

# In-MINDD Team

**In-MINDD** brings together partners from across Europe, with the specific mix of expertise essential for delivering the project:

**Dementia expertise:** Dublin City University, Universiteit Maastricht and Université de Nice - Sophia Antipolis

**Decision support systems & modeling:**  
Dublin City University

**Primary care, usability, implementation science & end user validation:** University of Glasgow

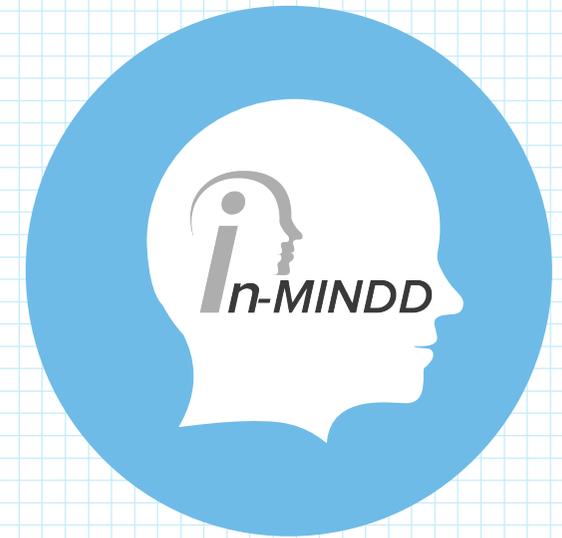
**Online supportive environments:**  
Dublin City University

**Project management & administration:**  
Dublin City University & Pintail Limited

The project has also received valuable input from a team of international experts in the study of dementia and from our advisory board



The In-MINDD project is funded by the European Union Seventh Framework Programme (FP7/2007-2013) under grant agreement No. 304979 (“In-MINDD”). The project commenced in November 2012 and has a duration of three years.



**Adopt a healthy lifestyle  
and reduce your chances  
of developing dementia**

For further information, please contact the project Coordinator Dr Kate Irving (Dublin City University) at

[kate.irving@dcu.ie](mailto:kate.irving@dcu.ie)

or visit

[www.inmindd.eu](http://www.inmindd.eu)

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## LIFESTYLE FOR BRAIN HEALTH

### Did you know that your lifestyle affects your brain health?

The number of people with dementia is increasing as our population ages. While dementia cannot be cured, there is growing evidence that you can reduce your chances of developing dementia in later life, or delay its onset, by following a healthy lifestyle in midlife.

Research is on-going on the factors that may affect brain health, how they are ranked and how they interact. However, there is currently very strong evidence that adopting a healthy lifestyle in midlife can improve your long term brain health.

Scientists have identified several important lifestyle factors that may impact brain health. This brochure sets out some of these (see opposite) and explains what you can do to support your brain health today, and in the longer term.

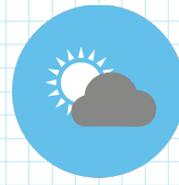
## ABOUT THE IN-MINDD PROJECT

In-MINDD (Innovative, Midlife Intervention for Dementia Deterrence) is an EU-funded project that has identified and validated modifiable risk and protective factors which may impact long term brain health.

## LIFESTYLE FACTORS THAT MAY AFFECT BRAIN HEALTH



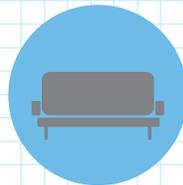
BLOOD PRESSURE



MOOD



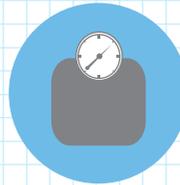
DIABETES



PHYSICAL EXERCISE



SMOKING / DRINKING



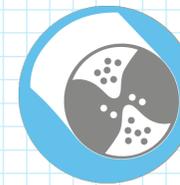
WEIGHT



COGNITIVE ACTIVITY



DIET



CHOLESTROL

In addition to the above, In-MINDD is also exploring the importance of other factors that may impact long term brain health, such as coronary heart disease and chronic kidney disease.

In-Mindd has developed an online tool to:

1. assess if a user's lifestyle supports long term brain health;
2. devise a personalised strategy for a brain healthy lifestyle and
3. help the user implement their programme for change.

## WHAT YOU CAN DO

### Did you know a healthy lifestyle supports a healthy brain?

Many factors contribute to each individual's brain health. Some of these factors (e.g. age, genetics) cannot be changed, but a surprising number are linked with lifestyle. Diet, exercise, weight, smoking, level of alcohol consumption, mental stimulation and social interaction can all have an impact on your long term brain health.

Adopting a healthy lifestyle in midlife will pay dividends in terms of physical and mental health, both now and in the future. A healthy lifestyle will not only improve your brain health, but will also generate other health benefits, reducing your risk of developing conditions such as diabetes, heart disease and many cancers.

To support your long term brain health you can:

- *Adopt a healthy lifestyle in midlife.*
- *Talk to your doctor about dementia and lifestyle changes to help prevent it.*
- *Find out more from the In-MINDD project.*

In-MINDD began in November 2012. The project is led by Dr Kate Irving of Dublin City University, Ireland.

For further information, please visit our webpage, [www.inmindd.eu](http://www.inmindd.eu), or find us on facebook and twitter (<https://twitter.com/fp7InMindd>).