

Healthy Cognitive Aging

Koreans Invested in Making Caregivers Health Important (**KIMCHI**) is an education and outreach project on different health topics tailored to the Korean American culture for caregivers and other stakeholders that serve Korean Americans.

This fact sheet summarizes key points from research about healthy cognitive aging so that you and your loved ones can learn more about brain health and prevent Alzheimer's disease and dementia.



As we age, we all experience some loss of our cognitive functioning. However, some people experience more significant cognitive declines beyond age-related changes and more consistent with a dementia process.

Alzheimer's disease and related dementias Risk Factors

- Unhealthy diet
- Lack of physical activity
- Lack of cognitive engagement
- Substance use
- Social isolations
- Sleep difficulties
- Mental health problems
- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Inflammatory disease

Promote healthy cognitive aging through

- Moderate-intensity exercises (brisk walking, dancing, and biking)
- Healthy and balanced diet
- Cognitive stimulation, training, and rehabilitation programs
- Pleasant activities and social engagement
- Cognitive behavioral therapy to better regulate our negative emotions, thoughts, and behaviors

Keep our brain stimulated just like how we keep our body active!



In general, anything good for the heart is good for the brain!

For more information about KIMCHI and outreach and educational resources, please contact the study team with any questions or concerns you have about this study at 415-498-0580 or email to kimchi@ucsf.edu.

Take a holistic approach to improve your overall quality of life including your physical, psychological, social aspects!



Scan this QR code or click the link below to participate in the evaluation survey. A small incentive will be provided upon completion.

<http://tiny.ucsf.edu/KIMCHISurveyES>

Reference: Smith G. E. (2016). Healthy cognitive aging and dementia prevention. *The American psychologist*, 71(4), 268–275. <https://doi.org/10.1037/a0040250>

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