SAVE YOUR BRAIN

Score Sheet

The **Save Your Brain Quiz** is meant to be a learning tool to assist in making healthy lifestyle choices that will lower your risk of cognitive decline (such as when you have difficulty with memory), dementia, and Alzheimer's disease. Many of these healthy choices are known to also lower your risk of other diseases such as heart disease, type 2 diabetes, stroke, cancer, etc.

Once you turn 65, your estimated lifetime risk for cognitive decline is 23%. Even if you are not over 60 right now, you can use this tool to start healthy habits that will have a lifetime of results.

To calculate how much you have reduced your risk of cognitive decline:

Count all **A** answers _____ . Multiply by 0 = _____ points

Count all **B** answers _____. Multiply by 1 = _____ points

Count all **C** answers _____. Multiply by 2 = _____ points

Add total points for your score: _____

And find your score below!

Healthy Life Habits Category	Your Score	You've Reduced Your Risk of Cognitive Decline By:*
⭐ Maximal Healthy Life Habits	**47-52**	70%+
😄 A lot of Healthy Life Habits	**39-46**	61-67%
😊 Moderate Healthy Life Habits	**27-38**	45-50%
👍 Some Healthy Life Habits	**20-26**	38-42%
😐 Minimal Healthy Life Habits	**9-19**	8-12%
😔 No Healthy Life Habits	**0-8**	No risk reduction

*Estimated risk reduction. For a more detailed breakdown of score by section, see **'Save Your Brain: Detailed Quiz Results.'**

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What YOU Can Change

Eat Well

The recommended diet for brain health is the MIND diet, a variation of the Mediterranean and DASH diets, which focuses on increasing 10 healthy foods and decreasing 5 unhealthy foods. For more information, see separate handout "**Eat Well with the MIND Diet**."

Recommendation	Examples	Estimated Reduced Risk
Green, leafy vegetables	Eat 1-2 servings per day - add spinach or kale to your salad, sandwich, pasta, and eggs.	Down 5-10%
Berries like blueberries or strawberries	Eat a serving a day - ½ cup of fresh, or if they aren't in season, try dried berries or unsweetened frozen berries for a perfect snack or to add to smoothies oatmeal, and salads.	Down 5-10%
Olive oil	Substitute olive oil for other oils or butter.	Down 5%
Red meat	Decrease red meat to 3 or less meals a week. Try fish (at least once a week) and chicken (2 or more times per week) instead.	Down 10-12%
Fast or fried foods	Limit to once a week or less (fries, hamburgers, fried chicken)	Down 5%

Get Moving

Physical activity does NOT have to be at the gym while wearing spandex; just move! For more information, see separate handout "**Get Moving with Physical Activity**." (Anyone with medical problems, especially heart or lung disease, should see their healthcare provider before starting a new exercise program. If you are beginning to lift weights, you should meet with a fitness professional to be sure you are lifting correctly.)

What	Recommendation	Examples	Estimated Reduced Risk
Be Active!	30 minutes per day 3 or more times per week Active enough that it's difficult to talk to someone else	Walk (with your dog, a friend, outside, on the treadmill), garden, clean the house, swim, jog, row, bike	Down 35-50%
Strength	2 or more times a week	Resistance bands, push-ups, squats, lifting weights	Down 25%
Balance	Decrease your risk for falls (a major cause of broken bones, head injury, bruises, and cuts)	Stand on one foot while brushing teeth Pilates, tai chi, yoga	Decrease risk of falls
Just Move!	Try to stand and move around every hour.	At work, school, while watching TV at home	Increase general health

Stay Sharp

Learning a brand new and difficult skill that takes time to master may decrease risk of cognitive decline up to **47-62%**. Challenge yourself! For more information, see separate handout "**Stay Sharp with Cognitive Engagement**."

Instead of this	**Do this!**
Playing solitaire	Learn a new card game and play with friends
Reading a book	Take a college class and discuss what you've learned with others
Playing the same instrument for 40 years	Learn how to play a new instrument
Always using your native language	Learn a new language

Be Social

Interacting with others, as well as having a person who you can rely on in difficult situations, is important. Become active in your community, join a book or walking club, and volunteer. Research is ongoing, but studies support improved brain health with more socialization, especially being involved in activities that help others. For more information, see separate handout "**Be Social with Friends and Family**."

Final Thoughts

Making sure all chronic diseases (like high blood pressure and diabetes) are well controlled has been shown to be important for brain health. Also, having your hearing and vision checked regularly may be critical to maintaining these healthy habits, especially the social activities. Regularly getting a good night of sleep (around 8 hours) helps your brain stay healthy. And if you smoke – quit!

All of the above actions work together to improve brain health. Many of these habits overlap. For example, social activities often lead to more physical activity. Whether you eat more berries or start walking, one or two changes can decrease your risk of cognitive decline! By improving your behavior in all these areas, you will have the best chance of having a healthy brain for the rest of your life.

If you have any questions or concerns about this quiz, call the Iowa Department of Public Health at 800-362-2736.