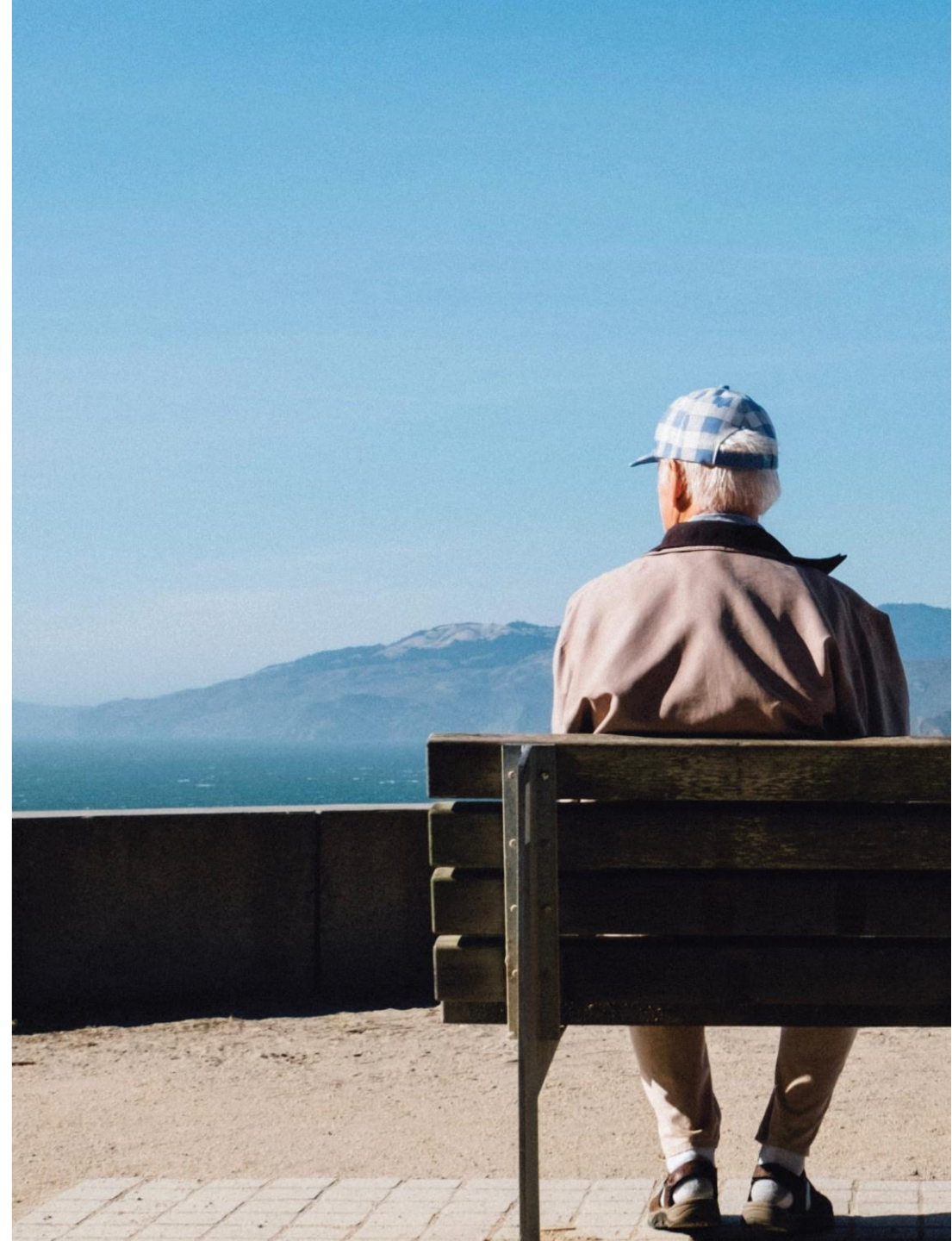
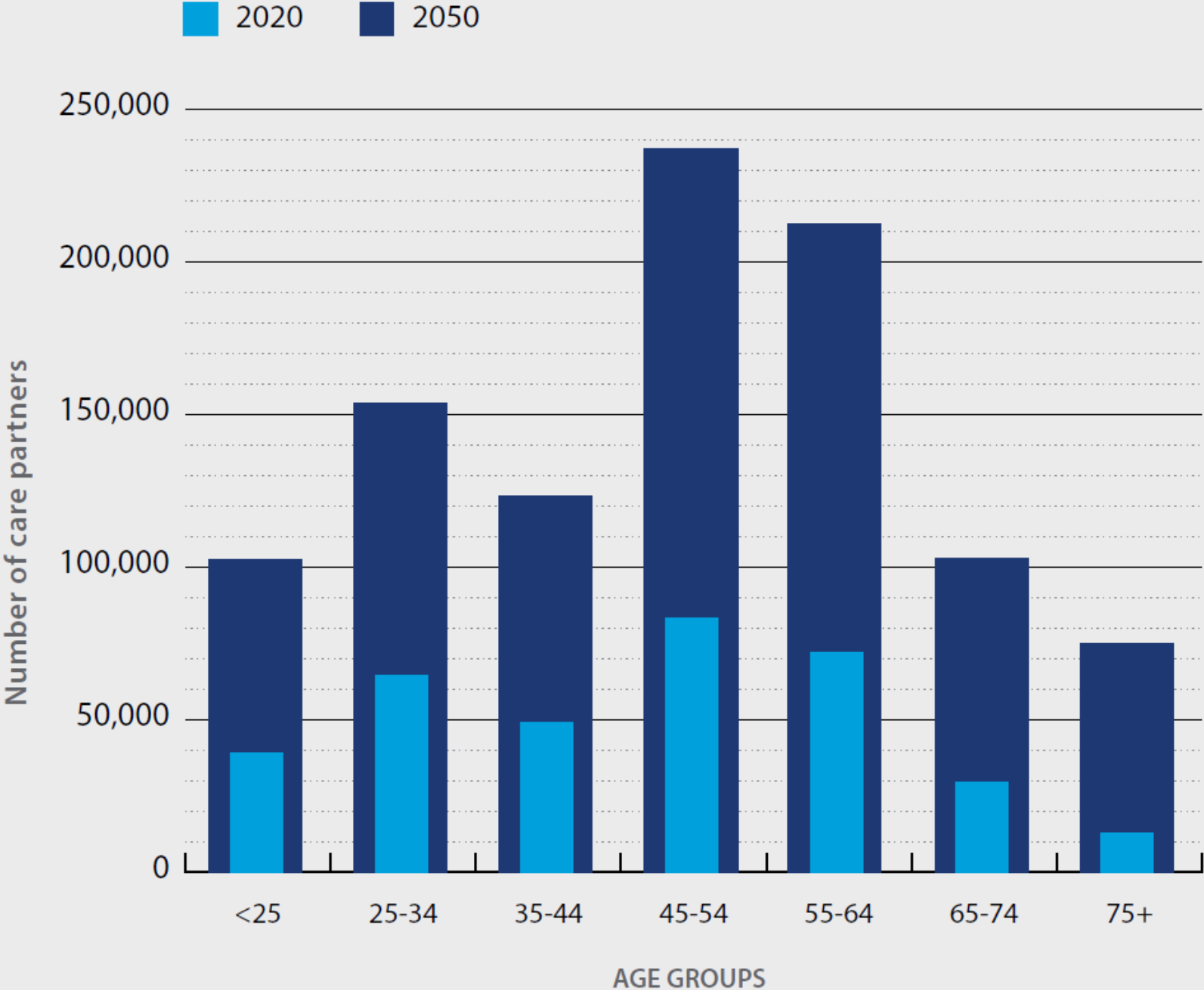


