90%
 7.91-9.62%
 9.63% or more
 Data source: BRFSS¹⁷

Map 1: Age-adjusted hospitalizations for diabetes among adults 18-plus, 2012-14

Hospitalization rates for diabetes among Black/African Americans increased from 2005 to 2014 while decreasing or remaining stable for all other ethnic groups in San Francisco.



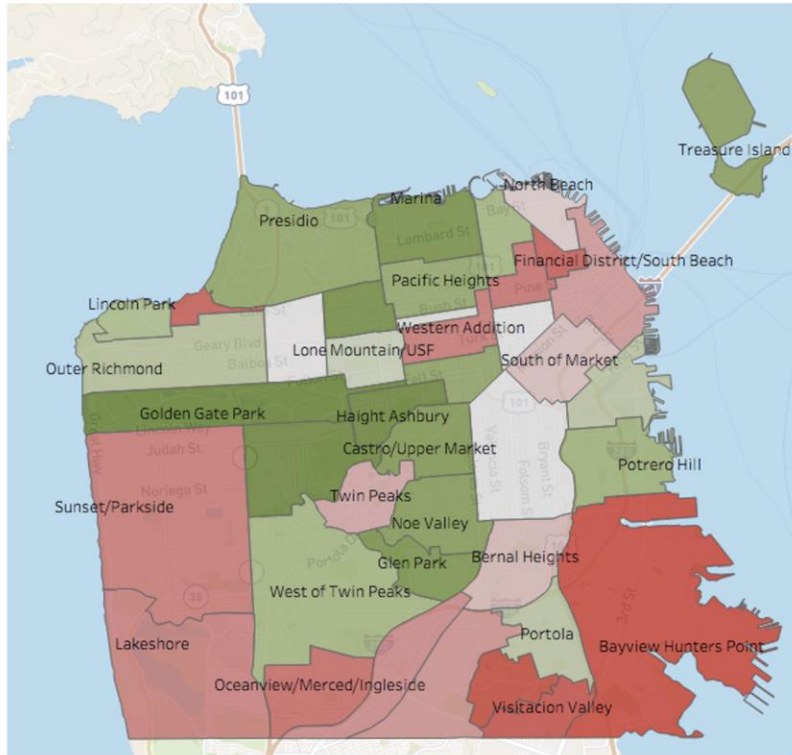
Rates per 10,000 residents
 0.00, 0.01-5.54, 5.55-7.06, 7.07-13.28, 13.29-24.43
 Data source: OSHPD PDD 2012-14

The Impact of Neighborhood on Brain Health

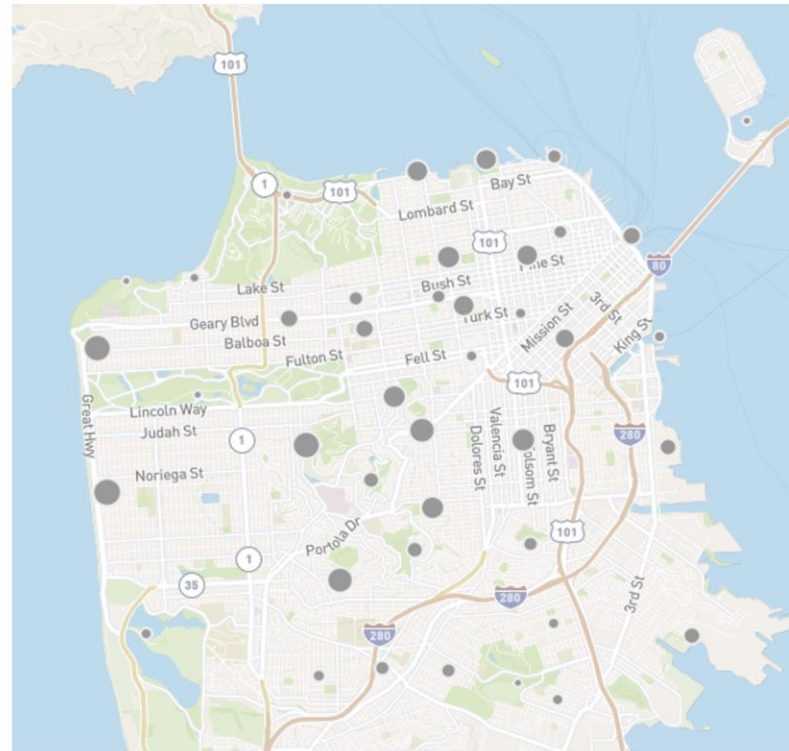
" As a low-income worker, it is hard to access primary care because of **health insurance**, so I go to [a SF hospital]. It may take **up to an hour to travel there**. It is hard to get translation and **sometimes I have to bring my own translation. Getting medication is difficult and not convenient**. I have to travel further in the city and often multiple times to get one medication, and **wait countless hours**. This **affects my work schedule** because I can't take that much time off. "

