

## Structured Lifestyle Intervention in U.S. POINTER Protects Cognition for Up to Two Years

A structured, multi-domain lifestyle intervention protects cognition from normal age-related cognitive decline for up to two years, according to the top-line findings from the Alzheimer's Association-led [U.S. POINTER](#) clinical trial released today at the Alzheimer's Association International Conference (AAIC). The cognitive benefits were consistent across age, sex, ethnicity, heart health status, and genetic ApOE status.



Individuals in the trial participated in either a structured intervention – with specific exercise, diet, and cognitive/social activities as well as regular health monitoring by a clinician – or a self-guided intervention, where participants were encouraged to engage in self-selected lifestyle changes that best fit their needs and schedules.

Cognition improved among participants in both interventions, but, **relative to those in the self-guided group, participants in the structured group performed at a level comparable to adults one to two years younger in age.**

[Go to U.S. POINTER site](#)

Additional findings from the trial are expected to be published over the next year, and participants in the trial will continue to be followed for four years. In addition, the Alzheimer's Association is committing more than \$15 million to fund implementation studies to start to bring the intervention to communities across the United States. Initially, ten teams will be awarded implementation study planning grants, including the Tennessee and Mississippi Departments of Health.

To learn more, read the Alzheimer's Association [press release](#) and the [full findings](#) published in *JAMA*. An [article](#) in *Alzheimer's & Dementia* discusses the public health implications of the results.



## Upcoming Webinar

Upcoming Webinar — Public Health Implications of the U.S. POINTER Study

August 21 | 3-4 p.m. ET



Register today to hear the latest findings from the U.S. POINTER study and explore public health implications related to brain health. Hosted by the BOLD Public Health Center of Excellence on Dementia Risk Reduction, this webinar will feature expert insights on:

- Emerging research on dementia risk reduction.
- Updated scientific summaries on brain health strategies.
- Public health implications of the U.S. POINTER study.

[Register](#)

**Get Started at [alz.org/PublicHealth](https://alz.org/PublicHealth)**



HBI Road Map



State Resources  
and Data



10 Healthy Habits  
for Your Brain



HBI Road Map  
for AI/AN Peoples



Public Health and  
Dementia Curriculum



10 Early Signs  
of Alzheimer's

The Healthy Brain Initiative is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$14,229,665 with 100% funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS, or the U.S. Government.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia -- by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®.

Alzheimer's Association National Office, 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601 ©2021 Alzheimer's Association. All rights reserved. 800.272.3900 | [alz.org](https://alz.org) Please add publichealth@alz.org to your address book to ensure you receive all future emails.

[View your email preferences or unsubscribe.](#)