

**12 Ways to Reduce Dementia Risk**

**2025**

***Never Too Early and Never Too Late  
To Start Caring About Your Brain Health***



# Introduction and Acknowledgement

This calendar presents key findings from a recent study estimating that up to 50% of dementia cases in Canada are linked to 12 established dementia risk factors across the life span. Each month highlights the prevalence and potential population impact of these 12 dementia risk factors in Canada, along with lifestyle tips and monthly goals you can plan to help address these risk factors. There are little box beside each date for you to check off your daily progress on your journey to better brain health.

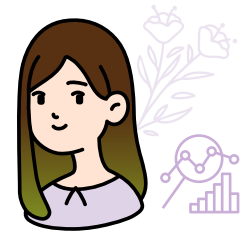
This research was part of Surim Son's PhD study, which aimed to identify the most prevalent combination of risk factors that can be targeted to prevent the most dementia cases in Canada. Surim is a PhD candidate in Epidemiology at the Department of Epidemiology and Biostatistics, Schulich School of Medicine & Dentistry, Western University, under the supervision of Dr. Mark Speechley and Dr. Maneul Montero-Odasso. She is deeply passionate about promoting healthy lifestyles to improve not only the dementia experience but also aging experience. Her research interests center around dementia prevention and risk reduction at both individual and population levels, multidomain intervention trial design, and healthy aging.

This calendar was created using Knowledge Translation and Exchange Program Funding from the Knowledge Translation and Exchange Program of the Canadian Consortium on Neurodegeneration in Aging, which is supported by a grant from the Canadian Institutes of Health Research and with funding from the Alzheimer Society of Canada. Funders had no role in design and conduct of the study, and creation of this knowledge translation product.

The calendar was designed by Haneul Lim, who is a graphic designer based in Toronto. With her over four years of design experience, Haneul's passion for design is not only portrayed through her professional work but also through her devotion to giving back to the community.

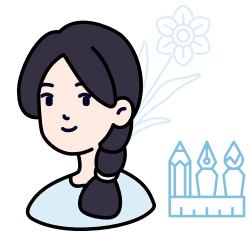
The editor of this calendar was Areej Hezam, who has over four years of experience in health services research. Driven by a deep passion for making an impact and creating positive change in the world, Areej is dedicated to improving healthcare outcomes through her research.

Lifestyle tips provided are from the SYNERGIC-2 lifestyle intervention trial for dementia, as well as the guidelines from the Alzheimer Society of Canada and World Health Organization.



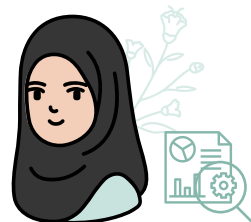
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**Haneul Lim**

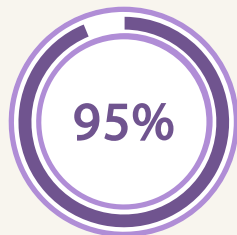
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## Key Findings