- Chinese speaking resident of southeast San Francisco

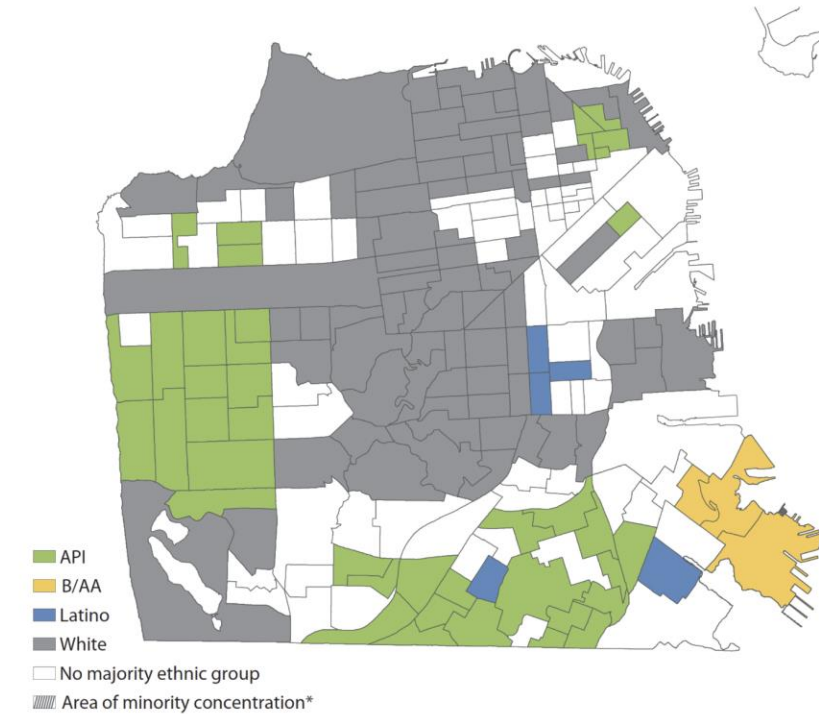
Vulnerable, Underserved, and Underrepresented Neighborhoods



San Francisco Neighborhoods Vulnerability Map



UCSF MAC Neighborhood Representation Map

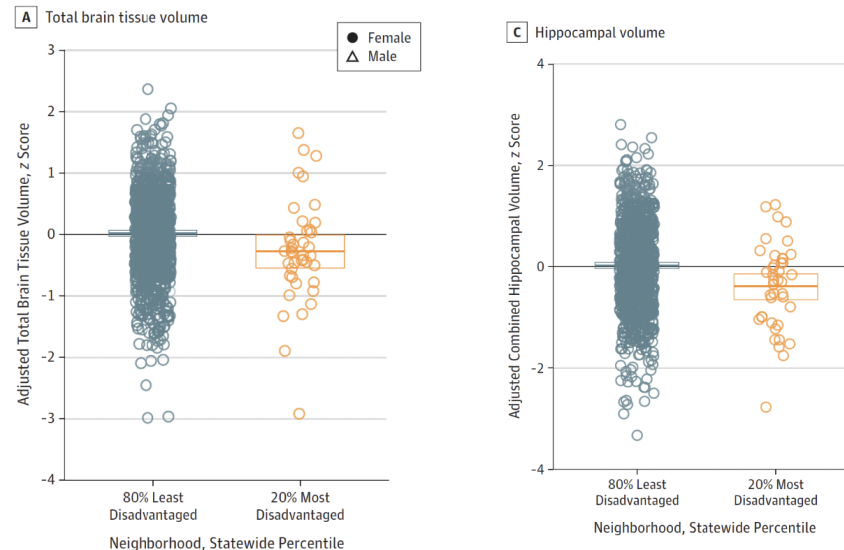


The Impact of Neighborhood on Brain Health

JAMA Neurology | Original Investigation

Association of Neighborhood-Level Disadvantage With Cerebral and Hippocampal Volume

Jack F. V. Hunt, BA; William Buckingham, PhD; Alice J. Kim, BA; Jennifer Oh, BS; Nicholas M. Vogt, BA; Erin M. Jonaitis, MS, PhD; Tenah K. Hunt, MPH, PhD; Megan Zuelsdorff, PhD; Ryan Powell, PhD; Derek Norton, MS; Robert A. Rissman, PhD; Sanjay Asthana, MD; Ozioma C. Okonkwo, PhD; Sterling C. Johnson, PhD; Amy J. H. Kind, MD, PhD; Barbara B. Bendlin, PhD

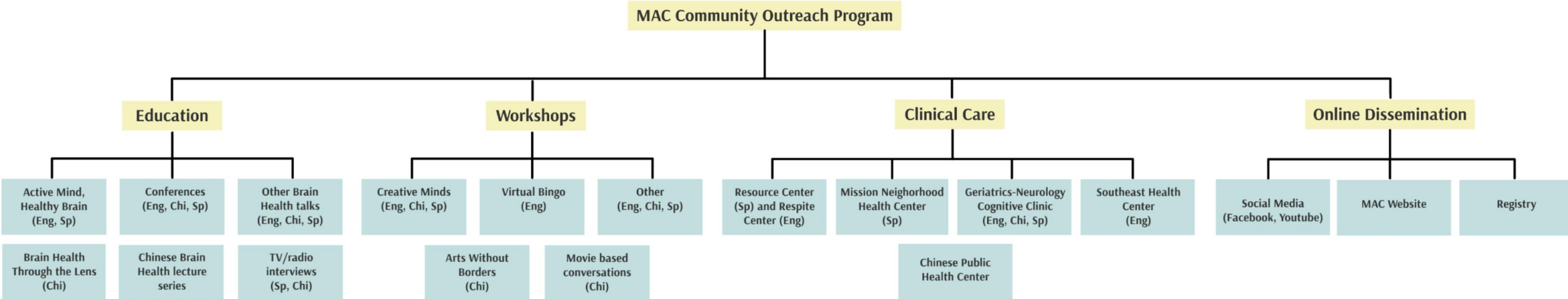


“ In the primary analysis of 951 participants (637 women [67.0%]; mean [SD] age, 63.9 [8.1] years), living in the 20% most disadvantaged neighborhoods was associated with 4.1% lower hippocampal volume ($\beta = -317.44$; 95% CI, -543.32 to -91.56 ; $P = .006$) and 2.0% lower total brain tissue volume ($\beta = -20\,959.67$; 95% CI, $-37\,611.92$ to -4307.43 ; $P = .01$), after controlling for intracranial volume, individual-level educational attainment, age, and sex. **Robust propensity score–matched analyses determined that this association was not due to racial/ethnic or demographic characteristics.**”

