

HOW APPALACHIANS CAN DEFEND AGAINST DEMENTIA

Faraz Shere

DIABETES PREVENTION

Diabetes is highly prevalent in Appalachia, and diabetes is a strong predictor of dementia risk.



EDUCATION

A recent study examining dementia risk showed level of educational attainment was the strongest predictor of dementia. (Casanova et al., 2020).



WHAT LIFESTYLE FACTORS IMPACT DEMENTIA RISK

SLEEP

A study done showed sleeping 7-8 hrs/night with a mid-day nap had improved cognitive outcomes. (Wang et al., 2022).



DIET AND EXERCISE

Healthy eating and physical activity reduce health risks of heart disease and dementia.

