



Global Council on Brain HealthSM

A COLLABORATIVE FROM **AARP**

● WHO WE ARE

The Global Council on Brain Health (GCBH) is an independent organization, created by AARP, in collaboration with Age UK, to provide trusted information on how all of us can maintain and improve our brain health. Clear and dependable recommendations generated by GCBH are based on the latest scientific evidence provided by scientists, doctors, scholars and policy experts from around the world.

As people live longer, the need for clear, trustworthy information on brain health is greater than ever. People want to know what will help them lead meaningful, engaged lives, and the GCBH and AARP want to help them understand how to achieve a brain-healthy lifestyle.

Brain health is vital to well-being across the life-span, so our work aims to have a major impact.

● WHAT WE DO

Scientists, academics, governments and journalists produce a stream of information, but it can lead in conflicting directions. AARP surveys have found, for example, that many people believe taking vitamins or supplements is important for their brain health, but the evidence on effectiveness is limited. The GCBH experts aim to evaluate the full range of brain health research to help people make informed decisions.

The GCBH debates the latest advancements in brain health scientific research to reach consensus on what works and what doesn't. Our overriding goal is to cut through the clutter and provide simple steps that people can take every day to boost their cognitive health and live life to the fullest.

● HOW WE DO IT

The GCBH operates as a hub-and-spoke collaborative to address the many factors that can impact brain health. A core group of approximately a dozen experts from around the world – the governance committee – comprise the hub. This group leads issue specialists – the “spokes” – in examining priority areas, including physical exercise, mental engagement, diet, supplements, sleep, stress levels, vascular risk, delirium, music, and socialization.

● GCBH RESOURCES

The GCBH has published reports including:

- The Brain-Body Connection
- The Brain-Sleep Connection
- The Brain and Social Connectedness
- Engage Your Brain: Cognitively Stimulating Activities
- Brain Food: Nourishing Your Brain Health
- Brain Health and Mental Well-Being
- Supplements and Brain Health
- The Brain-Heart Connection
- Delirium and Brain Health
- Music and Brain Health
- COVID-19 and Brain Health
- Behavior Change and Brain Health
- Brain Health Equity



Reports & infographics are available in multiple languages at **GlobalCouncilonBrainHealth.org** (or scan QR code above)

Sign up for the **GCBH Newsletter** here:
<https://www.aarp.org/health/brain-health/global-council-on-brain-health/newsletter/>

Take control of your brain health with AARP Staying Sharp:
stayingsharp.aarp.org

Questions? Contact **GCBH@aarp.org**.

About AARP: AARP is a nonprofit, nonpartisan organization with a history of convening leading organizations and experts to address critical social issues to help people live their best lives. AARP launched the Global Council on Brain Health to partner with others throughout the world interested in the same goal—helping all people be healthy and live well.