Overarching Aims of the UCSF Memory and Aging Center Community (MAC) Outreach Program

- 1) Improve access to clinical care for Chinese, English, and Spanish speaking older adult San Franciscans with cognitive impairment living within the most *underserved* and *vulnerable* neighborhoods of the city.
- 2) Educate older adult San Franciscans living in *underserved*, *underrepresented*, and *vulnerable* neighborhoods on topics related to brain health promotion strategies, key concepts around AD/ADRD, and the importance of inclusive participation in clinical research studies on the brain.
 - Increase the recruitment of Chinese, English, and Spanish speaking older adult San Franciscans living in *underrepresented* and *vulnerable* neighborhoods into brain health research studies underway at the UCSF MAC.
- 3) Develop community arts- and movement-based programming for brain health.
- 4) Study associations between exposures to health influencing social and environmental factors through the lifespan and late life brain health outcomes.

How do we conduct outreach?



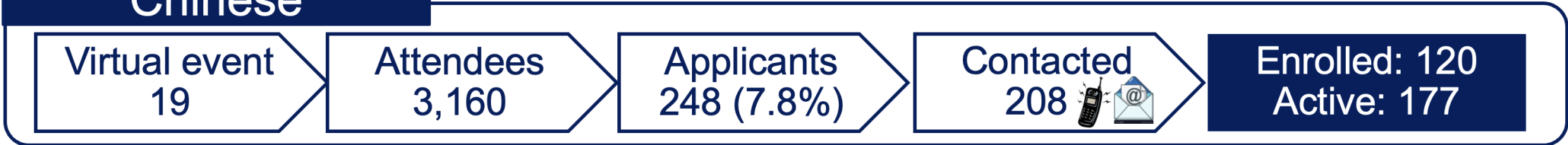
How do we conduct outreach?

Key Partner Organizations

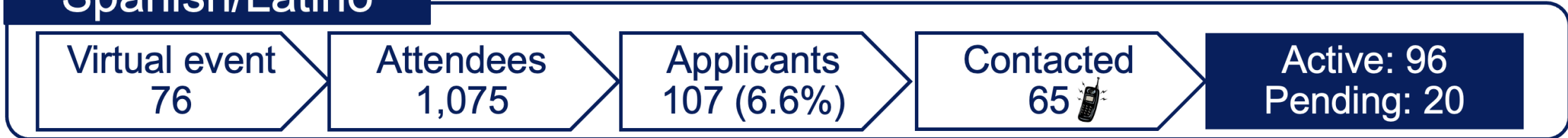
Chinese American	Alzheimer's Association (Northern California/Nevada Chapter), UCSF Asian Health Institute, Self-help for the Elderly, NICOS Chinese Health Coalition, Chinese Hospital, Chinatown Public Health Center, Tzu Chi foundation, Chinese American Coalition for Compassionate Care, Culture to Culture Foundation, OnLok, CARE Registry for Asian American and Pacific Islanders, Oakland Asian Cultural Center, Asian Health Services, Two-way theatre, Center for Elders Independence, Telegraph Hill Neighborhood Center.
Latino American	Alzheimer's Association (Northern California/Nevada Chapter), Mission Neighborhood Health Center, Mexican, Peruvian, and El Salvadorian Consulates in San Francisco, Latino Community Partnership, Tiburcio Vazquez Health Center, Mission Neighborhood Centers, On Lok 30th Street Senior Center, Medical Respite & Sobering Center, Mission Neighborhood Resource Center, Promotoras Con Alma, Lifelong Medical Services, Family Caregiver Alliance, Visión y Compromiso, Living City Sunday Streets, San Francisco Public Libraries, Mission Cultural Center for Latino Arts, SF Village, Cayuga/Community Living Campaign, Hecho en California, Well Connected/Front Door.
Black/African American	Alzheimer's Association (Northern California/Nevada Chapter), George W Davis Senior Center, YMCA Bayview Hunters Point, San Francisco Black/African American Faith Based Coalition, Both Sides of the Conversation, 100 Black Men of America, African American Wellness Project, UCSF Black Health Initiative, Bayview Adult Day Health Center, Rafiki Coalition, Booker T Washington Community Service Center, Allen Temple Baptist Church, United Seniors of Oakland and Alameda, Oakland Housing Authority, The Links, 3 rd Street Baptist Church, San Francisco Public Libraries, Southeast Health Center, Downtown Oakland Senior Centers.

