Brain Health Empowers You to Choose How You Will Age As You Live

2022 Dementia Friendly Community Summit
September 29th, 2022

Sarah Lenz Lock
SVP Policy & Brain Health, AARP
Executive Director, Global Council on Brain Health
Background: Aging and Brain Health

- Vast majority of people aged 50 and older want to **stay in their homes and communities** for as long as possible.

- More than **6 million Americans** of all ages have Alzheimer’s
  ~100K in Minnesota and growing……..

- 48% of adults 40+ believe it is likely they will experience dementia as they age.

![Map of Minnesota with Alzheimer's prevalence data](image)
Aging Population Requires Community Solutions

• By 2030, one of every five people in the U.S. will be 65 or older.

• By 2035, the number of adults 65+ will be greater than the number of children under 18.

• By 2050, the number of people 65+ with Alzheimer’s dementia is estimated to be 13 million people.
Dementia Impacts Communities of Color, Women, Caregivers

• 83% of the help provided to older adults in the United States comes from family members, friends or other unpaid caregivers.

• Despite decades of research and calls to action, health care accessibility/equity impacted by:
  – gender
  – race
  – ethnicity
  – geography
  – socioeconomic status

• Black Americans and Hispanic Americans are more likely to have dementia but are less likely to be diagnosed than white Americans.
Cognitive Decline is NOT Inevitable

- 2021 AARP brain health survey found that 6 out of 10 adults over the age of 40 in the U.S. believe cognitive decline inevitably occurs with aging.

- Vast majority of adults will never experience cognitive decline significant enough to interfere with their lives.

- Modifiable lifestyle factors can reduce risks for cognitive decline at the population level by up to 40%.

- There are strategies to help people reduce their risks to their brain health at any age.
Community is the Systemic Strategy

- 98% of adults 40+ say maintaining brain health was important, but only 1/2 engage in brain healthy activities.
- Community is key to implementing the 6 pillars.
- Delaying onset of dementia by 5 years cuts incidence in half.
Age-Friendly and Dementia-Friendly Communities: Supporting Behavior Change

Age friendly communities and dementia-friendly communities can support behavior change that helps older people engage in healthier behaviors and supports brain health.
WHO/AARP Age-friendly Eight Domains:

1) Outdoor Spaces and Buildings
2) Transportation
3) Housing
4) Social Participation
5) Respect and Social Inclusions
6) Civic Participation and Employment
7) Communication and Information
8) Communities and Health Services
Dementia Friendly America Ten Sectors

1) Transportation, Housing and Public Spaces (Local Government)
2) Businesses
3) Legal and Advance Planning Services
4) Banks and Financial Services
5) Neighbors and Community Members
6) Independent Living
7) Communities of Faith
8) Care Throughout the Continuum
9) Memory Loss Supports and Services
10) Emergency Planning and First Response
Livable and Sustainable Communities

What is a livable community?

• Deliberately planning for and making livable communities support healthy living – including brain health through public health measures.

• Planners can create age-friendly communities that account for the needs of people at all life stages.
Ways to create communities that promote the independence and active community engagement of older adults

- Coordinated land use;
- Sustainable and resilient infrastructure investment;
- Equitable and inclusive allocation of resources that supports all members of a community;
- A wide range of affordable and accessible housing and transportation options;
- Policies and programs that foster positive health outcomes;
- Adequate access to amenities and delivery of services;
- Full community participation, including hard-to-reach populations.
Age-Friendly and Dementia-Friendly Communities: Also Fostering Brain Health

• Age-Friendly and Dementia-Friendly Communities support behavior changes that help older people engage in healthier behaviors for improved brain health.

• Well-designed, age-friendly, and dementia-friendly communities foster not only brain health activities but also help people sustain their healthy behavior changes.
Actions Communities Should Take

1. Set a goal identifying behavior change **targets** on brain health.
2. Create opportunities for peer-to-peer **health coaching**.
3. Answer these seven questions* before you create a public messaging campaign.
4. Tailor messages to targeted audiences. **Talk, listen** and **engage**.
5. Take an **inclusive**, multi-faceted approach collaborating across sectors to create a culture of health.
6. Keep **track** of the response: measure outcomes that matter to individuals.

