

2020 Alzheimer's Disease Facts and Figures



Alzheimer's
disease is the
leading cause
of death in the
United States

50%

of primary care physicians believe
the medical profession is not ready
for the growing number of people
with Alzheimer's or other dementias



More than
5 million
Americans
are living with
Alzheimer's



1 in 3
seniors
dies with
Alzheimer's
or another
dementia

It kills more
than breast
cancer and
prostate
cancer
combined



16 million
Americans provide
unpaid care for people
with Alzheimer's or
other dementias

These caregivers provided
an estimated 18.6 billion
hours valued at nearly

\$244 billion



In 2020, Alzheimer's and other
dementias will cost the nation
\$305 billion — By 2050, these
costs could rise as high as
\$1.1 trillion

Between 2000 and
2018 deaths from heart
disease have decreased

7.8%↓

while deaths from
Alzheimer's disease
have increased

146%↑

Dementia

VS.

Alzheimer's

What's the difference?

Dementia is a general term for a decline in mental ability severe enough to interfere with everyday life.



There are hundreds of types of dementia. Here are some that fall under this **umbrella term**:



Vascular dementia

Alzheimer's disease

Mild Cognitive Impairment

Lewy Body dementia

Frontotemporal dementia

Dementia doesn't just refer to age-related cognitive diseases, but can also be caused by many reversible medical conditions, including:

Lyme Disease

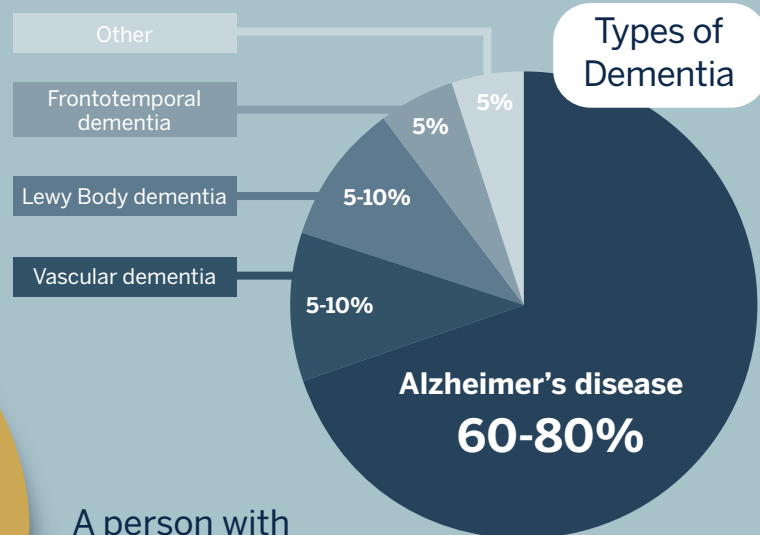
Hypo-thyroidism

Vitamin B12 deficiency

Head injury



Alzheimer's disease is the **most common type of dementia** causing problems with memory, thinking, and behavior.



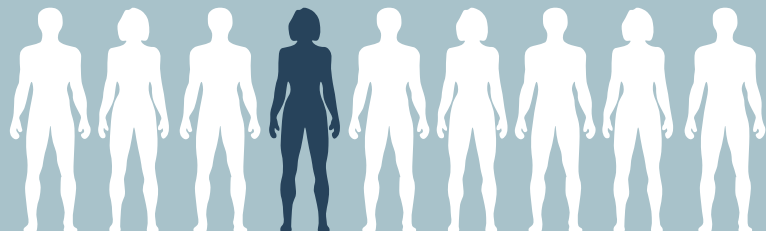
A person with Alzheimer's disease has difficulty:

Communicating

Remembering

Solving problems

In Michigan, approximately **190,000 people** over the age of 65 are living with Alzheimer's disease. This is around **12%** of people 65+ or **one in ten** people 65+ in Michigan.