Educational and Workshop Activities (2021-2022)

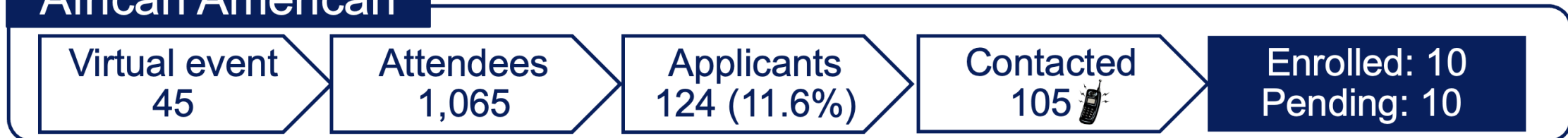
Chinese



Spanish/Latino



African American



Filipino



6TA CONFERENCIA LATINA ANUAL SOBRE ALZHEIMER

Un programa educativo presentado por Alzheimer's Association®

**Exámenes gratuitos de diabetes
y presión arterial
¡Desayuno y aperitivos gratuitos!**

TEMAS PRINCIPALES:

- » ¿Porqué hay tantos Latinos con Alzheimer? Entérese!
- » Planificación para Costos de Cuidado Futuro
- » Armonía sin Estrés
- » Como Nutrir un Cerebro Saludable

INVITADOS ESPECIALES:

- » **Dra. Stephanie Piña-Escudero**,
Geriatra (Especialista en Demencia) GBHI
Memory and Aging Center-UCSF
- » **Dr. Sergio Lanata**,
Neurólogo – GBHI Memory and Aging
Center-UCSF
- » **Juan M. Calderón Jaimés**,
Cónsul General de Mexico en San Jose, CA

Invite a sus familiares, amigos y vecinos



**Sábado, Abril 27, 2019
8 a.m. - 1 p.m.
Programa comienza a las 9 a.m.**

» *Este programa será
presentado en Español*

**Mexican Heritage Plaza
1700 Alum Rock Ave
San Jose, CA 95116**

**PARA REGISTRARSE LLAME A SANDRA
408.372.9919
O REGISTRARSE EN LA LÍNEA
tinyurl.com/SJLatinoConference2019**

*Déjenos saber si necesita asistencia de cuidado
para adulto con Demencia durante este evento*

¡TODOS SON BIENVENIDOS! EVENTO GRATUITO



alzheimer's association®

Visite alz.org/CRF para explorar más programas educativos en su área.

ALZHEIMER'S ASSOCIATION®

1ER FORO ANUAL SOBRE ALZHEIMER: DIRIGIDO A CUIDADORES



Dr. Sergio Lanata,
Neurólogo, Director
del Programa de
alcance comunitario,
Facultad de GBHI
Memory and Aging
Center-UCSF



Dra. Stephanie
Piña-Escudero,
Geriatra, Especialista
en Demencia,
Miembro de GBHI
Memory and Aging
Center-UCSF



Aprenda de profesionales acerca del Alzheimer y demencia —temas de cómo comprender y manejar comportamientos para apoyar su rol de cuidador. Preguntas y respuestas al final de cada sesión. Habrá mesas de organizaciones con recursos para la comunidad.

Agradecimiento especial a
nuestros patrocinadores:



Fecha: **Sábado Septiembre 23, 2023**
Hora: **1-4 p.m.**
Lugar: **El Edificio de las Mujeres
3543 18th Street
San Francisco, CA 94110**

¡Evento gratuito!

Para más información llame a
Daniela Escorcía Ayala
(deayala@alz.org o 415.604.1751)

¡Regístrese en línea aquí!
tinyurl.com/SFCuidador



¡Ofreceremos aperitivos y tendremos rifas!
Ofrecemos becas de descanso para cuidadores
que quieran asistir al foro.

Community-Based Education

Hybrid Community Education Engagements



Serie de Salud del Cerebro

October – November 2021: Four part series with an average of 65 attendees weekly, delivered in a hybrid format with clinic patients attending in-person and over Zoom. The series was promoted on local radio and social media and resulted in 22 research referrals.

Community-Based Education

Research Education Event

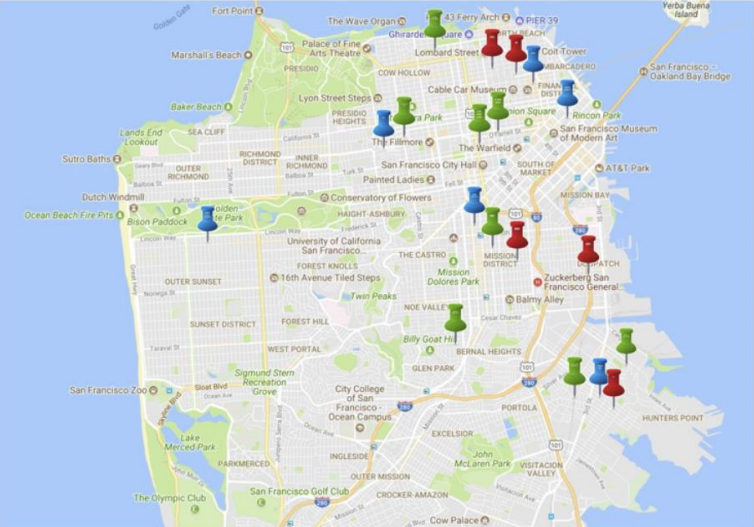


In-person gratitude and **research education event with Spanish-speakers** to share research updates, reengage participants who have been out of touch during the Pandemic, and promote research enrollment.