Preventing Dementia



Age distribution of care partners for people living with dementia in Canada, 2020 and 2050



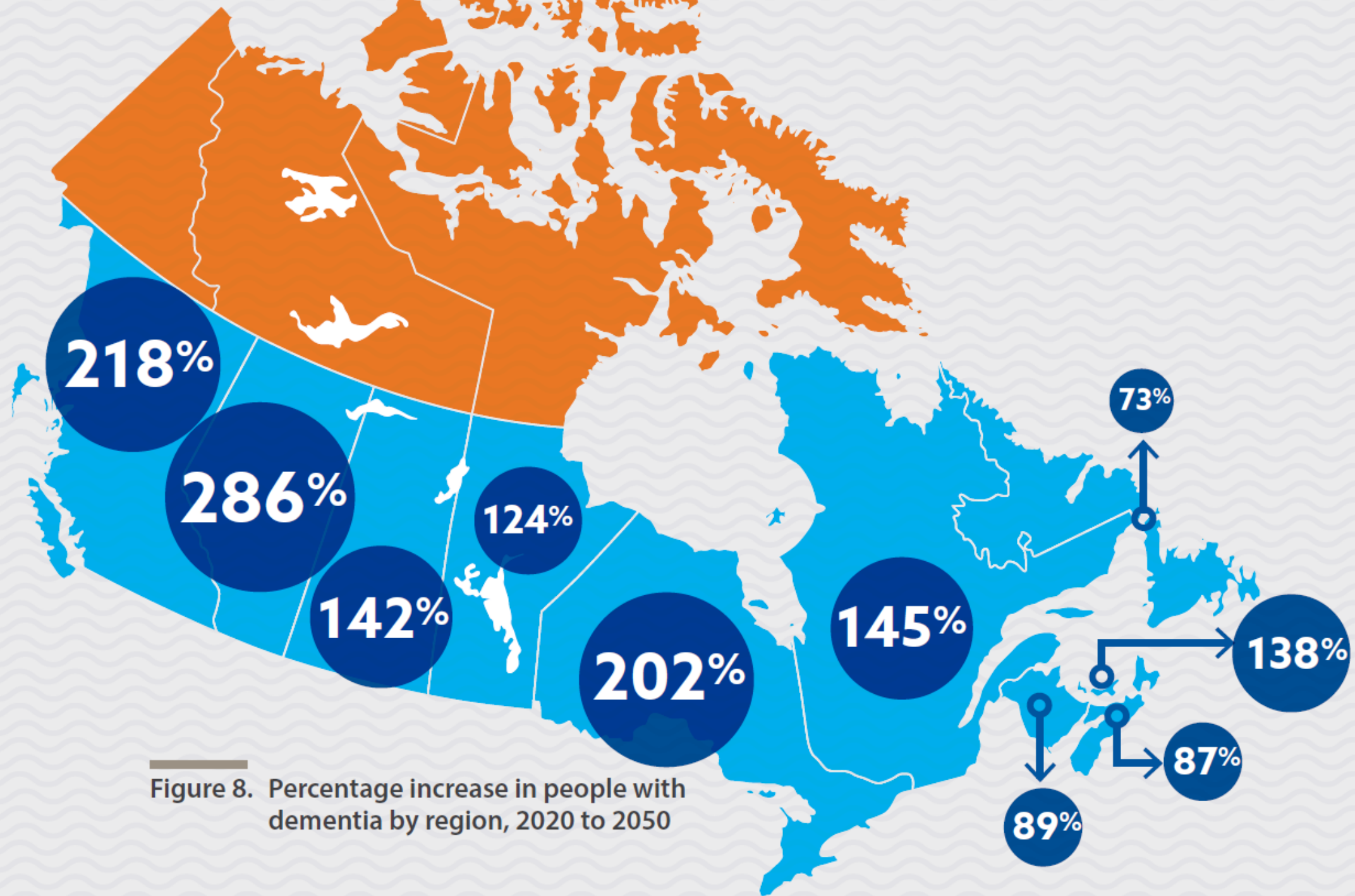
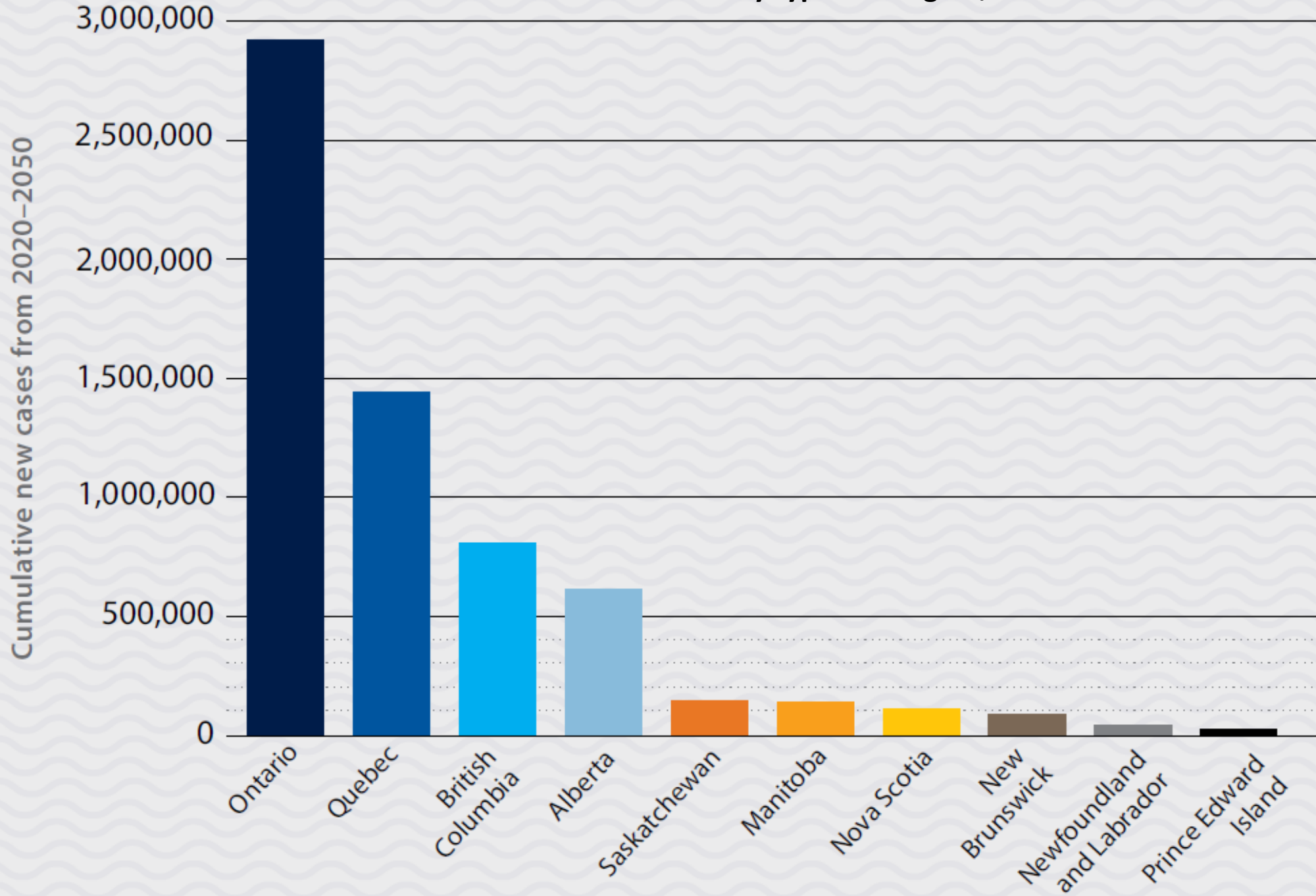


