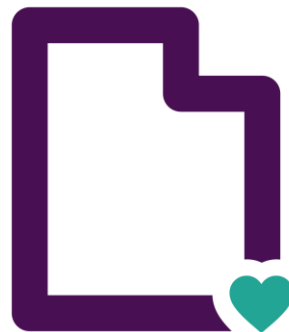


ADRD Public Awareness Campaign

Kristy Russell
Utah Department of Health and Human Services



iHeart
MEDIA



Utah Department of
Health & Human Services
Aging & Adult Services



UtahAging.org
Utah Commission on Aging

**Messaging from the Utah Alzheimer's Disease and
Related Dementias Coordinating Council**



Select Language 
Powered by Google Translate

Welcome to UtahAging.org

The Utah Commission on Aging (UCA) sponsors and manages UtahAging.org as Utah's official statewide virtual resource center for older adults. UCA convenes expert stakeholders to share resources and best practices from our communities, public policy, education, and research to help Utahns navigate the opportunities and challenges of the aging experience.



Utah Master Plan on Aging Survey

Your input is requested and valued.

Survey coming soon...



[LEARN TO REDUCE YOUR RISK OF DEMENTIA](#)

[ALZHEIMER'S DISEASE AND RELATED DEMENTIAS](#)

Website



Staying Active

- Physical activity has been proven to improve brain health and function
- Activity doesn't need to be formal or use fancy equipment. Walk, play pickleball, use the stairs instead of elevator. Get up and move two minutes out of every hour or a minimum of 150 minutes per week
- Cognitive decline (precursor to dementia) is twice as common in those who are not active
- Even performing chores like cleaning, cooking and yardwork can reduce dementia by [21%](#)



Staying Connected

- Call a friend or family member, talk about what is on your mind.
- Go to restaurants and sporting events, play bingo, volunteer or provide community service
- Participate in a religious or community group.
- Go exploring with friends or family
- Meeting up with friends and family can reduce dementia risk by [15-70%](#)



Eating Healthy

- Reduce your intake of sugar and salt.
- Hydrate with health fluids like water or sugar free juices.
- Eat more omega-3 fatty acids like fish, veggies and nuts.
- Studies suggest the [Mediterranean](#) and [DASH](#) diets work best, you can combine them ([MIND diet](#)).
- Healthy eating can help manage or lower the risk of other diseases such as obesity, diabetes, heart disease and some cancers. It can also reduce your risk of cognitive decline or dementia. [Some studies suggest a healthy diet can reduce dementia risk by up to 53%](#)



An Active Brain

- Learn something new everyday.
- Choose different routines or different routes to familiar places.
- Use your non-dominant hand when doing a task (ex: left hand if you're righty).
- Learn a new hobby
- Teach someone to play your favorite game and learn theirs
- Learn a new language
- An active, challenged brain can reduce your dementia risk by 29% according to the [ACTIVE Study](#).

Website



Staying active can **reduce** dementia risk!

[Learn more >](#)



Healthy eating can **reduce** dementia risk!

[Learn more >](#)



An active brain can **reduce** dementia risk!

[Learn more >](#)



Staying socially connected can **reduce your** risk dementia!

[Learn more >](#)



Social Media and Radio



Utah Department of Health
and Human Services ✓



Sponsored · 🌐

You could be at risk for dementia even if you don't have a family history. Learn how to reduce your risk.



<http://utahaging.org/>

Age happy. Age healthy.

Learn more



Like



Comment



Share

Videos

Paul McGill and his wife had been married for 36 years when she started showing signs of dementia.

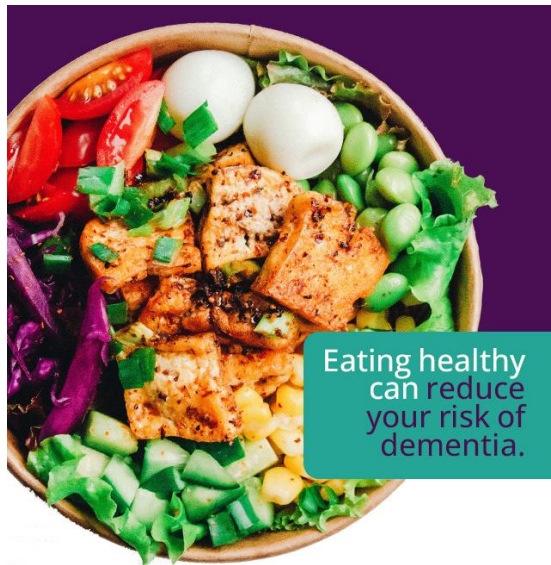
Videos



**Dementia is
not a normal
part of aging.**

Staying physically, socially, and mentally active keeps your body and brain healthy. Go for a brisk walk a few times a week, visit friends and family, or take up a new hobby like water aerobics or pickleball.

Learn more



**Eating healthy
can reduce
your risk of
dementia.**

Along with staying active, eat a healthy diet of fish, veggies, and fruits to keep your brain sharp!



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801-538-3910

or

Toll free 1-877-4AGING0

UtahAging.org

Email