

Physical 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 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

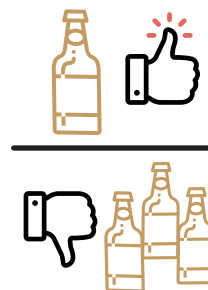
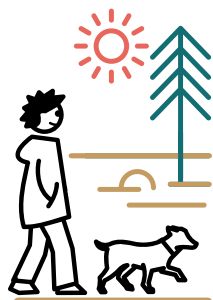
What can you do for your **PHYSICAL HEALTH** to help your **MEMORY HEALTH**?

Keep medical appointments and see your doctor regularly.



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

Be physically active throughout the day.



If you choose to drink alcohol, drink in moderation.

Exercise regularly (at least 30 minutes, 5 days per week).