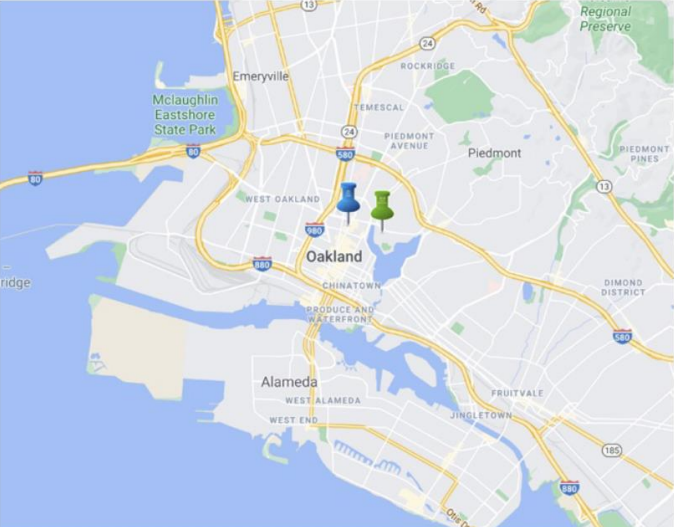
85 Attendees
September 10, 2022



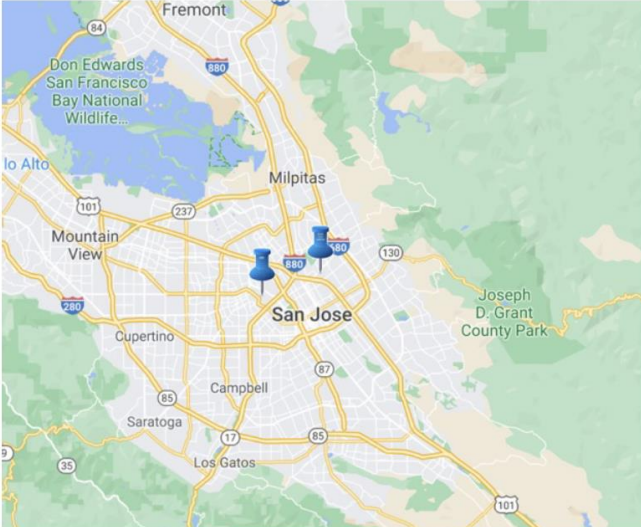
Community-Based Clinics and Other Partnerships






San Francisco



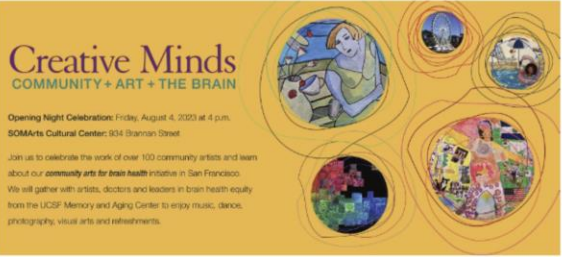
East Bay



San Jose

-  Community-based clinics
-  Community centers
-  Senior centers

Community Art- and Movement-Based Engagements for Brain Health



UnRavelled: Mysteries, Stories, and Creativity in the Brain

Wednesday, August 9 @ 1 p.m.

Featuring talks and a panel discussion with Jake Broder, Atlantic Fellow and playwright, and Dr. Sergio Lanata, Community Outreach Program Director and neurologist from the UCSF Memory and Aging Center, we will explore connections between creativity and neurodegenerative disease. Attendees will be invited to participate in a music and painting activity with Atlantic Fellow and Creative Minds Artistic Director Gloria Aguirre.

This event will be held in English and there is no cost to attend. Space is limited to 40 attendees and registrations will be first come.

Confirm your attendance here:



Decoding Dementia: Is Memory Loss Always Dementia? Not Necessarily

Friday, August 11 @ 1 p.m. in Mandarin with Dr. Sherry Yu Chen

舊金山加州大學記憶與老化研究中心在此向您致以誠摯的問候。我們在此希望邀請您參與記憶與老化研究中心提供的大腦健康講座。

講座將以中文/普通話進行。有關會議主題、日期、地點和時間，請參閱下面內容。所有會議日期和時間以太平洋標準時間為準。由於場地空間有限，請儘早報名參加。填寫此表格後，您將通過電子郵件和/或電話接收活動資料。您的回覆將保持匿名。本次活動的會議內容將會進行錄音與錄像，但不會記錄到任何觀察的面孔或聲音。

創意思維和這項健康藝術活動得到了三藩市殘障人士及長者服務部的慷慨資助，並得到了加州大學舊金山分校記憶與老化中心和全球腦健康研究所的支持。

我們期待與您線上相會。祝平安健康。



Brain Health and Wellness in San Francisco Communities

Saturday, August 12 @ 1 p.m.

Join clinician Dr. Charles Windon and neuropsychologist and Atlantic Fellow Tanisha Hill-Jarrett from the UCSF Memory and Aging Center for a conversation about protecting brain health and promoting healthy aging through education and observational research. Dr. Hill-Jarrett will lead a wellness craft-making activity.

Event will be facilitated in English and all supplies will be provided. There is no cost to attend.

This event is limited to 40 attendees. RSVPs will be accepted on a first come basis. Questions? Contact Alcinda Amuri at Alcinda.Amuri@ucsf.edu or 415.514.0522.



