



B Brain Health
Scotland

Your brain is amazing.
Let's keep it that way.

FOREWORDS



Clare Haughey Minister for Mental Health

We continue to live in unprecedented times as we adjust and re-adjust to the uncertainty of Covid-19 in all aspects of our lives. The Scottish Government continues to work with stakeholders to respond in the critical areas of dementia and mental health and I am immensely grateful to everyone who is working with us on supporting individuals and families affected by the pandemic.

Whilst Covid-19 will continue to dominate public health for the foreseeable future, it is also hugely important that we focus on other critical areas of public health. Last year, we announced that we would establish Brain Health Scotland to work alongside Public Health Scotland and others to take a world-leading national approach over 5 years to promote and embed positive brain health across the whole population and within services to help reduce the risk of dementia. With this goal in mind, it is timely that The Lancet recently published a report which consolidates the global evidence base for the possibility of dementia prevention.

Hosted by Alzheimer Scotland, Brain Health Scotland is working with the dementia community, including our research community, and as this brochure shows, has the ambition and commitment to engage all of Scotland's citizens on brain health awareness and literacy - leading to a first national brain health and dementia prevention strategy next year.

This will be an important first step in crucial long-term work to help reduce risk factors for dementia - and indeed to help to future-proof Scotland's public health resilience. I look forward to working with Brain Health Scotland and all of you on this important agenda.



Professor Craig Ritchie

Brain Health Scotland is the first initiative of its kind to promote and improve brain health at a national level. By working with partners in policy, research and clinical care, we will create a new generation of brain health services within the NHS to provide early disease detection, risk profiling and personalised prevention plans. Scotland is uniquely positioned to lead this work, with undoubted strength in brain health research and health informatics.



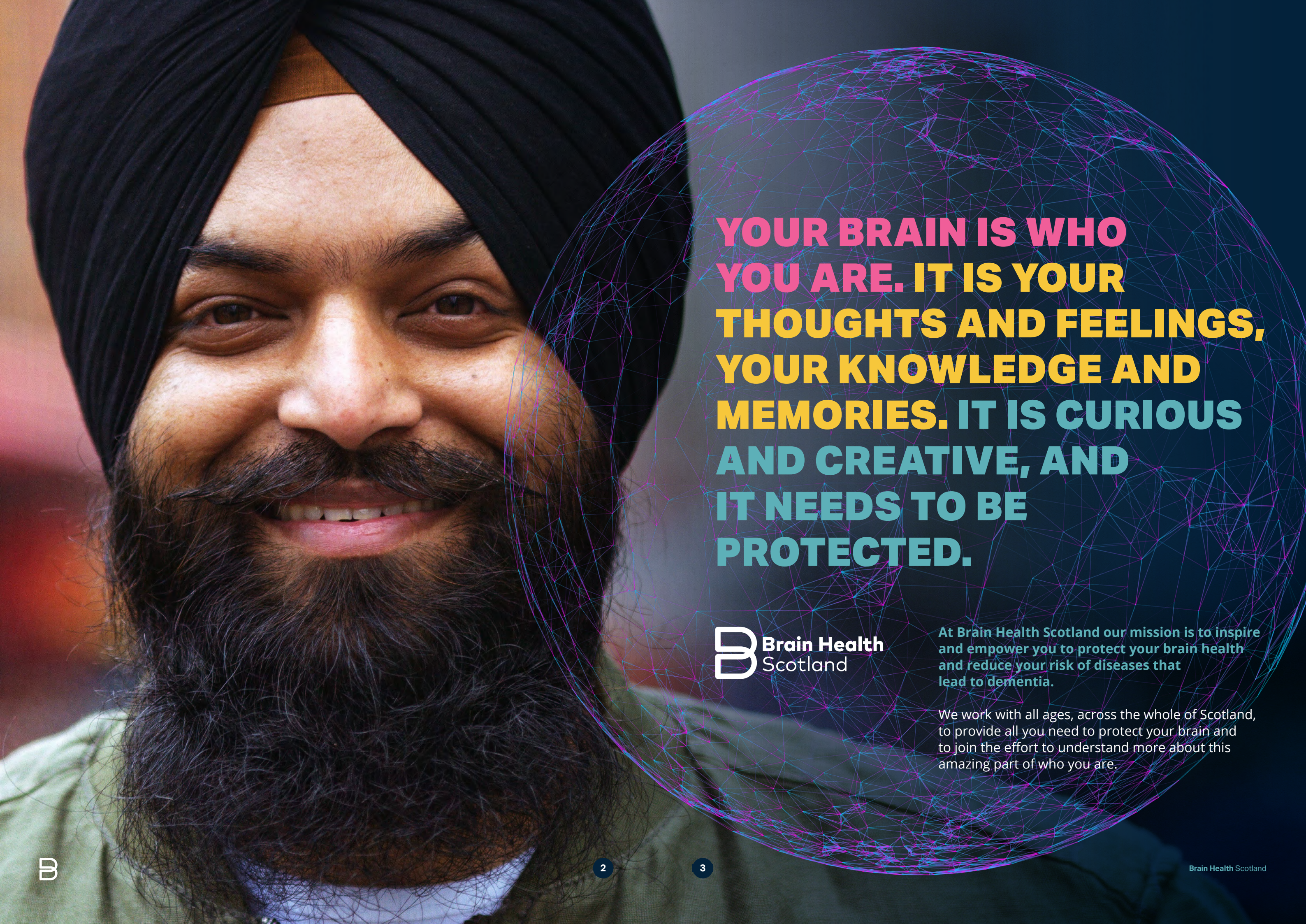
Henry Simmons Chief Executive of Alzheimer Scotland

