

Mental Health Supports Memory Health



In 2019, we asked Native people in Colorado and South Dakota about their health. Here's some of what we learned.

People reported **FEWER** memory or thinking problems if they...

Rated their mental health as either **EXCELLENT** or **VERY GOOD**

How can we improve our mental health?



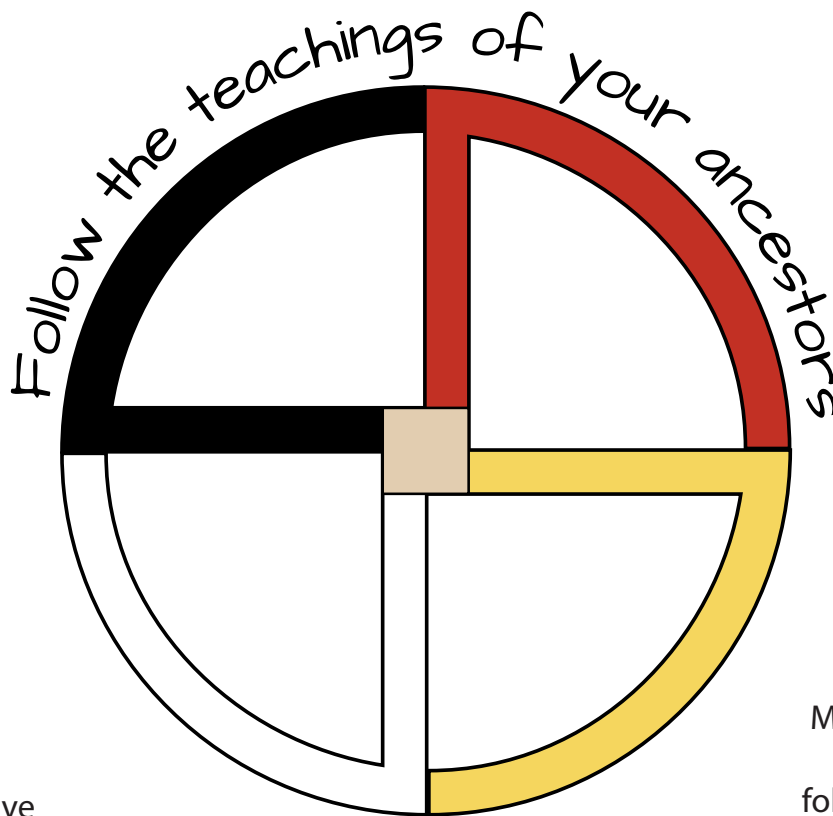
Remember the gifts provided to us and eat healthfully.



Be of service to your community.



Engage and be social with your family and community.



Connect with nature and the outdoors.



Be physically active throughout the day.



Manage any health conditions by following the advice of your doctor.