*See full report for 7 key questions: [www.GlobalCouncilonBrainHealth.org](http://www.GlobalCouncilonBrainHealth.org)
Six Pillars of Brain Health

BE MORE and help build Livable & Sustainable communities

More info and resources:
www.GlobalCouncilonBrainHealth.org
and
StayingSharp.aarp.org
Joining others interested in brain health, workshop participants made lifestyle changes to benefit their brain health.

As a result of what you learned in the brain health workshop, have you…

- Increased your daily activity
- Consumed more fruits and vegetables
- Engaged in more mentally stimulating activities
- Managed stress more effectively
- Consumed more nuts, beans, whole grains
- Increased amount of moderate to vigorous exercise
- Consumed less saturated fat
- Made changes to sleep better
- Increased social engagement
- Eaten more servings of fish

<table>
<thead>
<tr>
<th>Change</th>
<th>2021</th>
<th>July 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increased your daily activity</td>
<td>56%</td>
<td>72%</td>
</tr>
<tr>
<td>Consumed more fruits and vegetables</td>
<td>51%</td>
<td>67%</td>
</tr>
<tr>
<td>Engaged in more mentally stimulating activities</td>
<td>64%</td>
<td>66%</td>
</tr>
<tr>
<td>Managed stress more effectively</td>
<td>56%</td>
<td>66%</td>
</tr>
<tr>
<td>Consumed more nuts, beans, whole grains</td>
<td>57%</td>
<td>62%</td>
</tr>
<tr>
<td>Increased amount of moderate to vigorous exercise</td>
<td>51%</td>
<td>59%</td>
</tr>
<tr>
<td>Consumed less saturated fat</td>
<td>55%</td>
<td>56%</td>
</tr>
<tr>
<td>Made changes to sleep better</td>
<td>48%</td>
<td>55%</td>
</tr>
<tr>
<td>Increased social engagement</td>
<td>46%</td>
<td>57%</td>
</tr>
<tr>
<td>Eaten more servings of fish</td>
<td>46%</td>
<td>64%</td>
</tr>
</tbody>
</table>
Top barrier reported is the **people around you**

- One-third (34%) said the people around them “do not do these types of activities.”
Resources

- aarp.org/brainhealth
- GlobalCouncilOnBrainHealth.org
- stayingsharp.aarp.org
Resources

aarp.org/caregiving/

Disrupt Dementia & AARP

Milken Institute Alliance to Improve Dementia Care
THANK YOU!

Questions?

Sarah Lenz Lock
Senior Vice President
Policy and Brain Health, AARP

Email: SLock@aarp.org

@SarahLenzLock
Pillar 1 – Be Social

Stay Socially Engaged to Support Your Brain Health
Interacting with friends and family can help ward off dementia.

The Brain and Social Connectedness:
GCBH Recommendations on Social Engagement and Brain Health
Pillar 2 – Engage Your Brain

Find Ways to Stimulate Your Brain

The concept of ‘use it or lose it’ applies to your brain health.

Engage Your Brain:
GCBH Recommendations on Cognitively Stimulating Activities
Pillar 3 – Manage Stress

Reduce Your Stress, Bolster Your Brain Health

Lifestyle plays a key role in brain health and mental well-being.

Brain Health and Mental Well-Being: GCBH Recommendations on Feeling Good and Functioning Well
Pillar 4 – Ongoing Exercise

Exercise Can Help Your Brain at Any Age

Physical activity supports your overall health as well as your brain.

The Brain–Body Connection: GCBH Recommendations on Physical Activity and Brain Health
Pillar 5 – Restorative Sleep

Restful Sleep Makes Your Brain Function Better

A good night’s sleep is crucial for memory and thinking skills.

The Brain–Sleep Connection: GCBH Recommendations on Sleep and Brain Health
Pillar 6 – Eat Right

Eating Healthy Is Good for Your Brain

Making wise food choices is one of the best ways to support brain health.

Brain Food:
GCBH Recommendations on Nourishing Your Brain