

FOR IMMEDIATE RELEASE

**Public Health Advisory/Press Release
 Nutrition and Brain Health**










News Release From: Jackson County Health Department
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JACKSON COUNTY, Mich. – Some problems in brain health can be linked to a person’s diet. Here in Jackson County, brain health is also an issue. For instance, Alzheimer’s-related deaths in Jackson County have increased from a yearly average of 40 deaths in the years 1999-2003, to 70 in 2007-2011, to 108 in 2013-2017 (Michigan Vital Statistics). Because March is National Nutrition Month, the Jackson County Health Department wants to help you keep and improve upon the health of your brain.

A recent study found a positive link between the MIND diet and brain health, specifically related to Alzheimer’s disease. Participants of the MIND diet study (Prevention.com) were found to have a 53% decrease in risk factors for Alzheimer’s based on foods they were provided during the study. The visual below shows the essential foods of the MIND diet and the number of weekly servings provided to the participants.

<p>WHOLE GRAINS: 21</p>  <p>Packed with fiber to fuel a productive brain. Aim for 3 servings a day.</p>	<p>BERRIES: 2</p>  <p>Thanks to their flavonols, they’re the only fruit that can slow brain decline.</p>	<p>BEANS: 3</p>  <p>Plenty of fiber, plus low-fat protein for growing brain cells.</p>
<p>LEAFY GREENS: 6</p>  <p>Full of antioxidants and carotenoids to protect gray matter.</p>	<p>POULTRY: 2</p>  <p>Delivering dementia-preventing B vitamins and low-fat protein.</p>	<p>NUTS: 5</p>  <p>Rich in vitamin E, which has been shown to lower risk of Alzheimer’s.</p>
<p>OTHER VEG: 7</p>  <p>Packed with plant-based antioxidant power.</p>	<p>FISH: 1</p>  <p>Rich in brain-cell-fortifying omega-3 fatty acids.</p>	<p>WINE: 7</p>  <p>Alcohol reduces dementia risk. Stick to 1 glass a day.</p>
<p><i>*And use olive oil for cooking and dressings, for its memory-protecting polyphenols.</i></p>		
<p>KEEP THESE FOODS TO A MINIMUM</p>	<p>Red meat: 4 times a week or less Fast food, fried food, and cheese: less than once a week Butter or margarine: fewer than 7 tablespoons a week Pastries or sweets: less than 5 times a week</p>	

Julie Weisbrod, the JCHD’s Healthy Communities Coordinator, encourages Jackson residents to consider eating more of the items listed in the table to help reduce the development of Alzheimer’s as you age. “These items will help to provide essential nutrients that protect brain cells and help reduce stressors associated with aging.”

For additional information, please visit our Facebook page, our website at <https://www.mijackson/276/Health-Department> or call Julie Weisbrod at 517-768-1650.

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