

STAY SHARP

A Healthy Brain at Any Age

In Santa Clara County, we envision all adults thrive in healthy, equitable, supportive communities that ensure optimal health and promote aging in place.

BRAIN HEALTH RISK FACTORS

Know your risk for developing Alzheimer's and dementia.



AGE

The risk of Alzheimer's disease and dementia goes up significantly as you age with most cases affecting those of 65 years and older.



RACE/ETHNICITY & SEX

Women are more likely to develop Alzheimer's disease than men; older African Americans and Hispanics are 2 and 1.5 times more likely to have dementia than Whites.



LIFESTYLE CHOICES

Alcohol use, smoking, lack of exercise and sleep, and unhealthy eating habits can increase your risk of cognitive decline.



MEDICAL CONDITIONS

High cholesterol, diabetes, heart disease, and stroke have been linked to an increased risk of Alzheimer's disease and dementia.



GENETICS/ FAMILY HISTORY

Those who have parents or siblings with Alzheimer's or dementia are more likely to develop the disease.

SANTA CLARA COUNTY: BY THE NUMBERS



2 in 3 adults **over 65** have at least **2 chronic conditions**



Alzheimer's disease was the **5TH LEADING CAUSE OF DEATH** in 2019



2 in 5 adults are at **unhealthy weight**

10%

10% of adults are current smokers with higher rates in households earning between **\$25K and \$50K**

27% Fruit

19% Vegetable

Only 27% and 19% of adults eat the recommended number of **fruit and vegetable servings daily**

58%

Only 58% of adults meet the CDC recommendations for **physical activity**

Healthy Habits to Love Your Brain and Reduce the Risk of Cognitive Decline

It's never too late or too early to have a healthy lifestyle. You don't have to start everything in one day. **Start with day one.**



STAY ACTIVE

Engage in physical activity that increases heart rate and blood flow. Studies have found that regular exercise for 150 minutes a week reduces the risk of cognitive decline.



LEARN NEW THINGS

Activities such as crossword puzzles and reading will help reduce the risk of cognitive decline and dementia. Take recreational classes at a community center or online if you can.



PROTECT YOUR HEART

Risk factors for heart disease and stroke—obesity, high blood pressure, high cholesterol, smoking, and diabetes—negatively impact your cognitive health. Schedule regular check ups for routine screenings and vaccinations with your doctor.



PREVENT HEAD INJURIES

Traumatic brain injury can increase the risk of cognitive decline and dementia, especially if they are severe or occur repeatedly. Use a helmet when playing contact sports or riding a bike and take small steps to prevent falls.



SOCIAL CIRCLE

Staying socially connected and engaged will support brain health. Find ways to be part of your community—join a choir, a meditation group or book club, or volunteer if you can.



GET ENOUGH SLEEP

Not getting enough sleep may result in problems with memory and thinking. It is recommended to get between 7 and 8 hours of sleep each night.



MENTAL HEALTH WELLNESS

Some studies have linked social isolation and depression with cognitive health decline. Talk to your health care provider for help if you have depression, anxiety, or chronic stress.



FOOD AS MEDICINE

Eat a healthy, balanced diet that is higher in vegetables and fruits, especially green leafy vegetables and a variety of berries to help reduce the risk of cognitive decline.