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 physical health as either EXCELLENT or VERY GOOD
- Were COMPLETELY or MOSTLY able to carry out everyday physical activities

People reported MORE memory or thinking problems if they...

- Had THREE OR MORE health conditions
- Had been told by a doctor they had ALCOHOL PROBLEMS or a HEAD INJURY

What can you do for your PHYSICAL HEALTH to help your MEMORY HEALTH?

- Keep medical appointments and see your doctor regularly.
- Be physically active throughout the day.
- Exercise regularly (at least 30 minutes, 5 days per week).
- Manage any health conditions by following the advice of your doctor.
- If you choose to drink alcohol, drink in moderation.