



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

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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.

800.272.3900 | ALZ.ORG | #ENDALZ alzheimer's

ALZHEIMER'S IN LATINO COMMUNITY

Latinos & Alzheimer's Disease:

New Numbers Behind the Crisis

Projection of the costs for U.S. Latinos living with
Alzheimer's Disease through 2060



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

Alzheimer's Association (2019)

BRAIN HEALTH CLINICAL TRIAL



CAN HEALTHY LIFESTYLE CHANGES IMPROVE AND PROTECT BRAIN HEALTH?

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 BREAKTHROUGH

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



**Physical
Activity**



**Cognitive & Social
Stimulation**



**Healthy
Diet**

STUDY BENEFITS



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



bit.ly/JoinUSPOINTERNorCal

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