Staying Stronger Longer: Promoting Brain Health Across the Lifespan

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Dementia is Prevalent and Costly

Alzheimer’s disease is the 6th leading cause of death in the United States

1 in 3 seniors dies with Alzheimer’s disease or another dementia

This year, the United States will spend $305 billion on ADRD.

3 in 4 persons with dementia live in the community

Alzheimer's Association, 2020
Changing the Odds

Risk Factors
- Genetics
- Familial History
- Age

Reducing Factors
- Exercise and Physical Activity
- Cognitive and Mental Activity
- Social Engagement

In Their Own Words....

“One of the big things I had come out of it was I lost 65 pounds and it got me back on the active road. In fact, I’ve continued on since then.”

“Actually, I have a better sense of well-being and contribution because what I’m doing helps other Veterans and people in the future. I’m happy and proud of what I do.”

“Coming here and meeting you guys... who are are concerned about us and want us to get better in this memory thing. It’s something that effects all of us anyways.”
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