WELLBEING200 · BRAIN HEALTH CAMPAIGN

Toward a world without dementia

Small steps today. Healthier minds for tomorrow.

9 steps for brain health

Build healthy habits

Walk regularly
Aim for a walk at least three times a week.

Eat a varied diet
Include vegetables, fish and other nutritious foods.

Read and write
Keep your mind active in everyday life.

Reduce harmful exposures

Limit alcohol
Avoid heavy drinking.

Stay smoke-free
Avoid smoking and secondhand smoke.

Protect your head
Use helmets and prevent falls.

Care and connect

Manage your health
Keep track of blood pressure, blood sugar and cholesterol.

Stay connected
Make time for family, friends and your community.

Notice memory changes
Discuss new changes early with a health professional.

4 everyday habits

1

Eat well

Enjoy a varied, balanced diet with vegetables, fruit and whole grains.

2

Keep moving

Make physical activity a regular part of your day.

3

Stay social

Spend time with others and take part in shared activities.

4

Keep learning

Try something new, read, play music or build a skill.

10 warning signs

Changes that can affect daily life

1. Memory loss
2. Difficulty with familiar tasks
3. Problems with words or language
4. Confusion about time or place
5. Poor or reduced judgment
6. Difficulty keeping track of things
7. Misplacing things
8. Changes in mood or behavior
9. Problems judging space or what you see
10. Withdrawing from work or social life

If these changes are new and affect daily life, talk with a health professional.

14 modifiable risk factors

Opportunities to support brain health across life

1. Physical inactivity
2. Smoking
3. Excessive alcohol use
4. Air pollution
5. Head injury
6. Social isolation
7. Fewer educational opportunities
8. Obesity
9. High blood pressure
10. Diabetes
11. Depression
12. Hearing loss
13. High LDL cholesterol
14. Untreated vision loss

Understanding dementia

Dementia is a syndrome caused by diseases that affect the brain. It can impair memory, thinking and the ability to perform everyday activities.

Wellbeing200

Redefining health at the cellular level.

English edition · A2 · 2026.10

Sources

NID Korea · 3-3-3 prevention guide (adapted)
WHO · Dementia
ADI · Warning signs / Risk factors
ADI · 14 risk factors
Public Health Agency of Canada · Brain health

Read and share