



45%
POTENTIALLY
MODIFIABLE

Nearly half of all dementia cases worldwide could be prevented or delayed by addressing 14 modifiable risk factors.



OKLAHOMA
State Department
of Health

Healthy Habits for Brain Health

Challenge your mind



Put your brain to work. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.

Stay in school



Education reduces the risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library or online.

Get moving



Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body.

Protect your head



Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt when driving. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

Be smoke-free



Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to quit.

Control your blood pressure



Medications can help lower high blood pressure, and healthy habits like eating right and physical activity can help, too. Work with a health care provider to control your blood pressure.

Manage diabetes



Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.

Eat right



Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat.

Sleep well



Good quality sleep is important for brain health. Do all you can to minimize disruptions. If you have any sleep-related problems, talk to a health care provider.

Stay socially active



Social engagement is associated with reduced rates of disability and mortality, and may also reduce depression. Among individuals with a genetic risk for dementia, rates of dementia were lower among those who frequently engaged in social activities.

Vision loss



Research has shown that risk of dementia or cognitive decline is greater among those with visual impairment than among those without visual impairment. Treating conditions that cause vision loss may help lower risk of cognitive decline.

Hearing loss



Hearing loss has been strongly associated with increased rates of cognitive decline and dementia risk. Treating hearing loss via the use of hearing aids may help reduce risk of dementia and slow cognitive decline.



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