



Northern Light
HealthSM

Eastern Maine Medical Center Clinical Research Center

A Roadmap for Translational Research in Alzheimer's Disease: Recommendations in the 2022 Maine State Plan for Alzheimer's Disease

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Background



- Maine is experiencing a rapid increase in age-related disease, especially Alzheimer’s Disease and Related Disorders (ADRD)
- In early 2021, the Maine Center for Disease Control and Prevention (Maine CDC) hosted a series of “Healthy Brain” initiative meetings to develop a process for revising the 2012 Maine State Alzheimer’s Plan

Objective

To describe the Maine CDC process for revision of the 2012 Maine State Alzheimer's Plan, the expertise of the Research and Data subcommittee, and the recommendations made for incorporation into state plan

Overview

- The Maine State Planning process sought to create a shared vision statement, goals and objectives for the revised state plan, and identification of gaps and strategies to overcome identified barriers
- Six committees were formed to develop objectives and recommendations for these aspects of the state plan: 1.) Access to care 2.) Care partners 3.) Legal and public safety 4.) Public awareness 5.) Workforce development and 6.) Research and data
- The 26-member research and data subcommittee included representation from public health agencies, hospital health systems, universities, community agencies, and Maine's major research laboratory
- This committee met twelve times over the course of 2021 and early 2022, facilitated by Alfred May, who led the overall revision process for the Maine CDC

Recommendations

- Increase equitable access to clinical research for Mainers
- Improve data used for planning services to Mainers with ADRD
- Improve public health and clinical practice to prevent or slow age-related cognitive decline (“healthy brain aging”)
- Improve research infrastructure to maximize success of Maine-based investigators doing work related to brain aging and ADRD
- Establish cooperative efforts to recruit more clinical and basic scientists to Maine



Recommendations

1. To meet public health planning needs, a surveillance system for new diagnoses will be created, using methodologies for active monitoring and case reporting of ADRD.
2. To bring translational research findings to clinical practice, a standing work group will advise health systems, advocacy groups, community and state agencies on new evidence of best practices.
3. To improve research quality and funding, new and enhanced research infrastructure will be created to promote collaboration between Maine-based institutions and investigators.
4. To increase equity and improve representative engagement in research, we will develop methodologies to reach out to historically underrepresented populations in ADRD research.
5. To increase the number of ADRD basic and clinical scientists in Maine working on improved detection, symptomatic treatments, slowing progression and delaying or preventing disease onset, we will promote collaboration between research, academic and health systems to create opportunities for recruiting basic and clinical investigators.

Discussion

- Maine CDC will combine subcommittee recommendations with the other committees to create the revised State Plan for Alzheimer's Disease
- The draft plan will be submitted to various stakeholder groups to review and comment before going back to state agencies for approval
- Federal CDC grant money awarded to Maine may be used to fund efforts to meet the objectives proposed by the committees, including the Research and Data Committee
- One outcome will be an enlarged Maine-based research consortium allowing larger studies, be more competitive for NIH grants and recruiting clinical scientists to Maine and to Northern Light

Resources

- [2019 Update, Rhode Island State Plan on Alzheimer's Disease and Related Disorders](#)
- [Georgia Alzheimer's & Related Dementias State Plan | Division of Aging Services | Georgia Department of Human Services](#)
- [Maine Chapter \(alz.org\)](#)

Thank you

- All members of the Research and Data Subcommittee
- Maine Centers for Disease Control and Prevention
- Northern Light Health Clinical Research Center
- University of Maine
- Jackson Laboratory
- Northern Light Acadia Hospital
- Maine Health
- University of Southern Maine
- Maine Office of Aging and Disability Services