

## Brain Care Score

If you are using the Brain Care Score in your own online survey or flyer, we encourage asking about the lifestyle (diet, physical activity) or social areas (social connection, meaning in life) in the beginning and asking the physical-related questions at the end.

<b>1. Blood pressure</b>	
• Less than 120/80	3
• Between 120/80 and 139/89	1
• Greater than 140/90 or I do not know my resting blood pressure	0
<b>2. Cholesterol</b>	
• No treatment required, OR less than 190 mg/dL, OR, for people with cardiovascular disease, LDL in accordance with CDC recommendations	1
• 190 mg/dL or above, or I don't know my cholesterol	0
<b>3. Blood Sugar</b>	
• Less than 5.7	2
• Between 5.7 and 6.4	1
• Greater than 6.4, or I don't know my blood sugar	0
<b>4. BMI</b>	
• My BMI is 18.5-25	2
• My BMI is below 18.5 or between 25-30	1
• My BMI is greater than 30	0
<b>5. Smoking</b>	
• I have never smoked or quit more than a year ago	3
• I am a current smoker	0
<b>6. Alcohol</b>	
• 0 - 1 drinks per week	2
• 2 - 3 drinks per week	1
• 4 or more drinks per week	0
<b>7. Physical Activity</b>	
• On average I perform more than 150 minutes of moderate (example: walking) or 75 minutes of high intensity physical activity per week	3
• I perform less than 150 minutes of moderate or 75 minutes of high intensity physical activity per week	0
<b>8. Dietary habits</b>	
I eat at least 5 portions (400 grams) of fruits and vegetables per day	
Less than 30% of my calories comes from saturated fats	
I eat less than 5 grams of salt (or 2 grams of sodium) per day	

Less than 10% (50 grams/12 teaspoons) of my calories comes from sugars	
<ul style="list-style-type: none"> <li>• 3 or more of the recommendations above</li> </ul>	2
<ul style="list-style-type: none"> <li>• 2 of the recommendations above</li> </ul>	1
<ul style="list-style-type: none"> <li>• Fewer than 2 of the recommendations above</li> </ul>	0
<b>9. Sleep</b>	
<ul style="list-style-type: none"> <li>• Treated sleep disturbances and at least 7 hours of sleep per night</li> </ul>	1
<ul style="list-style-type: none"> <li>• Untreated sleep disorder and/or less than 7 hours of sleep per night</li> </ul>	0
<b>10. Stress</b>	
<ul style="list-style-type: none"> <li>• High levels of stress often make it difficult to function</li> </ul>	0
<ul style="list-style-type: none"> <li>• Moderate levels of stress occasionally make it difficult to function</li> </ul>	1
<ul style="list-style-type: none"> <li>• Manageable levels of stress rarely make it difficult to function</li> </ul>	2
<b>11. Social Engagement</b>	
<ul style="list-style-type: none"> <li>• 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</li> </ul>	1
<ul style="list-style-type: none"> <li>• I have few or no close connections other than my spouse or children</li> </ul>	0
<b>12. Purpose in life</b>	
<ul style="list-style-type: none"> <li>• I generally feel that my life has meaning and/or purpose</li> </ul>	1
<ul style="list-style-type: none"> <li>• I often struggle to find value or purpose in my life</li> </ul>	0
<b>Total</b>	<b>0-21</b>