



Aging Well Series






Presented by the CCBA & Alice Peck Day Memorial Hospital

NURTURING YOUR NEUROHEALTH: A PRACTICAL GUIDE TO BRAIN CARE

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McCance
Brain Care Score Card



| <div><div>McCance Brain Care Score™</div></div> | | <div><div>MASSACHUSETTS GENERAL HOSPITAL</div><div>McCance Center for Brain Health</div></div> | | | |
|--|---|---|--|-------------------------------|--|
| Category | Criteria / Description | Rank | Score | | |
| <div><div>Physical</div></div> | Blood Pressure | Resting blood pressure greater than 140/90, with or without treatment | Resting blood pressure less than 120/80 | 0 | |
| | | 120-139/80-89, with or without treatment | Hemoglobin A1c greater than 6.4 | 2 | |
| | | Hemoglobin A1c between 5.7 and 6.4 | Hemoglobin A1c less than 5.7 | 3 | |
| | Blood Sugar | Hemoglobin A1c greater than 6.4 | 190 or higher | 0 | |
| | | No treatment required or less than 190 mg/dL | If cardiovascular disease is present, LDL is in accordance to the latest CDC recommendations | 1 | |
| | | Lower than 18.5 kg/m2 | 18.5-25 kg/m2 | 2 | |
| | Cholesterol | 25-29.9 kg/m2 | Greater than 30 kg/m2 | 0 | |
| | | Dietary habits: | | 1 | |
| | | • 4.5 servings of fruit and vegetables per day; | | 1 | |
| | | • 2 servings of lean protein per day | | 1 | |
| | BMI | • 3 or more servings of whole grains per day | | 1 | |
| | | • Less than 1,500 mg of sodium per day | | 2 | |
| | | • Less than 36 oz of sugar sweet beverages (soda, juice, etc.) per week | | 1 | |
| | | Typical weekly diet does not include at least 2 of the recommendations above | | 0 | |
| <div><div>Lifestyle</div></div> | Nutrition | Typical weekly diet includes 2 or more of the recommendations above | | 1 | |
| | | Typical weekly diet includes 3 or more of the recommendations above | | 0 | |
| | | 4 or more alcoholic drinks per week | | | |
| | | 2-3 alcoholic drinks per week | | | |
| | Alcohol | 0-1 alcoholic drink per week | | | |
| | | Current smoker | | | |
| | | Never smoked or quit more than a year ago | | | |
| | | Less than 150 minutes of moderate or 75 minutes of high intensity physical activity per week | | 0 | |
| | Smoking | At least 150 minutes of moderate physical activity (ex. walking) or 75 minutes of high intensity physical activity per week | | 1 | |
| | | Untreated sleep disorder and/or sleeps <7hrs per night | | 2 | |
| | | Treated sleep disturbances and 7-8 hours of routine sleep per night | | 0 | |
| | | High level of stress that often makes it difficult to function | | 1 | |
| Aerobic Activities | Moderate level of stress that occasionally makes it difficult to function | | 2 | | |
| | Manageable level of stress that rarely makes it difficult to function | | 0 | | |
| | I have few or no close connections other than my spouse or children | | 3 | | |
| | I have at least two people, other than my spouse or children, that I feel close with and could talk about private matters or call upon for help | | 0 | | |
| Sleep | I often struggle to find value or purpose in my life | | 1 | | |
| | I generally feel that my life has meaning and/or purpose | | 0 | | |
| | | | 1 | | |
| | | | 0 | | |
| <div><div>Social Emotional</div></div> | Stress | | | 0 | |
| | | | | 1 | |
| | | | | 2 | |
| | Social Relationships | | | 0 | |
| | | | | 1 | |
| | Meaning in Life | | | 0 | |
| | | | 1 | | |
| <div>The components above reflect the latest, scientific based key contributors to brain health. It is important to discuss your score with a healthcare professional.</div> <div>McCance Brain Care Score™ 2020. © The General Hospital Corporation. All rights reserved.</div> | | | | Total Brain Care Score (0-21) | |

