

## Why the Brain Care Score Matters

Believe it or not, we have the power to reduce our risk related to dementia, stroke, and depression through our lifestyle habits. The Global Brain Coalition (GBCC), made up of citizens, community organizations, doctors, and researchers, was created to translate brain health research into practice. The GBCC developed the Brain Care Score (BCS), a 12-item, 21-point score & toolkit, to help people understand their lifestyle habits and see how they can take steps to protect their brain at any point in their life.

The BCS represents a larger shift from treating brain disease reactively to actively promoting brain care to reduce our risk of these diseases. It offers an opportunity to engage individuals and communities and empower them to take action to protect their brain.

The Brain Care Score matters because:

- A higher BCS is associated with a lower risk of dementia, stroke, depression, cardiovascular disease, and some cancers.
- The 12 health habits in the BCS are connected to other conditions, like diabetes, heart diseases, and cancers so by working on your BCS areas, the health benefits expand far beyond the brain.
- The BCS can be used to ease into conversations around brain health, health habits, and what matters to individuals at community events.
- The BCS is a guidepost for improvement. You can start with one small habit from one of the 12 areas to improve your health.
- The areas of brain health are interconnected. Improving one area of the BCS likely will boost a different area. (example: going on a walk for 5 minutes a day might also reduce your stress levels).

Our shared mission is to reduce the diseases that impact so many of us. Sharing the Brain Care Score widely within your family, friends, and community will create a brain health movement that you own and control.