



OHBI Coalition Meeting 10/19/21

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# Agenda

Time	Topic	Discussion Points	Team Member(s) Responsible
1:00-1:05	Welcome		Sara Paape
1:05-1:30	Workgroup Updates		Workgroup Chairs
1:30-2:15	Goal Creation	•SMART Goals	Morgan Fitzgerald Sara Paape
2:15-2:45	Program Update	•MOUs •Education Campaigns	Morgan Fitzgerald
2:45-3:00	Group Share		OHBI Members

**Next Meeting: OHBI Coalition:** January 18, 2022 @ 1-3 pm

**Public Education Workgroup:** October 26, 2021 @ 9-10:30 am

**Workforce Development Workgroup:** October 26, 2021 @ 1-2 pm

**Policy Development Workgroup:** October 26, 2021 @ 1-2 pm



# Goal Creation

**S**pecific

**M**easurable

**A**chievable

**R**ealistic

**T**ime-Bound

# Specific

- Concrete, detailed, and well defined so that you know where you are going and what to expect when you arrive
- WHO
- WHAT
- Use verbs that document action

# Measurable

- Numbers and quantities provide means of measurement and comparison
- Show success or impact over time
  - “how much” change is expected
- Target

# Achievable

- Feasible and easy to put into action
- Consider available resources, knowledge and time

# Realistic

- Accurately address the scope of the problem and programmatic steps that can be implemented within a specific time frame
- Considers constraints such as resources, personnel, cost, and time frame

# Time-Bound:

- A time frame helps to set boundaries around the objective
- When



# Examples

- **[Who]** will do **[what]** resulting in **[measure]** by **[when]**.
- By **[when]**, **[who]** will do **[what]** resulting in **[measure]**.
- By **[when]**, **[measure - includes who and what]**.
- **[Measure - includes who and what]** by **[when]**.

Criteria to assess objectives	Yes	No
1. Is the objective SMART? <ul style="list-style-type: none"><li>• <b>Specific:</b> Who? (Target population and persons doing activity) and What? (action/activity)</li><li>• <b>Measurable:</b> How much change is expected?</li><li>• <b>Achievable:</b> Can be realistically accomplished given current resources and constraints</li><li>• <b>Realistic:</b> Addresses the scope of the health program and proposes reasonable programmatic steps</li><li>• <b>Time-bound:</b> Provides a timeline indicating when the objective will be met</li></ul>		
2. Does it relate to a single result?		
3. Is it clearly written?		

# MOUs



Oklahoma  
Dementia Care  
Network

alzheimer's  association<sup>®</sup>

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**800.272.3900 | [alz.org](https://www.alz.org)<sup>®</sup>**

# Education Campaigns

## Healthy Heart, Healthy Brain

Steps for Protecting the Heart, Brain, and Body



Over the years, our bodies and brains change. But memory loss that disrupts daily life, or difficulty completing familiar tasks, is not typical. The changes may be signs of early dementia or Alzheimer's.

Learn more about Alzheimer's, dementia, and cognitive decline at alz.org.

**Over 5 million Americans have Alzheimer's disease**

**67,000 people aged 65 and older have Alzheimer's in Oklahoma**

People with heart disease, high blood pressure, or diabetes have a much higher risk of developing Alzheimer's or other dementias.

### Key steps you can take for a healthy heart, brain, and body:

1. Call your doctor today for an appointment to talk about how to keep your brain and heart healthy.
2. Schedule wellness checkups and health screenings every year. Blood pressure and diabetes screenings are usually free with health insurance or Medicare Part B.
3. Exercise each day.
4. Stop smoking.
5. Get help managing high blood pressure, diabetes, high blood cholesterol, and depression or anxiety.
6. Protect your head. Falls are the number one cause of head injury in older adults.
7. Eat more fresh fruits and vegetables and foods low in salt and sugar.
8. If you have trouble with memory or forgetfulness that makes it hard to get through the day, see your doctor right away.

You can do things today to protect your brain and heart health. These steps may help reduce risk for cognitive decline and dementia.

➔ Turn over for your checklist to help keep your heart, brain, and body healthy.

## Checklist: Keep Your Heart and Brain Healthy

Insert logo or website information

Your heart and brain are connected. Arteries that take blood away from the heart flow all through the body, including the brain, feeding it with oxygen and energy.

Healthy habits help keep arteries and veins from becoming clogged, which can harm the heart and cause strokes.