Categories




Physical





Lifestyle




**Social +
Emotional**

| Category + Criteria | | Rank |
|---|--|---------------------------|
| <div></div> <div>Physical</div> | <div>Blood Pressure</div> <div>Resting blood pressure greater than 140/90, with or without treatment</div> <div>→</div> | <div>#</div> <div>0</div> |
| | <div>Resting blood pressure 120-139/80-89, with or without treatment</div> <div>→</div> | <div>2</div> |
| | <div>Resting blood pressure less than 120/80</div> <div>→</div> | <div>3</div> |
| | | |

| Category + Criteria | | Rank |
|---|---|---------------------------|
| <div></div> <div>Physical</div> | <div>Blood Sugar</div> <div>Hemoglobin A1c greater than 6.4</div> <div>→</div> | <div>#</div> <div>0</div> |
| | <div>Hemoglobin A1c between 5.7 and 6.4</div> <div>→</div> | <div>1</div> |
| | <div>Hemoglobin A1c less than 5.7</div> <div>→</div> | <div>2</div> |
| | | |

| Category + Criteria | | Rank |
|---|---|------------|
| <div></div> <div>Physical</div> | <div>Cholesterol</div> <div>190 or higher</div> <div></div> | # 0 |
| | <div>No treatment required or less than 190 mg/dL</div> <div></div> | 1 |
| | <div>If cardiovascular disease is present, LDL is in accordance to the latest CDC recommendations</div> <div></div> | 1 |
| | | |

| Category + Criteria | | Rank |
|--|--------------------------------------|------|
| <div><p>Physical</p></div> | <div>BMI (Body Mass Index)</div> | # |
| | < 18.5 kg/m2 | 1 |
| | 18.5-25 kg/m2 | 2 |
| | 25-29.9 kg/m2 | 1 |
| | > 30 kg/m2 | 0 |

Score



Physical

Blood Pressure

+

Blood Sugar

+


Cholesterol

+


BMI


#


Physical
Score

| Category + Criteria | | Rank |
|---|--|------|
| <div><p>Lifestyle</p></div> | Nutrition | # |
| | <div>Dietary habits:<ul style="list-style-type: none">• 4.5 servings of fruit and vegetables per day;• 2 servings of lean protein per day• 3 or more servings of whole grains per day• Less than 1,500 mg of sodium per day• Less than 36 oz of sugar sweet beverages per week</div> | |
| | Typical weekly diet does not include at least 2 of the recommendations above | 0 |
| | Typical weekly diet includes 2 or more of the recommendations above | 1 |
| | Typical weekly diet includes 3 or more of the recommendations above | 2 |

| Category + Criteria | | Rank |
|---|---|------------|
| <div><p>Lifestyle</p></div> | <div>Alcohol</div> <div><div>4 or more alcoholic drinks per week</div><div></div></div> | # 0 |
| | <div><div>2-3 alcoholic drinks per week</div><div></div></div> | 1 |
| | <div><div>0-1 alcoholic drink per week</div><div></div></div> | 2 |
| | | |

| Category + Criteria | | Rank |
|---|--|------------|
| <div><p>Lifestyle</p></div> | <div>Smoking</div> <div>Current smoker</div> <div></div> | # 0 |
| | <div>Never smoked or quit more than a year ago</div> <div></div> | 3 |

| Category + Criteria | | Rank |
|---|---|------------|
| <div><p>Lifestyle</p></div> | <div>Aerobic Activities</div> <p>Less than 150 minutes of moderate or 75 minutes of high intensity physical activity per week</p> <hr/> | # 0 |
| | <p>At least 150 minutes of moderate physical activity (ex. walking) or 75 minutes of high intensity physical activity per week</p> <hr/> | 1 |

| Category + Criteria | | Rank |
|---|--|-------------------|
| <div><p>Lifestyle</p></div> | <div>Sleep</div> <div>Untreated sleep disorder and/or sleeps <7hrs per night</div> <div></div> | # 0 |
| | <div>Treated sleep disturbances and 7-8 hours of routine sleep per night</div> <div></div> | 1 |

Score



Lifestyle

Nutrition

+

Alcohol

+

Smoking

+

Aerobic Activities

+


Sleep


#




Lifestyle
Score



| Category + Criteria | | Rank |
|---|--|----------|
|  Social Emotional | Stress | # |
| | High level of stress that often makes it difficult to function | 0 |
| | Moderate level of stress that occasionally makes it difficult to function | 1 |
| | Manageable level of stress that rarely makes it difficult to function | 2 |

| Category + Criteria | | Rank |
|---|--|-------------------|
| <div><p>Social Emotional</p></div> | <div>Social Relationships</div> <p>I have few or no close connections other than my spouse or children</p> <p>→</p> | # 0 |
| | <p>I have at least two people, other than my spouse or children, that I feel close with and could talk about private matters or call upon for help</p> <p>→</p> | 1 |

| Category + Criteria | | Rank |
|---|--|------------|
| <div><p>Social Emotional</p></div> | <div>Meaning in Life</div> <p>I often struggle to find value or purpose in my life</p> <div></div> | # 0 |
| | <p>I generally feel that my life has meaning and/or purpose</p> <div></div> | 1 |
| | | |

