



AMERICAN COLLEGE OF NEUROPSYCHOPHARMACOLOGY

“Healthy Aging: The Connection...Diabetes, Obesity, and Dementia”

World Mental Health Day, Tuesday, October 10th

In recognition of World Mental Health Day (October 10th), The American College of Neuropsychopharmacology (ACNP) propose a breakfast or lunch briefing for Senate members and staffers to illustrate how neuroscience research informs efforts in treating common mental health problems. As the population of the United States ages, Alzheimer's is becoming a more common cause of death. Between 2000 and 2014, deaths from Alzheimer's disease as recorded on death certificates increased 89 percent, while deaths from the number one cause of death (heart disease) decreased 14 percent. Because mental health disorders cross party lines, ACNP believes these findings signal a valuable time for policymakers to hear from experts on these issues within our aging population.

Dementia affects an estimated 47 million people worldwide, a figure set to almost double every 20 years. At the same time the prevalence of obesity and diabetes in American adults has also drastically increased leading scientists to research and gain understanding of this connection. In 2017, Alzheimer's and other dementias will cost the nation \$259 billion and by 2050 these costs could rise as high as \$1.1 trillion.

During this briefing, Dr. Natalie Rasgon of Stanford University will provide public understanding and knowledge of the social, mental, and fiscal impacts of diabetes, obesity, and dementia. Dr. Eric Reiman, Executive Director of the Banner Alzheimer's Institute and Chief Executive Officer for Banner Research, will discuss the importance of stimulating greater investment and innovation in dementia research as well as share the benefits of taking a public health approach to dementia and prevention. We will also hear from an individual who will provide a personal perspective on how dementia has affected his/her life.

The overall goals of the briefing will be to promote public understanding and knowledge of the impact of this connection between diabetes, obesity and aging, and exhibit the importance of continued research funding.

This briefing is hosted by the American College of Neuropsychopharmacology, a professional organization of leading brain and behavior scientists. Founded in 1961, the membership of the College is drawn from scientists in multiple fields including behavioral pharmacology, brain imaging, chronobiology, clinical psychopharmacology, epidemiology, genetics, molecular biology, neurochemistry, neuroendocrinology, neuroimmunology, neurology, neurophysiology,

psychiatry, and psychology. Our members are consistently acclaimed as the thought leaders in psychiatry and pharmacology, and we are in a process of applying this expertise to mental health policy.

We welcome your feedback on these briefing ideas and any other suggestions on how the College can be helpful in providing information and education on these subjects to you and your colleagues.

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