

# HEALTHY AGING. HEALTHY BRAIN.

Your health changes as you get older. However, you can protect your brain health at any age. Adults with health issues have a higher risk of memory problems. Adults with diabetes should monitor their blood sugar levels. Keeping your blood pressure under control is also important. Schedule regular appointments with your healthcare provider and talk to them about your health needs, including any memory problems. Managing your health may lower your risk for memory loss, confusion, and Alzheimer's disease.

**Take these actions today to protect your brain health.**



**Talk to your healthcare provider today about taking action to protect your brain health.**



**NATIONAL ASSOCIATION OF  
CHRONIC DISEASE DIRECTORS**  
Promoting Health. Preventing Disease.



## For More Information

### About Healthy Habits

- **Physical Activity Guidelines for Americans**  
[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)
- **Centers for Disease Control and Prevention – Sleep and Sleep Disorders**  
<https://www.cdc.gov/sleep>
- **Dietary Guidelines for Americans 2020-2025**  
<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>
- **Tobacco Quit Line: 1-800-QUIT-NOW (800-784-8669)** – Speak for free with counselors trained to help you quit tobacco.
- **Centers for Disease Control and Prevention - Smoking and Tobacco Use**  
<https://www.cdc.gov/tobacco>
- **Centers for Disease Control and Prevention – Diabetes**  
<https://www.cdc.gov/diabetes>
- **Learn About High Blood Pressure** <https://www.cdc.gov/bloodpressure>
- **The Millions Hearts Initiative** <https://millionhearts.hhs.gov>

### About Brain Health

- **CDC Alzheimer’s Disease and Healthy Aging Program**  
<https://www.cdc.gov/alzheimers-dementia/index.html>
- **National Association of Chronic Disease Directors Healthy Aging Programs**  
<https://www.chronicdisease.org/page/HealthyAging>
- **Alzheimer’s Association**  
<https://www.alz.org>

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