Score



Social +
Emotional

Stress

+

Social Relationships

+

Meaning in Life

#

Social +
Emotional
Score

Score



**Physical
Score #**

+



**Lifestyle
Score #**

+



**Social +
Emotional
Score #**

=

**Total Brain
Care Score**

(0 - 21)

Now that you know your Brain Care Score...

**What steps can you take to
continue nurturing your brain
health?**





PHYSICAL:

PHYSICAL ACTIVITY:

Regular Exercise: Aim for at least **30 minutes** of moderate-intensity exercise most days of the week. Build strength, flexibility, cardio

Discover Enjoyable Activities: Explore new options! Consider **Aqua Fitness, Tai Chi, Yoga, Pilates, Aerobics, Strength Training, Small Group Training, or Individualized Personal Training.**



LIFESTYLE:

Healthy Habits: Make sure you are getting sufficient sleep (7-8 hours), maintaining a balanced diet, and keeping yourself properly hydrated.

Hobbies & Interests: Participate in activities that bring you joy and a sense of purpose. Consider trying a new fitness class or activity - **Boxing Basics**, **Zumba**, or **Pickleball** are great options to kick off your journey!

Mindfulness & Relaxation: Practice mindfulness techniques like meditation or deep breathing to reduce stress and increase focus. Try classes like **Yoga** and **Ta Chi** to get started!

Nutrition: To support brain health through food, focus on a balanced diet rich in whole grains, fruits, vegetables, healthy fats, & protein

Examples on next slide :





LIFESTYLE:

Fatty Fish: Rich in **omega-3 fatty acids**, crucial for brain function and can help reduce symptoms of depression and anxiety.

Examples: Salmon, tuna, mackerel, sardines.

Nuts and Seeds: Provide healthy fats, protein, and essential minerals like magnesium, which are important for brain health and mood regulation.

Examples: Almonds, walnuts, pumpkin seeds, flaxseeds.

Whole Grains: Offer sustained energy and fiber, which is important for gut health, which is linked to mental well-being.

Examples: Oatmeal, brown rice, quinoa.

Berries: Packed with **antioxidants** that can help protect brain cells and reduce inflammation, potentially lowering the risk of depression and anxiety.

Examples: Blueberries, strawberries, raspberries.

Yogurt: Contains probiotics, which are beneficial bacteria that can improve gut health, which in turn can positively impact mental health.

Dark Chocolate: Contains antioxidants, magnesium, and compounds that can enhance mood and reduce stress.

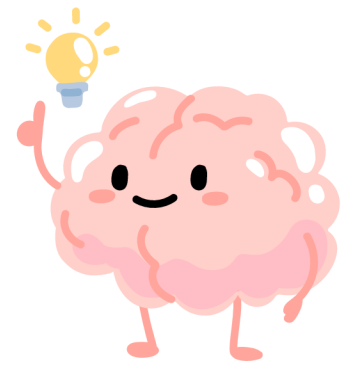
Tip: Choose dark chocolate with 70% or more cocoa content.

Green Leafy Vegetables: Rich in vitamins and minerals that support brain function and may help reduce symptoms of depression and anxiety.

Examples: Spinach, Kale, Lettuce.

Bananas: Good source of potassium and B vitamins, which are important for nerve function and mood regulation.

Coffee: Can improve mood and cognitive function
**important to consume in moderation*



SOCIAL:

PUT SELF-CARE FIRST:

Show Self-Compassion: Treat yourself with kindness and understanding, particularly during tough moments.

Get Active: Join **group fitness classes** to inspire both yourself + others to take care of your health.

Self-Reflection: Take time to reflect on your thoughts and feelings, and identify areas where you can make positive changes.

CONNECT WITH OTHERS:

Social Connections: Spend time with loved ones, whether it's family or friends.

Community Involvement:

Participate in activities or volunteer in your community to foster a sense of belonging.

Open Communication: Talk about your feelings and experiences with trusted individuals.



THANK YOU FOR COMING!