

Bree Collaborative | Alzheimer's and Other Dementias Revision

July 20th 2026 | 2:30-4PM PST

Hybrid

MEMBERS PRESENT

Kris Rhoads, PhD, UW

LuPita Gutierrez-Parker

Jamie Teuteberg, MS, HCA

Allyson Schrier

Cathleen McCaul, AARP

Michelle Hamilton, MD, Molina

Michelle Graham, MD, UHC

Nancy Isenberg, MD, MPH, Swedish
Neuroscience Institute

Lama Sibai, PsyD, MA, Nolia Health

Kyle Unland, MS, RDN, DOH

STAFF AND MEMBERS OF THE PUBLIC

Emily Nudelman, DNP, RN, Bree Collaborative

Karie Nicholas, MA, GDip, Bree Collaborative

Al Tsai, PhD, MPH, AHA Puget Sound

Deanna Medina, Midwest QIN-QIO

INTRODUCTIONS

Kris welcomed everyone to the meeting and reviewed the agenda. Minutes were reviewed and adopted. Beth provided brief updates to the workplan.

Action: Motion to approve the June minutes

Outcome: June minutes approved

PRESENTATION: AHA OF PUGET SOUND

Kris invited Al Tsai, PhD, MPH, from AHA Puget Sound forward to share a bit more about the American Heart Association's programs and initiatives in the Puget sound area.

- **AHA programs:** AHA works with clinics and community partners on blood pressure control, nutrition security, and cardiac emergency readiness.
 - **Target BP and self-measured blood pressure:** Target BP supports primary care clinics with tools, data submission, and recognition; home blood pressure monitoring was emphasized as a key strategy.
 - **Nutrition security:** AHA supports nutrition policy development, produce storage and distribution capacity, and food insecurity screening/referral through community and clinical partners.

PRESENTATION: DEPARTMENT OF HEALTH

Kris invited Kyle Unland, MS, RDN, from DOH forward to share a bit more the risk reduction and prevention work going on at the DOH relevant to dementia

- Organizational structure and program areas including heart disease, stroke, diabetes, cancer, healthy aging, oral health, youth cannabis and tobacco prevention
- Primordial/primary – secondary – tertiary prevention levels

- DOH uses socioecological model and system dynamics to address risk factors at multiple levels – policy, community, institutional, interpersonal, and individual
- Reliance on federal funding and need to align to funder identified priorities
- DOH collaborates with CBOs, FQHCs, rural clinics and other partners to implement programs like self-measured blood pressure, diabetes prevention, tobacco cessation, with a focus on high risk underserved populations
- Discussion:
 - How do you measure impact?
 - Real-time EHR data is limited due to the fragmented healthcare system, difficult to track referrals and outcomes across organizations
 - Evaluation focuses on system level changes, implementation of screening processes, and existence of support systems
 - Any overlap or focus on farmworker communities?
 - Partnerships with Yakima Valley Farmworkers Clinic and others

DISCUSSION: RISK REDUCTION AND DELAYING PROGRESSION FOCUS AREA

Kris transitioned the workgroup to reviewing our approach to risk reduction and delaying progression.

- Use of the Lancet Commission 2024 review as a framework for actionable, evidence-based risk factors for dementia, group debated focusing on midlife and later life
- Need to frame risk reduction as brain health, supporting self efficacy and comfort in discussing prevention and resilience
- Value of starting prevention as early as possible, and integrating messaging across the lifespan
- Questions about evidence linked to menopause or pesticide exposure
 - Need for more research before conclusive statements can be made about either
- Resilience, mindset, and messaging in risk reduction: need for clinicians and programs to convey messages that empower individuals to believe they can influence their brain health, focus on strengths-based messaging, and important to encourage adults to support healthy behaviors in children

PUBLIC COMMENT AND GOOD OF THE ORDER

Beth invited final comments and Kris thanked all for attending. There was opportunity for final public comment. The workgroup's next meeting will be on Monday, August 10th from 2:30-4PM.