

The Actions States and Communities Have Taken to Address Cognitive Health

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

For older adults, cognitive health is just as important as physical health. Hi, I'm Lisa McGuire, with CDC's Healthy Aging Program. We work to promote cognitive health as a critical component of overall health and well-being. For older adults, this means the ability to maintain cognitive abilities, such as thinking, memory, reasoning, language, and other remembered skills, such as driving.

In 2013, CDC and the Alzheimer's Association released the second in a series of road maps outlining 35 steps that states and local health departments can do to promote cognitive health. Our accomplishments over the last two years are outlined in the *Healthy Brain Initiative Interim Progress Report*. These include:

1. Collection of data on cognitive health to inform public health policies and strategies.
2. Actions that raise public health awareness and improve access to information and resources.
3. Activities to ensure that cognitive health is integrated into a broad spectrum of public health work.
4. And preparing public health professionals to integrate the latest scientific findings on cognitive health into public health practice.

For more information, visit [cdc.gov/aging/healthybrain](https://www.cdc.gov/aging/healthybrain).

[Announcer] For the most accurate health information, visit cdc.gov or call 1-800-CDC-INFO.