



The Brain Health & Wellness Project

Did you know?



- Light physical activity for only 15 mins a day can increase life expectancy by 3 years
- Being **socially active** improves health and well-being; Secure relationships are the single most predictive variable of well-being in later life
- Combined lifestyle factors, including **challenging your brain** with new learning, may reduce dementia risk by up to 35%
- **Positive thinking** about aging can prolong life expectancy by up to 7.5 years

Project Aim:

Demonstrate the *feasibility, acceptability, and effectiveness* of using behaviour change tools for **dementia risk reduction** in front line care.

Project Objectives:

- Provide an *easy to use, effective, systematic approach* to behavior change in front line care
- Facilitate behavior change activation in key areas known to be modifiable lifestyle risk factors of dementia and effective promoters of brain health and wellness
- Empower people to improve cognitive, mental and physical health for improved brain health

Project Resources

Team Members

- 4 Investigators
- 4 Site leads 2 Coaches
- 1 Project Manager
- 4 Coordinators



Funding Sources

Centre for Aging and Brain Health Innovation (CAHBI)

Nova Scotia Health Research Foundation



Project Sites

Halifax
Ottawa
Toronto
Vancouver

Behaviour Change Tools for Dementia Risk Reduction

Evidence-Based Tools

- Effective & easy to use
- Based on Cognitive Behaviour Therapy (CBT)
- Support clinicians **initiate, promote, and facilitate** patients' positive health behaviour change
- Paper & Electronic format
- Available in French and English



The Process

- Patient/client goal setting with clinician
- 1 month follow-up by phone or in person
- Pre/Post Health & Resilience Questionnaires
- Measure goal attainment and well-being
- Wellness App to support patient/client goal achievement between visits



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Project Results

Education Sessions



708 Clinicians educated by webinar

- 3 pre recorded webinar options
- 8 live webinars
- 10 webinars for specific groups

1476 Clinicians educated in person

- 28 sessions

305 community members educated

- 4 public education sessions

Participating Clinicians



Nurse/NP: 25%
Social Workers: 19%
Physicians: 19%
Other: 37%



Participating Patients/Clients

Paper Tool Users: 380

App Users: 581

Mean Age: 68 years

Mean Age: 52 years

♀ 68%

♀ 80%

♂ 32%

♂ 19%

Paper Tool Users

Well-Being

85% experienced at least some change in well-being

Goal Attainment

89% at least partially completed their goal

Goals set by domain

Physical Activity: 57%
Social Activity: 18%
Brain Challenge: 10%
Mental Health: 11%
Positive Thinking: 4%



Wellness App Users

Well-Being

80% experienced at least some change in well-being

Goal Attainment

90% at least partially completed their goal

Goals set by domain

Physical Activity: 62%
Social Activity: 12%
Brain Challenge: 8%
Mental Health: 9%
Positive Thinking: 9%

Conclusion

Clinicians face many barriers to inviting behaviour change in their patients such as lack of time, tools, training and a systematic approach.

Results of this minimal intervention demonstrate the *feasibility*, *acceptability*, and *effectiveness* of the dissemination and uptake of Health Behaviour Change Tools in front line care by all types of clinicians in a wide variety of health care settings