Community Art- and Movement-Based Engagements for Brain Health



Community + Art + the Brain

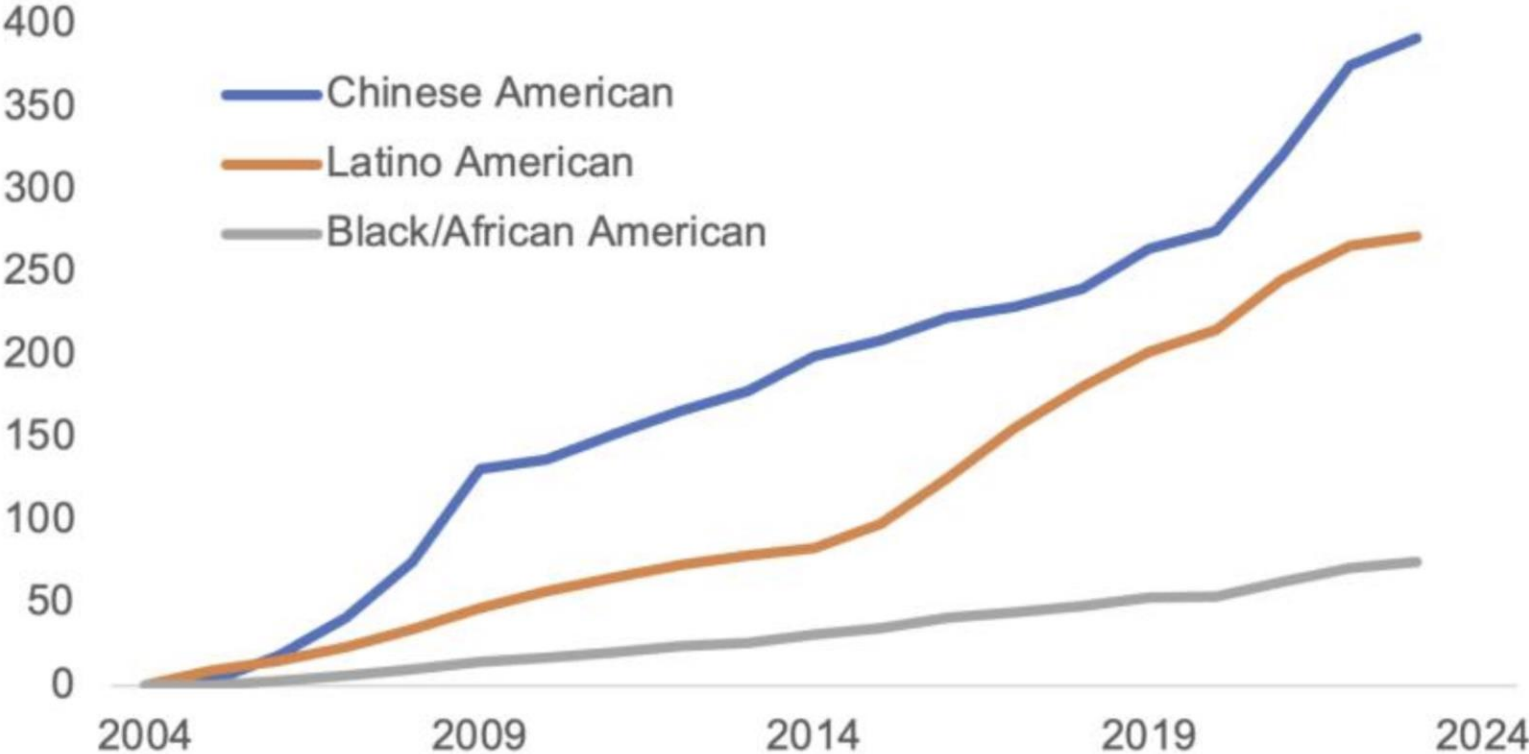
Opening Reception – August 4, 2023



190 Attendees – Atlantic Fellows at GBHI Representing 5 Cohorts
Leadership from Funders and Partner Organizations

Metrics of Engagement Success

Figure 1: Cumulative Enrollment of Chinese, Latino and Black/African American Participants in UCSF ADRC



Life Course Epidemiology 101

Critical/sensitive model: social/environmental exposures have differing heightened effects on individual health outcomes only during specific life periods.

Accumulation model: Timing is less relevant, what matters most is the cumulative duration of exposures throughout life.

Green MJ, Popham F. Life course models: Improving interpretation by consideration of total effects. *Int J Epidemiol.* 2017;46(3):1057-1062. doi:10.1093/ije/dyw329

Cable N. Life course approach in social epidemiology: An overview, application and future implications. *J Epidemiol.* Published online 2014. doi:10.2188/jea.JE20140045

The Social and Environmental Determinants of Brain Health Questionnaire (SEDBH-Q)

Roughly 80 questions that probe a wide range of life exposures:

- Maternal and paternal background
- Expanded sociodemographic characteristics (self-reported race and ethnicity, cultural background; sexual orientation and gender; linguistic abilities, etc.)
- Family dynamics and adverse childhood experiences
- Work experiences
- Exposure to potentially traumatic experiences
- Discrimination
- Resource strain
- Home and neighborhood environment
- Health care access
- Overall stress

SDOBH – Q (English, Spanish, Chinese)

Language	Sent	Completed	Incomplete	In progress	Declined
Spanish	79	40	1	4	0
English	238	119	20	8	11
Mandarin/Cantonese	119	20	0	2	2