This is one of the most important and exciting dementia policy and brain health initiatives in recent years and we are confident it will make a lasting difference to the future of dementia care and research. Brain Health Scotland will provide expert advice and coordination and will ultimately deliver the first Brain Health and Dementia Prevention Strategy for Scotland. As part of this, we will work hard to ensure Scotland leads the world with the most engaged population per capita for participating in brain health research, so that we can all play our part in understanding and preventing dementia.



Anna Borthwick Executive Lead of Brain Health Scotland

The window of opportunity to improve brain health begins early and continues through life, so you are never too young or old to take action. Brain Health Scotland will deliver both public health programmes and individually tailored interventions. We will work with all ages, across the whole of Scotland, to support those at high risk to stay socially, cognitively and physically active and to improve their vascular health. There has never been a greater need to empower people to improve and protect their brain health and this is the right time and place to make a difference.



**YOUR BRAIN IS WHO
YOU ARE. IT IS YOUR
THOUGHTS AND FEELINGS,
YOUR KNOWLEDGE AND
MEMORIES. IT IS CURIOUS
AND CREATIVE, AND
IT NEEDS TO BE
PROTECTED.**



At Brain Health Scotland our mission is to inspire and empower you to protect your brain health and reduce your risk of diseases that lead to dementia.

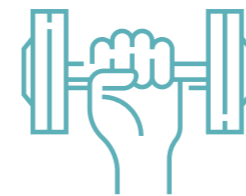
We work with all ages, across the whole of Scotland, to provide all you need to protect your brain and to join the effort to understand more about this amazing part of who you are.

LIFESTYLE HAS A PROFOUND IMPACT ON YOUR BRAIN HEALTH.

If we eat, exercise and sleep well we can help keep our brains healthy and fuelled with oxygen and nutrients. No matter our age, we need to stimulate our brains by being with people and learning new skills. And it is crucial we manage stress to stay as calm as possible at home and work.

We now understand a great deal more about what impacts our brain health than we did even ten years ago. For example, it is widely known that the diseases that lead to dementia start in midlife.

The onset of these diseases is driven by many factors, some of which we cannot change, such as our family history and genetics, but many of which we can, such as our lifestyle.