### WORKING WITH YOUR DOCTOR

- Make an appointment for health screening tests and wellness checkups every year. They are usually free with health insurance or Medicare Part B.
- Have your blood pressure checked regularly and know your numbers. A blood pressure of less than 120/80 mmHg is normal.
- Ask your doctor to go over how to measure and track your own blood pressure results. Ask where you can go in your community to check your blood pressure yourself.
- Have your cholesterol checked regularly and know your numbers. Talk to your doctor about what you can do if your cholesterol is high.
- If you do not have diabetes, have your blood sugar level checked regularly. Keep your blood sugar levels under control to stay healthy.
- If you do have diabetes, have your blood sugar and A1C levels checked regularly, and work with your doctor to get them to normal levels. Your A1C should be less than 5.7%.
- Talk with your doctor about your medicines and vitamins to make sure they do not cause problems with your memory, sleep, or cognition.

### WORKING ON YOUR OWN

- Be active or walk every day. Try to get at least 1½-2 hours of exercise each week.
- Take your medicine for blood pressure and diabetes even if you feel good.
- If you smoke, stop now to reduce your risk for stroke and dementia. Talk to your doctor if you need help quitting.
- Eat more fruits and vegetables and less salt and sugar.
- If you are overweight, try to lose weight with exercise and a healthy diet. Losing even a few pounds can make a difference. Talk to your doctor for help.
- Read food labels to see how much salt (sodium) or fat is in your food. If you don't know how to read food labels, ask your doctor for help.
- Limit alcoholic drinks. No more than one drink per day for women and no more than two for men. Talk to your doctor if you need help.
- Get at least seven hours of sleep each night. Talk to your doctor if you have trouble sleeping.
- Keep your brain active. Go out and visit with people in your community, take classes, go to local events, play games, and stay active.

## HEALTHY AGING. HEALTHY BRAIN.

Your health changes as you get older. However, you can protect your brain health at any age. Adults with health issues have a higher risk of memory problems. Adults with diabetes should monitor their blood sugar levels. Keeping your blood pressure under control is also important. Schedule regular appointments with your healthcare provider and talk to them about your health needs, including any memory problems. Managing your health may lower your risk for memory loss, confusion, and Alzheimer's disease.

Take these actions today to protect your brain health.



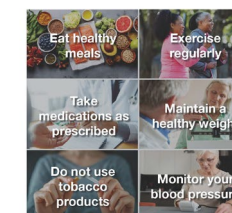
Talk to your healthcare provider today about taking action to protect your brain health.



## HEALTHY BLOOD SUGAR. HEALTHY BRAIN.

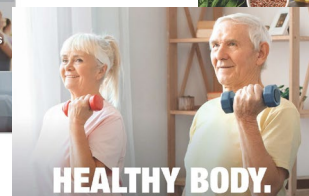
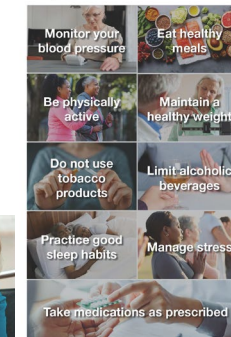
Having diabetes can put your brain health at risk. Diabetes can damage blood vessels, which results in reduced or blocked blood flow to the brain. This can increase your risks for Alzheimer's disease, memory loss, and confusion.

It is important to keep your blood sugar levels under control to stay healthy. Visit your doctor regularly to help manage your diabetes. Here are some other ways to help you manage your blood sugar and protect your brain health:



## HEALTHY BLOOD PRESSURE. HEALTHY BRAIN.

It is normal for your brain to change as you get older. Having healthy blood pressure can lower your risk for memory loss and confusion. Follow your healthcare provider's guidance to manage your blood pressure.



## HEALTHY BODY. HEALTHY BRAIN.

It is normal for your brain to change as you get older. Regular physical activity can have many benefits for health, including lowering your risk for memory loss and confusion. It can:

- Help you think better
- Improve your sleep quality and help you to fall asleep faster
- Improve your feelings of well-being
- Reduce symptoms of anxiety and depression
- Lower your risk of Alzheimer's disease and related dementias

All forms and amounts of physical activity are helpful for the health of older adults. For maximum health benefits, older adults should do all three of these activities:

- AT LEAST 150 MINUTES A WEEK**  
Something that gets your heart pumping like walking briskly or dancing
- AT LEAST TWO DAYS A WEEK**  
Something that builds muscle like gardening or using exercise bands
- Something to improve balance**  
like walking heel to toe or standing on one foot

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