SAVE YOUR BRAIN

Take the quiz!

This quiz is a learning tool to assist you in identifying healthy lifestyle choices that will lower your risk of **cognitive decline** (such as when you have difficulty with memory). Cognitive decline is often the first step towards dementia and Alzheimer's disease (the 6th leading cause of death in Iowa).

The following quiz can be taken by anyone of any age, however the scientific research on which this is based was primarily done on older Americans, aged 60-75. Answer the questions the best you can. Your answers should reflect your behavior over the past 6 months to a year.

Eat Well

Write your answers (a, b, c)

1. **Typically, how many servings of dark green, leafy vegetables do you eat?** (Serving = 1 cup uncooked or ½ cup cooked kale, collard greens, spinach etc., NOT iceberg lettuce) _____
    a. Less than 2 servings per week
    b. 2 to 6 servings per week
    c. 6 or more servings per week

2. **Typically, how many servings of other vegetables do you eat?** (Serving = 1 cup uncooked or ½ cup cooked green beans, squash, carrots, broccoli, celery, peas, tomatoes, beets, corn, zucchini, eggplant, cabbage, etc.) _____
    a. Less than 5 servings per week
    b. 5 to 6 servings per week
    c. More than 6 servings per week

3. **Typically, how many servings of berries do you eat?** (Serving = ½ cup raw strawberries, blueberries, other berries, or ¼ a cup dried berries, or ½ cup frozen unsweetened berries, etc.) _____
    a. Less than 1 serving per week
    b. 1 serving per week
    c. 2 or more servings per week

4. **Typically, how many servings of nuts do you eat?** (Serving = 1/3 cup almonds, cashews, pecans, walnuts, other nuts or, 2 tbsp unsweetened peanut butter/other nut butters, etc.) _____
    a. Less than 1 serving per month
    b. 1 serving per month to less than 5 servings per week
    c. 5 or more servings per week

5. **Typically, do you use olive oil when cooking or preparing dressings?** (As salad dressing, when stir frying, on vegetables, etc.) _____
    a. No, I use something other than olive oil (vegetable oil, canola oil, etc.)
    b. I use olive oil sometimes, but use others more often (vegetable, canola, etc.)
    c. Yes, I use mostly olive oil

6. **Typically, how much butter and/or margarine do you use?** (spread on bread, add to homemade dishes, for baking etc.) _____
    a. 3 or more tablespoons per day
    b. 1 to 2 tablespoons per day
    c. Less than 1 tablespoon per day

7. **Typically, how many servings of cheese do you eat?** (Serving = 1 oz [size of a pair of dice], 1 cup cottage cheese, 1 slice of cheese on a burger, cheese on one slice of pizza, etc.) _____
    a. 7 or more servings per week
    b. 1 to 6 servings per week
    c. Less than 1 serving per week

8. **Typically, how many servings of whole grains do you eat?** (Serving = 1 slice whole wheat bread, ½ cup brown rice, ½ cup whole grain cereal, ½ cup cooked oatmeal etc.) _____
    a. Less than 1 serving per day
    b. 1 to 2 servings per day
    c. 3 or more servings per day

9. **Typically, how often do you eat fish that is NOT fried?** (Serving = tuna on a sandwich, salmon or other fresh fish the size of a deck of cards, NOT fried fish cakes, sticks, etc.) _____
    a. Rarely
    b. 1 to 3 times per month
    c. 1 or more times per week

10. **Typically, how often do you eat beans?** (Beans, lentils, soybeans, etc.)
    a. Less than 1 meal per week _____
    b. 1 to 3 meals per week
    c. 4 or more meals per week

11. **Typically, how often do you eat poultry that is NOT fried**? (Chicken or turkey on a sandwich, chicken or turkey as main dish, rotisserie chicken, NOT fried chicken or chicken nuggets) _____
    a. Less than 1 meal per week
    b. 1 meal per week
    c. 2 or more meals per week

12. **Typically, how often do you eat red meat and red meat products?** (Hamburger, beef tacos, hot dogs, roast beef, ham, sausage [alone, on pizza], salami, lamb, pork, meatloaf, etc.) _____
    a. 7 or more meals per week
    b. 4 to 6 meals per week
    c. 3 or less meals per week

