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?**

- **Follow the teachings of your ancestors**
- **Engage and be social with your family and community.**
- **Be physically active throughout the day.**
- **Connect with nature and the outdoors.**
- **Manage any health conditions by following the advice of your doctor.**
- **Remember the gifts provided to us and eat healthfully.**
- **Be of service to your community.**