

U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk

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Grassroots Recruitment

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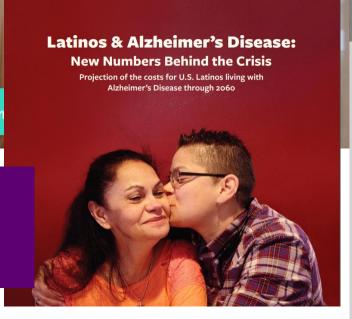




HISPANICS/LATINOS ARE ONE AND A HALF TIMES AS LIKELY TO HAVE ALZHEIMER'S AND RELATED **DEMENTIAS.**

More than 16 million **Americans** provide unpaid care for people with Alzheimer's.

ALZHEIMER'S IN LATINO COMMUNITY



Only 16% of seniors say they receive regular cognitive assessments.

Alzheimer's Association (2019)

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BRAIN HEALTH CLINICAL TRIAL





U.S. POINTER is **testing two healthy lifestyle programs** that encourage exercise, healthy diet, and mental and social activities.

The study wants to see if these **lifestyle changes** can protect brain health in older adults over time.



POTENTIAL SCIENTIFIC BREAKTHOUGH

If the study works, participants will have played an important role in creating a program that protects brain health -- a community-based program that can be shared with ALL people across the U.S. and the globe!





HEALTHY INTERVENTIONS TO REDUCE RISK

Lifestyle Modification & Potential *SYNERGISTIC* Effects on Risk of Cognitive Decline

Regular exercise

Healthier diet

Cognitive and social stimulation

Regular health monitoring

Cognitive & Social Stimulation



Healthy Diet





Health monitoring

Team meetings for support

Compensation for your time





ELIGIBILITY REQUIREMENTS

Age 60 to 79 years

Do not regularly exercise

Normal cognition (no memory impairment)

Have a parent or sibling with memory loss

Additional criteria evaluated at screening



Call to Action for Latino Participants in Yolo!



We are asking for allies and partners of this important trial.

Now Recruiting for Summer '22

Spread the word to Spanish-speaking individuals + partners who work directly with Latinos

Activate your network to amplify our reach with other trusted partners in Yolo County.

Make brain health and Alzheimer's prevention a **dedicated focus in your community** or invite us to speak in upcoming meetings, events

Steer interested individuals our way. Share our contact info with them, or theirs with us)

We can offer:

- ✓ **Staff trainings** + presentations on POINTER
- ✓ Host educational opportunities for your stakeholders and community members (COVID-permitting)
- ✓ Screen individuals for eligibility into the trial