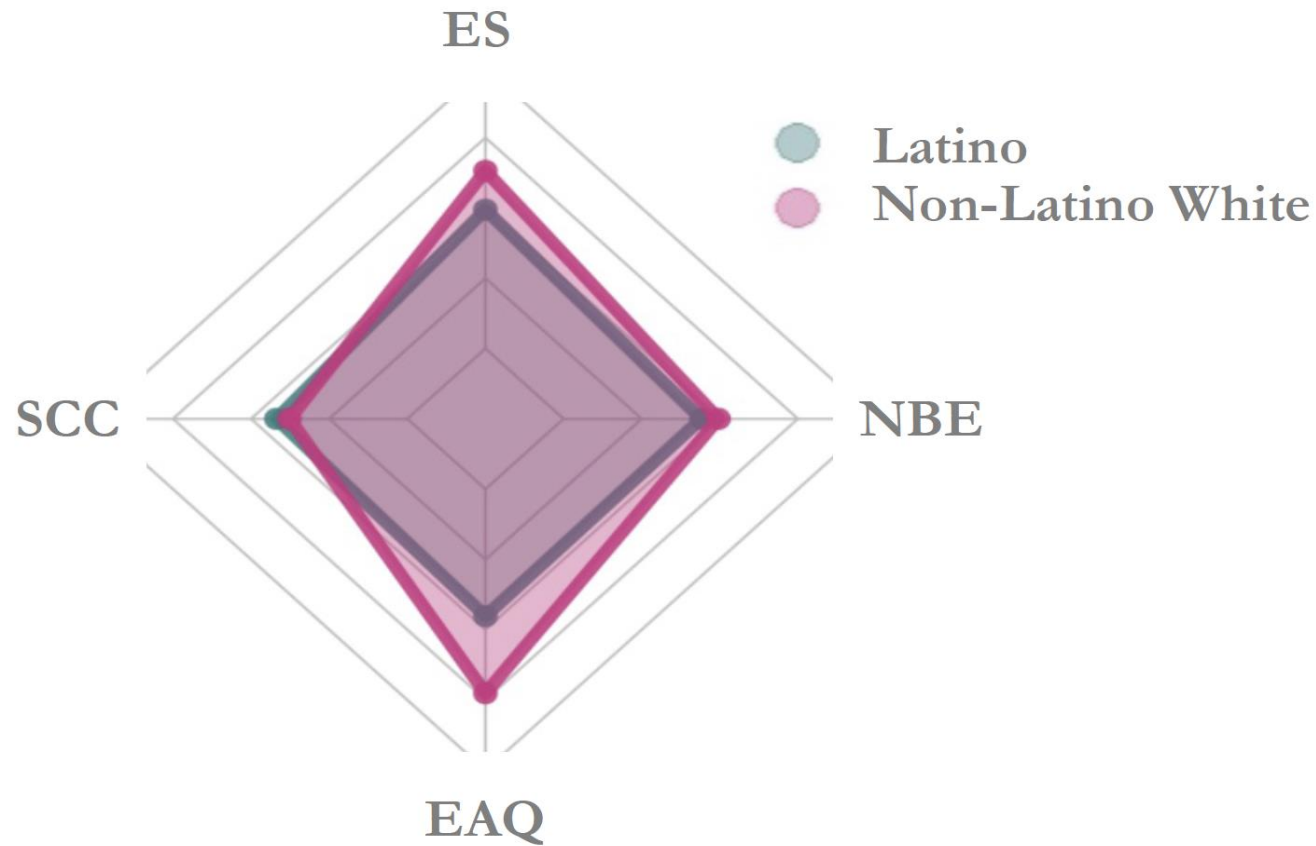
* *RedCAP questionnaire (including consent)*

** *40 to 60 minutes to complete*

** *\$80 per submitted questionnaire*

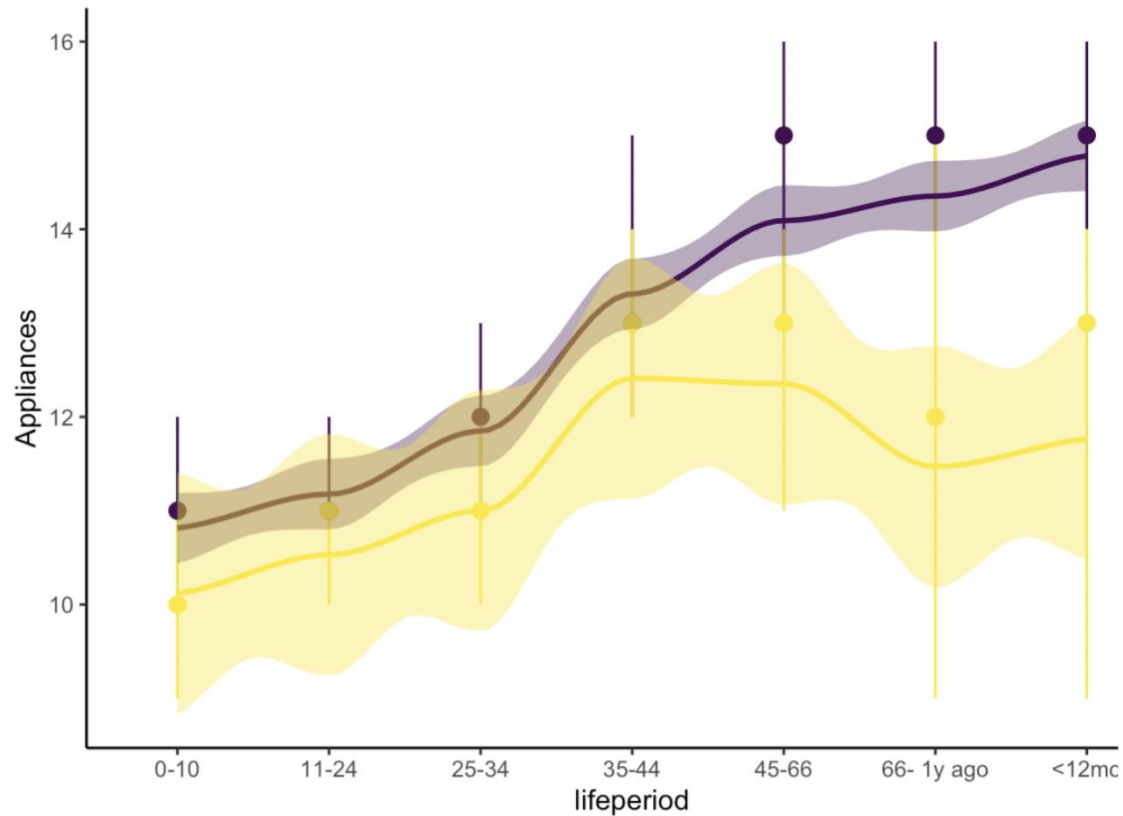
Main challenges: Lack of computer access, low computer literacy, non-responders.

