

African Americans and Latinos are underrepresented in Alzheimer's research. Here are 4 ways to fix that

[UsAgainstAlzheimer's](#), the organization we work with, [recently analyzed](#) more than 300 peer-reviewed studies of non-drug interventions for Alzheimer's and dementia. Just under 4% of them focused on communities of color.

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This is startling given the fact that African Americans are two to three times [more likely](#) to develop Alzheimer's than non-Hispanic whites, while Latinos are 1.5 times more likely.

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There are four steps the health care system, researchers, and policymakers can take to better prepare for these shifting demographics.

Promote early detection and diagnosis. Despite a higher risk for Alzheimer's and dementia, African Americans and Latinos living with these conditions are [less likely than non-Hispanic whites](#) to receive a diagnosis from a provider.

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Broaden criteria for research eligibility. [Strict eligibility criteria](#) for Alzheimer's trials can lead to limited representation of minorities in clinical research.

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Better information on social determinants of health. Collecting and mapping data on social determinants of health will address gaps in Alzheimer's research and health services.

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Expand medical and family leave. According to [a national poll](#) of dementia caregivers, more than half of those surveyed who used paid family leave benefits reported positive effects on their ability to provide care and on their own emotional well-being.

Read full, original post: [A road map for including Latinos and African Americans in Alzheimer's research](#)