Mediterranean Diet Pyramid

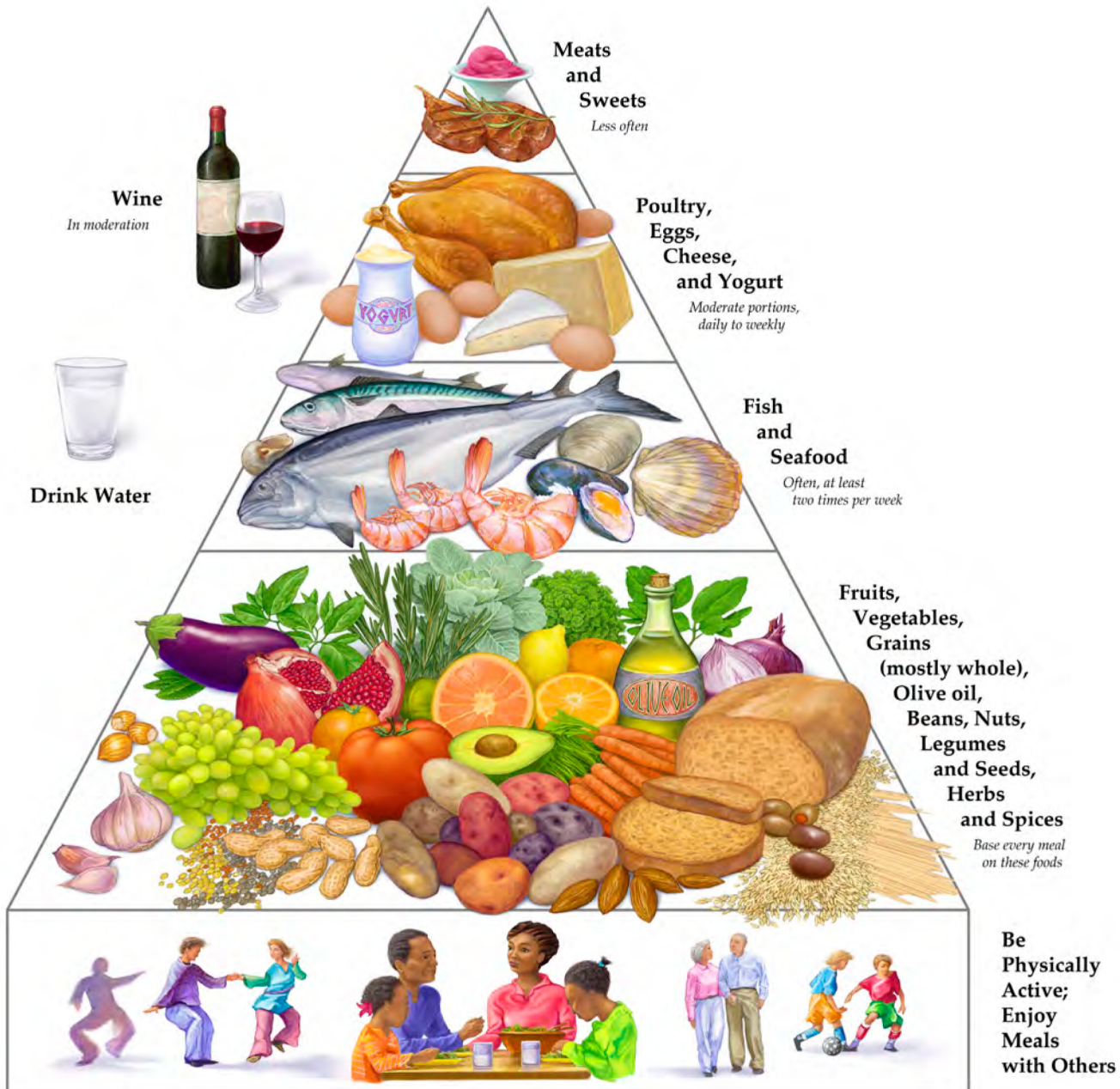


Illustration by George Middleton

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Mediterranean Diet

Choosing a diet similar to one eaten by people living around the Mediterranean Sea may lower the risk of cardiovascular disease and have additional health benefits. The diet is mostly plant-based with high amounts of fresh vegetables, fruits, nuts, dried beans, olive oil, and fish. Follow these tips to eat the Mediterranean way!

Food/Food Group	Recommended Intake*	Tips
Vegetables	4 or more servings each day (one portion each day should be raw vegetables)	A serving is 1 cup raw or ½ cup cooked vegetables. Eat a variety of colors and textures.
Fruits	3 or more servings each day	Make fruit your dessert
Grains	4 or more servings each day	Choose mostly whole grains. 1 serving = 1 slice bread or ½ cup cooked oatmeal
Fats/Oils	Olive Oil: 4 Tablespoons or more each day	Choose extra virgin olive oil (EVOO) and use in salad dressings and cooking; choose avocado or natural peanut butter instead of butter or margarine
Dried Beans/Nuts/Seeds	Nuts/Seeds: 3 or more servings each week Beans/Legumes: 3 or more servings each week	1 ounce or 1 serving = 23 almonds or 14 walnut halves; 1 serving of beans = ½ cup
Fish and Seafood	2-3 times each week	Choose salmon, sardines, and tuna which are rich in Omega-3 fatty acids
Herbs and Spices	Use daily	Season foods with herbs, garlic, onions and spices instead of salt
Yogurt/Cheese/Egg Poultry	Choose daily to weekly	Choose low-fat yogurt and cheeses; choose skinless chicken or turkey in place of red meat
Alcohol/Wine	Men: 1-2 glasses each day Women: 1 glass each day	Always ask your medical team if alcohol is ok for you to consume.

