

Adapting the Brain Care Score

The research data used to test the Brain Care Score mostly came from people who were healthier, older, more educated, and had more money. Because of this, some parts of the BCS may need to be adjusted for different communities.

We ask communities to keep as much of the original score as possible, but we know that sometimes changes are needed. For example, the current Brain Care Score uses a Body Mass Index (BMI) scale that is common in Western Europe and North America. In other countries, we can adjust the BMI scale to better match the local population.

Diet is another example of something that might need to be changed. Some regions eat more salt as part of their traditional meals. In these cases, we can change the BCS diet question so it more accurately represents what people normally eat in that area.

We ask that if you change or add any questions to Brain Care Score, you share these changes with the GBCC team for our learning. This helps us keep track of why changes were made, and understand the needs of your community and others with similar populations.