

HERE IS OUR APPROACH TO BRAIN HEALTH LITERACY



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HEALTH LITERACY YOUR EVERY DAY GUIDE TO BRAIN HEALTH

Health Literacy means having the knowledge and skills to understand, evaluate, and use health information to make informed decisions.

Improving your health literacy means learning how to find, understand, and use health information in your daily life.

SIMPLE ACTIONS TO REDUCE YOUR RISK OF DEMENTIA

YOU CAN BUILD IT BY:

- Asking questions during medical visits
- Using trusted sources for health information
- Talking openly with healthcare professionals
- Learning the basics of prevention and healthy living

WITH IMPROVED HEALTH LITERACY, YOU'RE BETTER EQUIPPED TO:

- Understand your health needs
- Make confident, informed choices
- A bit more early action to stay well and avoid complication

When it comes to preventing dementia, good health literacy helps you know what to do today to lower the risks of tomorrow.

FIVE HABITS THAT SUPPORT YOUR BRAIN

Move more

Regular physical activity improves blood flow to the brain, strengthens the heart and helps control blood pressure. Aim for 150 minutes of moderate activity a week. Even walking, gardening or gentle stretching can support memory and brain function. Staying active helps keep your mind sharp as you age.

Eat well

A healthy diet rich in plant-based foods provides nutrients that protect brain cells and reduce inflammation. Focus on vegetables, fruits, legumes, whole grains, nuts and healthy fats like olive oil. Fish high in omega-3s, such as salmon or sardines, also support brain function. Limiting processed foods, sugar and saturated fats can promote healthier cognitive aging.

Healthy Heart, Healthy Brain

Keeping your heart healthy helps protect your brain. High blood pressure, high cholesterol, obesity and diabetes can damage blood vessels and increase dementia risk. Managing these through regular activity, healthy eating and medical care—even later in life—supports both heart and brain health, helping preserve memory and independence.

Protect Your Senses, Protect Your Brain

Untreated hearing and vision loss can increase the risk of cognitive decline by limiting social interaction, reducing sensory input, and increasing cognitive strain. Regular screening and early correction—like using glasses or hearing aids—can reduce isolation, improve communication, and help maintain brain health. Supporting your sensory health keeps you connected, engaged, and mentally active as you age.

Stimulate Your Mind, Strengthen Your Brain

Mental and social activities help build cognitive reserve, keeping your brain flexible and resilient. Reading, learning new things, and staying socially connected through conversations or group activities support memory and thinking skills as you age. Together, they keep your brain active and engaged.