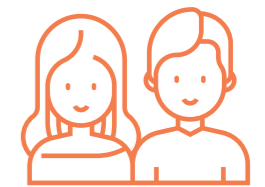
Be active

Take regular exercise that gets your heart pumping



Eat healthy

Eat a balanced, mediterranean-style diet



Stay social

Enjoy time with other people



Avoid harmful substances

Don't smoke and don't consume alcohol to excess



Get creative

Learn new skills throughout life



Keep rested

Manage stress, look after mental health and get plenty of sleep

What we do

DEVELOPED IN PARTNERSHIP WITH ALZHEIMER SCOTLAND, AND FUNDED BY THE SCOTTISH GOVERNMENT, BRAIN HEALTH SCOTLAND PROVIDES:

- Expert advice about brain health research, policy and healthcare
- Promotion of positive brain health in collaboration with Public Health Scotland and other partners
- Support to ensure health professionals can provide personalised prevention plans
- Opportunities to join brain health clinics and research programmes across Scotland

Brain Health Scotland has been established with the singular objective of reducing the incidence of dementia over the next 10 years.

We achieve our success by establishing long-standing partnerships with organisations that share our vision of a future free from the fear of brain disease.

We promote brain health through two key programmes:

Brain Health Engagement:

We promote awareness of the principles of brain health across all walks of life. We work with partners in education, nutrition and fitness, as well as employers and sports associations to promote positive brain health.

Our programmes include educational outreach from primary school years onwards, health promotion campaigns and management of known risk factors such as diabetes and depression.

We place specific emphasis on equity of access, addressing the needs of people living in more challenging socioeconomic circumstances.



Brain Health Services:

We are developing Scotland's first brain health clinics, at which patients will access the information and interventions they need to protect their brain. We are establishing the Scottish Early Alzheimer's Disease Detection (SEADD) Programme to provide a unique clinical setting for promoting brain health protection on a national scale. We also provide opportunities to join research programmes, so everyone can join the effort to better understand brain health and disease.

These Brain Health Services will help to detect and manage the most common brain health problem we face – namely Alzheimer's disease.

Through all our activities, we expect that in future fewer people will develop Alzheimer's disease in Scotland, but for those who do, we will work to ensure they access the best assessments, treatments and care.

Brain Health Scotland has been commissioned to produce national policy documents that will include the first Brain Health Strategy for Scotland as well as a Scottish Brain Health and Dementia Research Strategy.

What you can do



THERE ARE MANY WAYS YOU CAN GET INVOLVED WITH BRAIN HEALTH SCOTLAND.

1. Join research

Taking part in brain health research is one of the greatest ways to impact future success:

www.joindementiaresearch.nihr.ac.uk

2. Learn about brain health

We run a free online learning course, or MOOC – Massive Open Online Course – about Understanding Brain Health.

Search 'Brain Health' at futurelearn.com

3. Partner with us

We are keen to work with partners from all walks of life. We would love to hear from you if you are keen to embed brain health in your work, school or community.

4. Work with us

Register interest and sign up for alerts so we can let you know when we are looking for skills.

5. Data

All Brain Health Scotland data is held on the principle of open access – if you would like to know more please contact us at brainhealth@alzscot.org

Who we are

Director

Prof Craig Ritchie
Chair of Psychiatry of Ageing,
the University of Edinburgh

Associate Director

Henry Simmons
Chief Executive of Alzheimer Scotland

Executive Lead

Anna Borthwick

Project and Communications Lead

Neil Fullerton

Our researchers


SDRC Executive

We work with experts from the Scottish Dementia Research Consortium and the Scottish Dementia Informatics Partnership to ensure we remain at the cutting edge of global advances to understand and protect brain health.

www.sdrc.scot/executive-committee

GET IN TOUCH

To learn more about brain health, or any of the Brain Health Scotland programmes, please get in touch at brainhealth@alzscot.org

 [@brainhealthscot](https://twitter.com/brainhealthscot)

www.brainhealth.scot

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