***Serving sizes should be individualized to meet energy and nutrient needs.**

❖ Red meats, processed meats, and sweets should be limited



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Mediterranean Plate



Choose fresh fruit for dessert or snacks

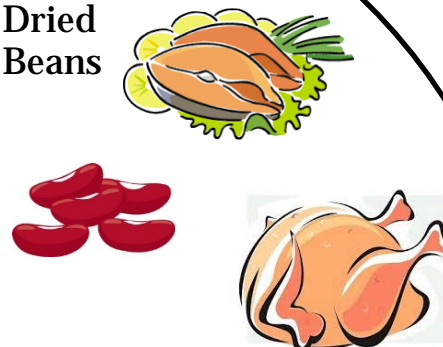


Flavor your food with herbs, spices, garlic, onions and olive oil

Whole Grains & Starchy Vegetables



Poultry, Fish & Dried Beans



Drink water, tea or coffee with little or no sugar. May have 1-2 glasses of wine each day, but discuss with your medical team first.

Choose Non-Fat & Low-Fat Dairy Products



Non-Starchy Vegetables



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Sample Menu

Breakfast

1 cup Greek yogurt with $\frac{3}{4}$ cup berries or fresh fruit and $\frac{1}{4}$ cup walnuts
1 slice whole wheat toast with $\frac{1}{4}$ cup mashed avocado or 2 teaspoons natural nut butter
Coffee or tea



Lunch

1 cup lentil or minestrone soup
1 whole wheat pita
2 Tablespoon hummus
 $\frac{1}{2}$ cup tomatoes, $\frac{1}{2}$ cup cucumber with 2 Tablespoons olive oil, balsamic vinegar, and basil
Water with lemon wedge
1 apple, peach, or orange



Snack

1 ounce low-fat mozzarella cheese and 15 grapes

Dinner

3-4 ounces broiled fish brushed with olive oil, seasoned with lemon and dill
1 cup brown rice, cooked
1 cup steamed carrots
1-2 cups baby spinach and arugula salad with 2 Tablespoons olive oil vinaigrette dressing
Decaf green tea or 5 ounce wine (if cleared by medical team)

Snack

1 ounce dark chocolate

Nutrition Information: 2200 calories (8% saturated fat, 11% polyunsaturated fat, 19% Monounsaturated fat), 43 grams fiber. 4 Tablespoons olive oil each day provides 480 of 2200 calories.



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Crockpot Salsa Chicken Tacos

Prep/Cook Time: 6 hours (5 minutes prep) Number of Servings: 2

Ingredients

- 2- 4oz boneless skinless chicken breasts
- Fresh ground pepper, to taste
- 1/8 tsp paprika
- 1/4 tsp garlic powder
- ½ tsp ground cumin
- ½ cup chunky salsa
- Whole wheat tortillas or hard taco shells
- Shredded lettuce
- Shredded 2% cheddar cheese
- Nonfat Greek yogurt
- **Optional:** Avocado slices or prepared guacamole



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Crockpot Salsa Chicken Tacos

Directions

1. Place chicken breast in a small crockpot and season with pepper, paprika, garlic powder, and cumin.
2. Top with salsa, cover, and cook on low for 4-6 hours until cooked completely.
3. Remove chicken from crockpot and place on a large plate. Shred the chicken using two forks.
4. Place shredded chicken back into the crockpot with the remaining salsa and juices to flavor the shredded chicken. Mix to combine well.
5. Serve with a whole wheat tortilla, shredded lettuce, cheese, Greek yogurt and any additional toppings you like.

Nutrition Facts (per serving, does not include optional toppings):

Calories: 242 Protein: 30gm Total Carbohydrates: 19gm Fiber: 4gm
Total Fat: 9 gm Cholesterol: 73 mg Sodium: 697mg

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Baked Potato Cauliflower Soup

Prep Time: 30 minutes Number of Servings: 2

Ingredients:

- 2 medium russet potatoes, washed and dried
- 2 cups steamed cauliflower (buy steamer bag cauliflower for convenience)
- 1 1/2 cups fat free, low sodium chicken broth
- 1 1/2 cups 1% reduced-fat milk
- Freshly cracked black pepper, to taste
- Salt-free seasoning (e.g. Mrs. Dash)
- 6 tablespoons light sour cream
- 8 tablespoons reduced-fat shredded sharp cheddar cheese
- 4 tablespoons chopped chives, divided
- 2 slices bacon, cooked in microwave and crumbled (you can use turkey bacon or 2 tablespoons real bacon bits if you prefer)



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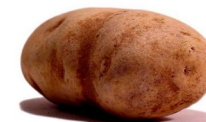


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Baked Potato Cauliflower Soup

Directions:

1. Pierce potatoes with a fork; microwave on high for 5 minutes turn over and microwave another 3 - 5 minutes, until tender.
2. Meanwhile, steam cauliflower in the microwave as the package instructs and measure out 2 cups.
3. Add chicken broth, milk, potatoes, and cauliflower to a blender and puree until smooth. Place pureed cauliflower and potatoes in a soup pot over medium-heat and bring to a boil. Add sour cream, cheese, seasonings, and chives and cook on low another 5-10 minutes, stirring occasionally.
4. Remove from heat, ladle into a soup bowl, and top with cooked bacon and additional cheese if preferred (optional).

Nutrition Facts (per serving):

Calories: 403 Protein: 27gm Total Carbohydrates: 43gm
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