Figure 8. Percentage increase in people with dementia by region, 2020 to 2050

Total new cases of dementia by type and region, 2020 to 2050



Reducing the risk of dementia?

- Physical activity
 - Engage in a minimum of 2.5 hours of moderate to
 - Vigorous exercise each week.
 - Break up your exercise routine into sessions of 10 minutes or more.
 - Physical activity time can be social time
 - Use walking as your primary mode of transportation whenever feasible.

(Public Health Agency of Canada, 2019)

- Avoid smoking or excessive alcohol
- Control
 - Blood pressure
 - Cholesterol
 - Blood sugar
 - Weight



Reducing the risk of dementia?

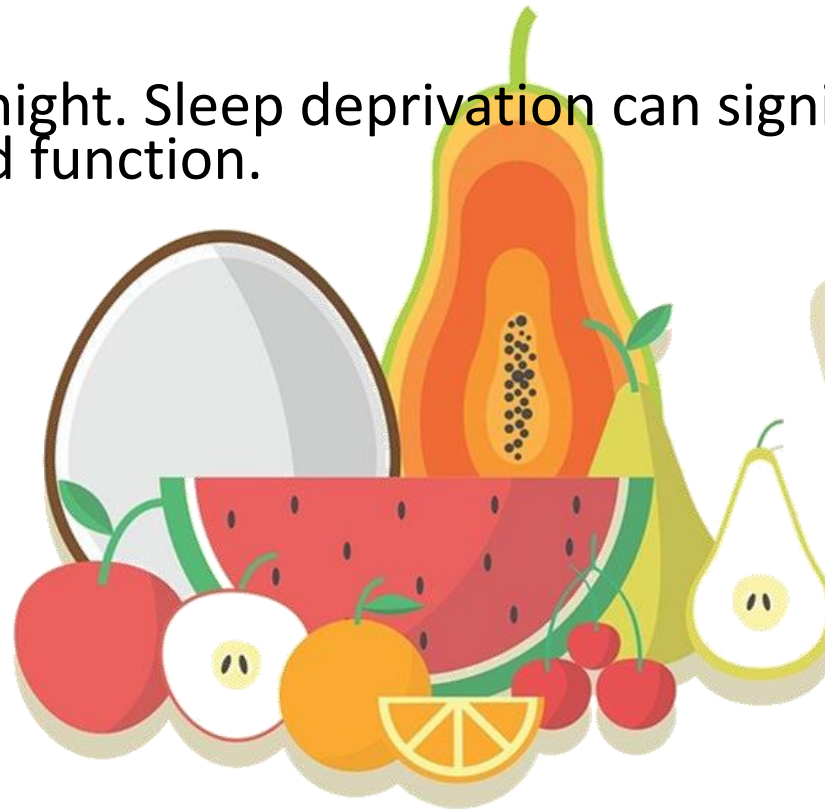
The recommended physical activity guideline is applicable to adults aged 65 years and older without known medical conditions.