13. **Typically, how often do you eat fast foods OR fried foods?** (Fast food at drive thru restaurants like hamburgers, fried chicken sandwiches, french fries, and chicken nuggets, or fried cheese curds, fried chicken, fish and chips, etc.) ____
    a. 4 or more times per week
    b. 1 to 3 times per week
    c. Less than once per week

14. **Typically, how often do you eat pastries and sweets?** (Serving = 1 piece of cake, 1 danish, 1 donut, 1 cookie,1 inch square brownies, a piece of pie, handful of candy, ½ cup ice cream, etc.) ____
    a. 7 or more servings per week
    b. 5 to 6 servings per week
    c. 4 or less servings per week

15. **Typically, how much wine do you drink?** (1 glass = 5 oz.)
    a. Less than one glass per month OR more than 1 glass per day ____
    b. At least 1 glass per month but less than 1 glass per day
    c. 1 glass per day

Get Moving

Write your answers (a, b, c)

16. **Typically, how often do you move for a total of 30 minutes a day**? (You can count blocks of at least 10 minutes of activity that add up to 30 minutes per day. Movement includes walking, gardening, exercise classes [such as Zumba, spin, pilates], running, biking, weight lifting, etc.) ____
    a. Never or less than once per week
    b. 1 to 2 times per week
    c. 3 or more times per week

17. **Typically, how often are you physically active to the point where you are breathing hard enough that it would be difficult to carry on a conversation?** (Activities include vigourous jogging/running, swimming, hiking, spin class, dancing, etc.) ____
    a. Never or less than once per week
    b. 1 to 2 times per week
    c. 3 or more times per week

18. **Typically, how often do you do strength building exercises?** (Strength building exercises include resistance bands, free weights, dumbbells, body weight exercises like pull-ups or push-ups, etc,)
    a. Never or less than once per week
    b. 1 to 2 times per week ____
    c. 3 or more times per week

19. **Typically, how often do you work on your balance and/or flexibility?** (These activities include pilates, yoga, tai chi, specific exercises such as standing on one foot while you brush your teeth, etc) ____
    a. Never or less than once per week
    b. 1 to 2 times per week
    c. 3 or more times per week

20. **During an average day, what is the longest period that you continuously sit or lay down without getting up?** (For example: if you typically stand up each and every hour, the answer is 1 hour; however if you typically sit all morning at work without standing, the answer may be 4 hours. This does NOT include sleeping.) ____
    a. 5 or more hours without standing or moving
    b. 3 to 4 hours without standing or moving
    c. 2 hours or less without standing or moving

21. **In a normal week, how often do you leave your living space (home, apartment)?** (Examples include getting groceries, visiting friends, going to work, or being physically active outside, etc.) ____
    a. 2 or less times per week
    b. 3 to 4 times per week
    c. 5 or more times per week

Stay Sharp

Write your answers (a, b, c)

22. **How often do you take part in at least one of the following types of activities: read a book or newspaper (hard copy or online), write for pleasure, complete crossword puzzles, etc.?** ____
    a. Never to several times a week
    b. Every day
    c. Multiple times a day (for example: read 4 times per and complete crosswords 4 times per week)

23. **How often do you participate in at least one of the following types of activities: playing a musical instrument, participate in playing board games or playing cards, or are involved in mentally stimulating group activities such as book club or taking an educational class?** ____
    a. Never to several times a week
    b. Every day
    c. Multiple times a day (for example: play an instrument 6 times per week, go to book club 2 times per week)

24. **Since age 60 (if you are not yet 60, answer for your last two decades), have you learned a new skill that took time and was mentally demanding?** (Examples include learning to play an instrument, digital photography, quilting, taking part in a college class?) ____
    a. No, I have not spent any time learning a new skill
    b. Somewhat (I play an instrument, but haven't learned a new one recently; or I listen to lectures but don't discuss them with others)
    c. Yes (I learned to speak Chinese or learned to edit photos after taking a photography class)

Be Social

Write your answers (a, b, c)

25. **How often do you socially interact on a personal level with others (such as family, friends) for at least 10 minutes, or interact with others in settings such as religious services or activities, exercise classes, group coffee, bridge club, classes or lectures, at work?** ____
    a. Never to a few times a month
    b. 1 to 4 times per week
    c. 5 or more times per week

26. **Do you have someone who you would feel comfortable relying on to provide emotional support for you during a difficult decision?** ____
    a. Never
    b. Sometimes
    c. Always

Go to "Save Your Brain: Score Sheet" to determine your results.