

Maintaining Your Brain Health

Studies show that healthy behaviors, which can prevent some kinds of cancer, type 2 diabetes, and heart disease may also reduce your risk for cognitive decline. Although age, genetics, and family history can't be changed, the Lancet Commission on dementia prevention, intervention, and care suggests that addressing risk factors may prevent or delay up to 40% of dementia cases.



Here's what you can do:

- Quit smoking.

Quitting smoking now may help maintain brain health and can reduce your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Free quitline: 1-800-QUIT-NOW (1-800-784-8669).

- Stay engaged.

There are many ways for older adults to get involved in their community such as joining a class at a community center.

- Be physically active.

CDC studies show physical activity can improve thinking, reduce risk of depression and anxiety and help you sleep better.

- Maintain a healthy weight.

Healthy weight isn't about short-term dietary changes. Instead, it's about a lifestyle that includes healthy eating and regular physical activity.

- Manage blood sugar.

Learn how to properly manage your blood sugar especially if you have diabetes.

- Get enough sleep.

A third of American adults report that they usually get less sleep than the recommended amount. How much sleep do you need? It depends on your age. Those 65 and older require at least 7-8 hours of sleep each night.

- Maintain a healthy blood pressure level.

Tens of millions of American adults have high blood pressure, and many do not have it under control. Learn the facts.

For more information on healthy lifestyle choices and maintaining your brain health, visit:

www.cdc.gov/aging/olderadultsandhealthyaging/maintainng-your-brain-health.html



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