If unsure, consult a healthcare (Public Health Agency of Canada,2019).



Reducing the risk of dementia?

- Develop social connections
- Encourage use of hearing aids for hearing loss
- Sleep at least seven hours per night. Sleep deprivation can significantly impair your memory, mood and function.
- Increase social interactions
- Healthy diet
 - Increased fiber
 - Fish
 - Legumes
 - Vegetables



Canada Food Guide

- Vegetables, fruit, whole grains, and protein foods should be consumed regularly.
- Protein foods include legumes, nuts, seeds, tofu, fortified soy beverage, fish, shellfish, eggs, poultry.
- lower fat milk, lower fat yogurts, lower fat kefir, and cheeses lower in fat and sodium.
- Foods that contain mostly unsaturated fat should replace foods that contain mostly saturated fat.
- Water should be the beverage of choice
- Eating with others can bring enjoyment to healthy eating and can foster connections between generations and cultures.
- Traditional food improves diet quality among Indigenous Peoples

Canada's food guide **Eat well. Live well.**

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

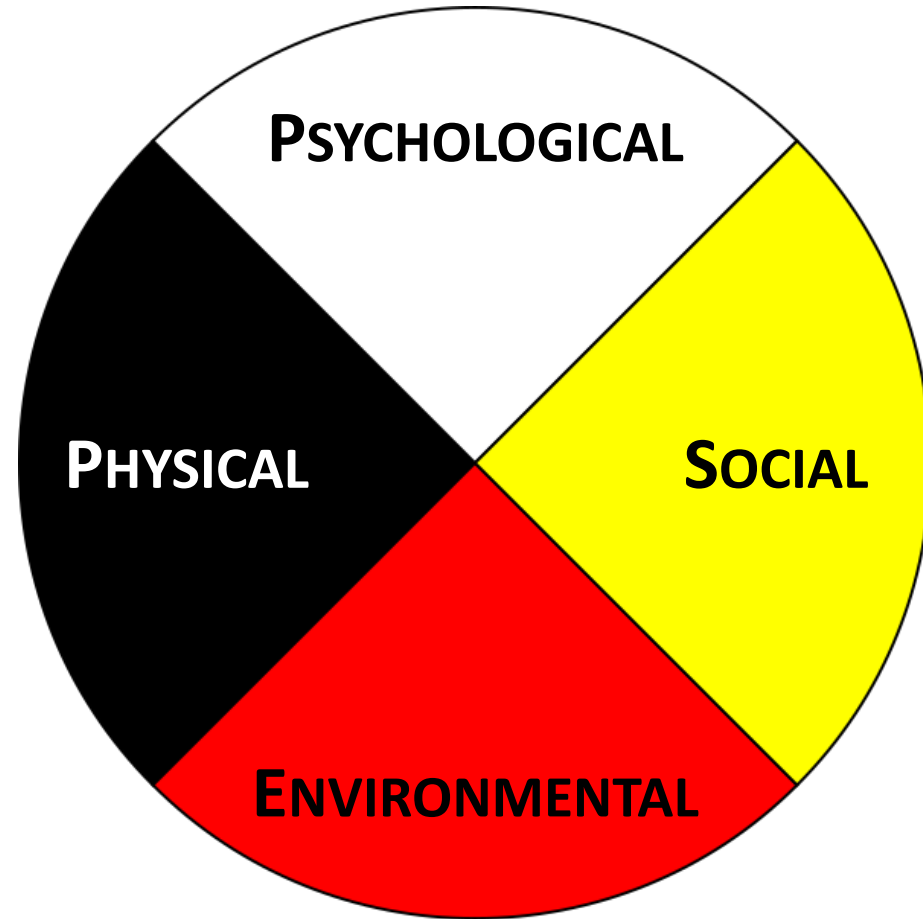
Discover your food guide at Canada.ca/FoodGuide

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Canada

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A Holistic Approach to Dementia Prevention



Thank You

