

PROMOTING BRAIN HEALTH EQUITY FOR ALL! | WWW.HEALTHMATTERSPROGRAM.ORG

BRAIN HEALTH supports people to live, learn, work, play, and love as they age!

MOVE MORE: Physical Fitness

Regular exercise improves blood flow and memory and stimulates chemical changes that enhance learning, mood, and thinking and lower risk of Alzheimer's disease

LEARN MORE: Mental Fitness

Mental exercises like physical exercise may improve your brain's functioning and promote new brain cell growth, decreasing your likelihood of developing dementia

LIVE MORE: Social Connection

Active social lives and meaningful connection with family and friends are good for brain health and can prevent memory loss

EAT WELL: Food and Nutrition

Food rich in antioxidants can reduce the harmful effects of lifestyle and environmental factors on the oxidation of brains cells with age

BE WELL: Regular Health Checks

Annual engaged health checks can reduce the risks of hypertension, diabetes, obesity, depression, head trauma, high cholesterol, and smoking and support brain health



LIFESTYLE AND HEALTH

- Our daily activities are all interconnected and can impact our brain health and heart health and may result in chronic conditions such as diabetes, heart disease, high cholesterol, and hypertension.
- Connecting 6 things that we do everyday can help our brain and heart health. HEART health is BRAIN health!
- Moving more, choosing to eat for brain health, leading active social lives, get enough quality sleep and engaging in our healthcare are all important to your brain health.

REST WELL: Sleep and Relaxation

Sleep and stress management can energize, improve mood and immune system, and may reduce buildup in the brain of an abnormal protein called beta-amyloid plaque associated with Alzheimer's disease and resist age-related decline in brain health



For More Information

Virtual Coach:
HealthMatters Program

<https://healthmattersprogram.org/virtual-coach-healthmatters/>

Cleveland Clinic

<https://healthybrains.org>



SCAN ME

PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITY AND 6 PILLARS OF BRAIN HEALTH



PHYSICAL FITNESS

Lead more sedentary lives compared to non-disabled peers

1. HealthMatters Program - physical activity, nutrition, and health education.
2. Special Olympics - School of Strength.
3. Local recreation programs for adults and children.



MENTAL FITNESS

Resiliency may be compromised due to social adversity

1. Support learning and developing new interests.
2. Join new activities.
3. Engage in mental fitness exercises to build brain resilience (or reserve).



SOCIAL CONNECTION

Loneliness is common

1. Discuss feelings of loneliness and interests in developing social support network.
2. Support access to intimate, relational, and collective connections.
3. Provide opportunities for people to maintain connections.



FOOD AND NUTRITION

Adults living in the community often have a high fat diet and do not consume enough fruits and vegetables

1. HealthMatters Program - health education to support providers and people with IDD to limit diets rich in fats and sugars.
2. Cooking by Color: Recipes for Independence and Down Syndrome Nutrition Handbook by Joan E Guthrie Medlen, RD, LD - partner with support providers who plan meals, shop, and prepare meals to engage people.
3. Address medication, dental, oral, chewing, and swallowing issues, food sensitivities, knowledge of food preparation and cost issues.



SLEEP AND RELAXATION

Sleep is compromised due to a variety of health and/or disability-related issues and environmental stressors in congregate care settings

1. A Good Night's Sleep - www.nia.nih.gov/health/publication/good-nights-sleep
2. Need a Nap? Here's How Much Time is Best <http://health.clevelandclinic.org/2015/03/need-a-nap-heres-how-much-time-is-best/>.
3. How Much Sleep Do I Need <https://health.clevelandclinic.org/how-much-sleep-do-i-need/>.
4. Naps Help Retain New Learning <https://healthybrains.org/study-shows-naps-help-retain-new-learning/>.



REGULAR HEALTH CHECKS

Adults in community settings have the highest cardiovascular risk of all adults with IDD.

1. Support and teach people to engage in their health care.
2. Controlling Risk Factors for Brain Disease (<https://healthybrains.org/controlling-risk-factors-brain-disease/>).
3. Mid-Life Health Tied to Late-Life Alzheimer's (<https://health.clevelandclinic.org/study-mid-life-health-tied-to-late-life-alzheimers-risk/>).
4. Preventive Health Screenings for Adults with ID (<https://shriver.umassmed.edu/programs/cdder/dds-preventive-health-screenings-adults-intellectual-disabilities/>).