

# Take This 12-Question Quiz to Find Out How You Can Better Take Care of Your Brain

Circle your answer, write the number in the box, and total your score at the end!

Lifestyle	Nutrition	Dietary habits: • 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 (soda, juice, etc.) per week	Points:	
		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	
	Alcohol	4 or more alcoholic drinks per week	0	
		2-3 alcoholic drinks per week	1	
		0-1 alcoholic drinks per week	2	
	Smoking	Current smoker	0	
		Never smoked <u>or</u> quit more than a year ago	3	
	Aerobic Activities	Less than 150 minutes of moderate <u>or</u> 75 minutes of high intensity physical activity per week	0	
At least 150 minutes of moderate physical activity (ex. walking) <u>or</u> 75 minutes of high intensity physical activity per week		1		
Sleep	Untreated sleep disorder and/or less than 7 hours of sleep per night	0		
	Treated sleep disturbances and at least 7 hours of sleep per night	1		
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	
	Social Relationships	I have few or no close connections other than my spouse or children	0	
		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	1	
	Meaning in life	I often struggle to find value or purpose in my life	0	
I generally feel that my life has meaning and/or purpose		1		
Physical	Blood Pressure	Greater than 140/90; <u>or</u> I do not know my resting blood pressure	0	
		Between 120/80 and 139/89	2	
		Less than 120/80	3	
	Blood Sugar	Greater than 6.4; <u>or</u> I do not know my A1c score	0	
		Between 5.7 and 6.4	1	
		Less than 5.7	2	
	Cholesterol	190 mg/dL or above; <u>or</u> I do not know my cholesterol levels	0	
		No treatment required, <u>or</u> less than 190 mg/dL	1	
		If cardiovascular disease is present, LDL is in accordance to the latest CDC recommendations	1	
	BMI	BMI Below 18.5 kg/m <sup>2</sup> ; <u>or</u> Underweight	1	
BMI Between 18.5 - 25 kg/m <sup>2</sup> ; <u>or</u> Average		2		
BMI Between 25 - 29.9 kg/m <sup>2</sup> ; <u>or</u> Overweight		1		
BMI Greater than 30 kg/m <sup>2</sup> ; <u>or</u> Obese		0		

Brain Care Score (0-21)

# Did You Know That Increasing Your Brain Score Can Lead to a Lower Risk of Dementia, Stroke, and Late-Life Depression?

*"I really love the Brain Care Score because it arms me with information that becomes motivating."*

**0-14**

**15-21**

It looks like you have some room to grow and learn how to better care for your brain. This score is unique to you and reflects how you can work to improve your brain health by raising it. This assessment isn't about getting a perfect score, it's here to help you see what you might want to focus on next. Even raising your score by one point can lower your risk of dementia, stroke, and depression. Focus on the changes that feel easiest for you. A step in one direction can build momentum in others.

Well done! Based on your answers, you're already following many habits that support brain health. That said, there may still be opportunities to lower your risk of dementia, stroke, or depression even further. You're on the right track, and with a few targeted changes, you can boost your score and maintain your progress. Keep up the good work, and think about ways you can continue to improve your brain health.

## Reflect. Set a goal. Take your next step toward better brain health.

Your Brain Care Score gives you a snapshot of how your habits support brain health. You don't need a perfect score — just a starting point. Even one small change can lower your risk for dementia, stroke, and depression.

Let's figure out your next step.

## Try One of These Brain-Boosting Tips:

**Examples of goals for areas to focus on and improve:** sleep, food, movement, stress, or social connection.

Goal	How did you do?
<b>Eat for Your Brain</b> Add more fruits, veggies, and whole grains. Cut back on salt and sugary drinks.	
<b>Move Your Body</b> Aim for 150 minutes of movement per week. Start small — walking counts!	
<b>Sleep Better</b> Stick to a calming bedtime routine. Cut out screens and caffeine late in the day.	
<b>Manage stress</b> Take deep breaths, write things down, or talk to someone you trust.	
<b>Stay connected</b> Reach out to a friend. Join a group. Make time for real conversations.	

## What's Next?

- Share your Brain Care Score and goals with your doctor.
- Check in with yourself next week — what's working? What's hard?
- Celebrate your wins — big or small. Every step counts.