Radar plot of PCA-generated social and environmental factor domain indices by cohort.



ES: Economic Stability
NBE: Neighborhood and Built Environment
EAQ: Education Access and Quality
SCC: Social and Community Context

Number of appliances in household through different life periods for cognitively normal (Purple line) and cognitively impaired (Yellow line) participants



Early-life adversity impacts cognition in late-life

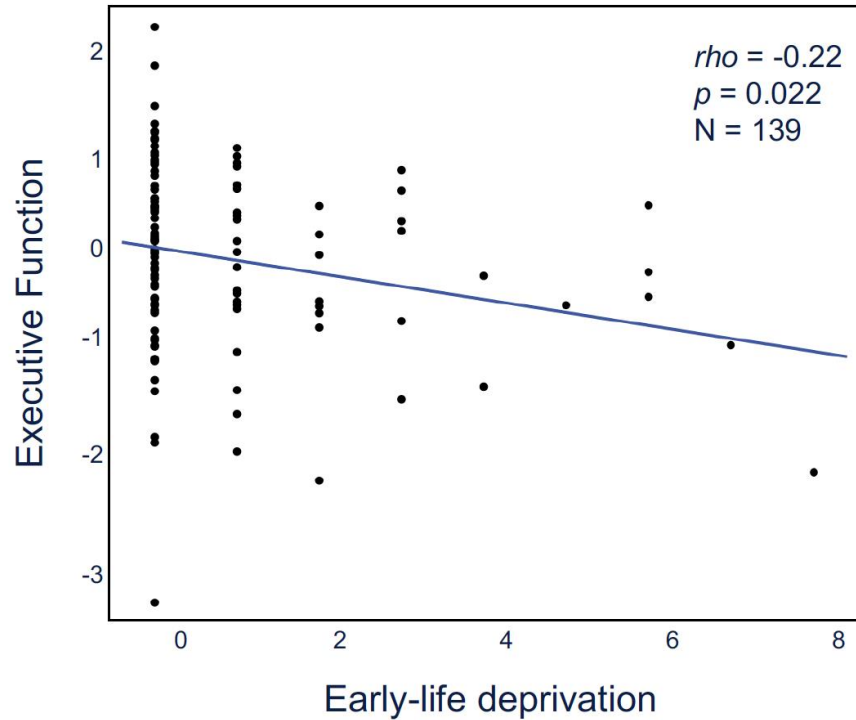
1 type of early-life adversity
(ages 0-24)

Deprivation

Lack of nutritious food
Lack of adequate healthcare
Less than 10 books in home
Caretaker neglect



Worse
Executive
Function



Wei-Ming Watson, PhD
Brain Health Equity Fellow

Outreach Team



Sergio Lanata, MD



Boon Lead Tee, MD



Charles Windon, MD



Jessica DeLeon, MD



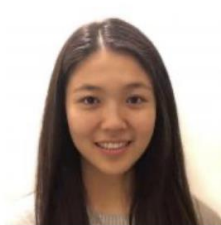
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Thank You



Have more questions? Get answers through our
warmline @ **1-800-933-1789** or our support page.



Here are some examples.

What do I
prioritize after a
positive CHA?

Is the CHA
covered for
patients over
age 65 who have
Medicare, but not
Medi-Cal?

Can I use the CHA
for a patient with
limited literacy?

Open your phone camera and scan
the QR code to submit questions:



Or visit: www.dementiacareaware.org

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Step 1. Please complete our evaluation survey using the link provided in the chat and a post-webinar email. Please select the correct link based on the credit type you are claiming.

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- **ABIM MOC** (for internal medicine physicians).
- We also provide **CAMFT credits**, which in the state of California is approved, for Licensed Clinical Social worker, Licensed Professional Clinical Counselor, Marriage and Family Therapist, and Licensed Educational Psychologist

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- Use your phone camera to scan a QR code and tap the notification to open the link associated with the CME portal.
- Enter your first name, last name, profession, and claim **1 CE credit** for the webinar.