**95%** of Canadians have  
**at least 1** dementia risk factor

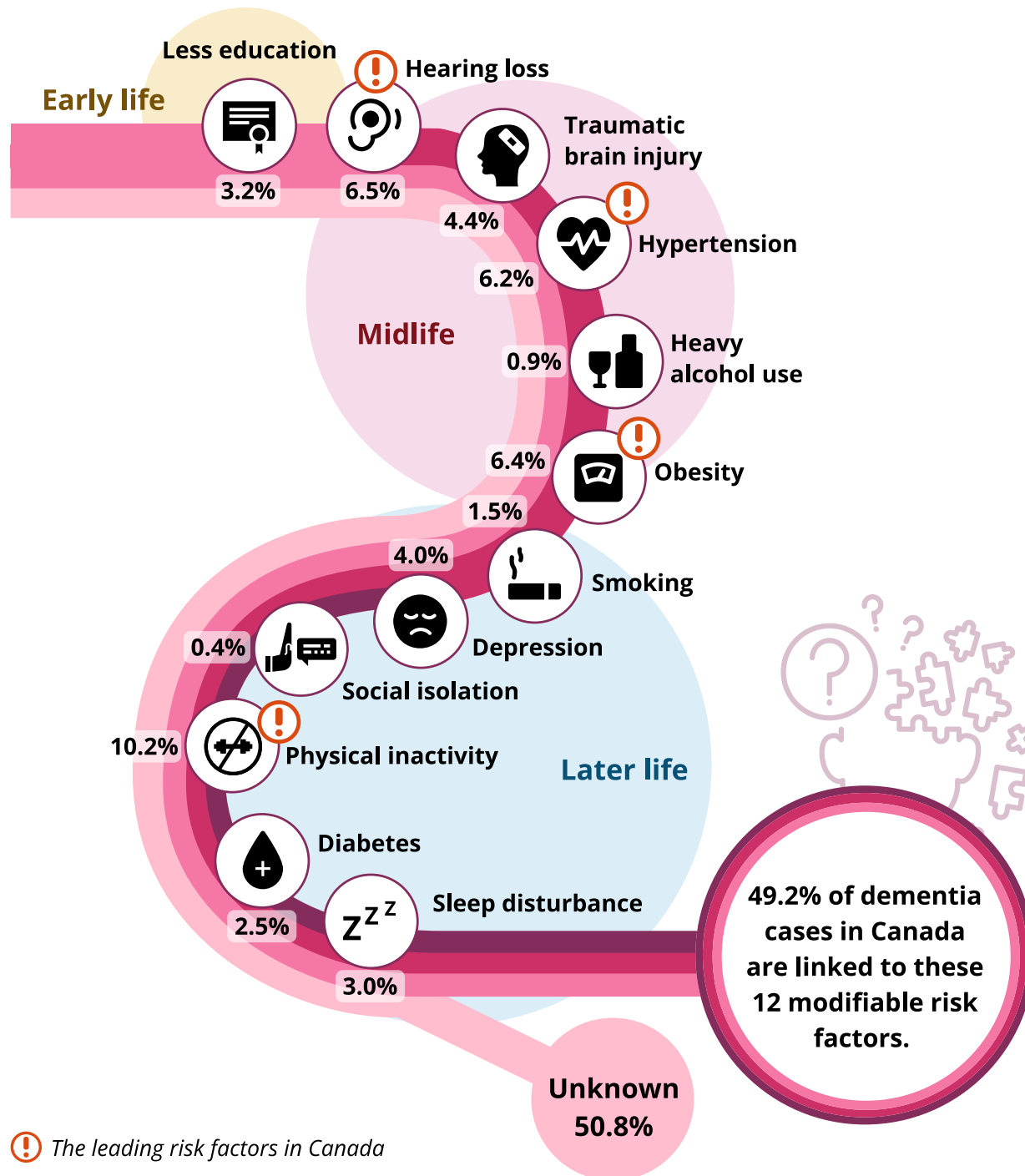


**80%** of Canadians have  
**2 or more** risk factors



**Scan for the published paper!**

Son et al. Potentially Modifiable Dementia Risk Factors in Canada: An Analysis of Canadian Longitudinal Study on Aging with a Multi-Country Comparison. J Prev Alz Dis. 2024; 11:1490-1499.



# JANUARY



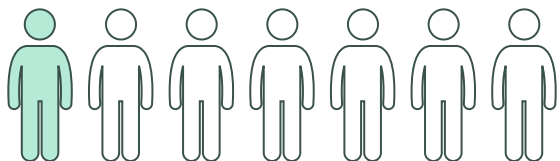
## Stay Cognitively Active!

Who needs a gym membership when you can flex those brain muscles with fun challenges and mental workouts? Let's keep those neurons partying!

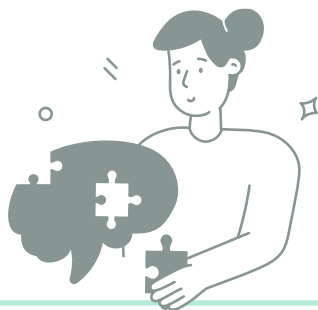
SUN	MON	TUE	WED	THU	FRI	SAT
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# 01 Less Education

## Facts

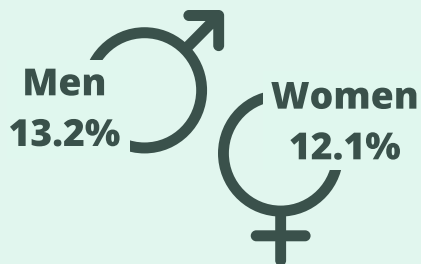


Did you know that **14%** of Canadians have less formal education? This can be an important factor when looking at overall brain health and dementia risk!

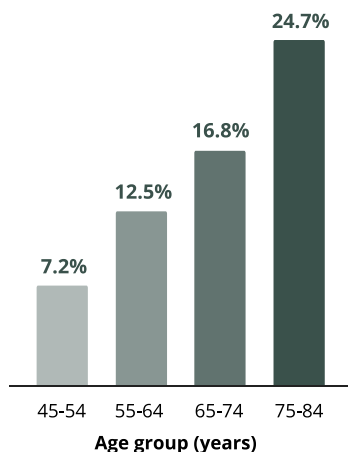


Having less education plays a role in **3.2%** of dementia cases in Canada—just another reason to keep those brains busy and learning!

### Prevalence is Similar Between Men and Women



### More Prevalent in Later Life



## Set Your Goals



## Recommendation

- **Get your game face on!**  
Challenge your brain with some brain-boosting games like crossword puzzles, sudoku, or word searches. Who knew being a word wizard or a number ninja could be so much fun?
- **Keep the learning party going!**  
Remember, age is just a number, but your knowledge can keep multiplying! So grab your party hat and dive into life-long learning.
- **Channel your inner polyglot!**  
Learn a new language, pick up a quirky hobby, or become the next Mozart!

# FEBRUARY

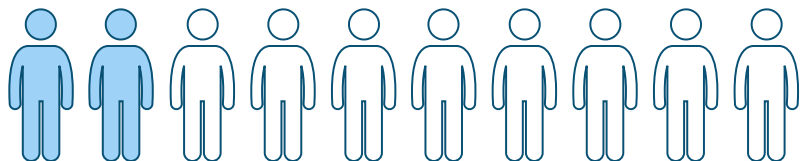
★ **Protect Your Hearing!**

Your ears deserve some love too! Protect your hearing so you don't miss out all the laughs, your favourite song, and sound!

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

# 02 Hearing Loss

## Facts

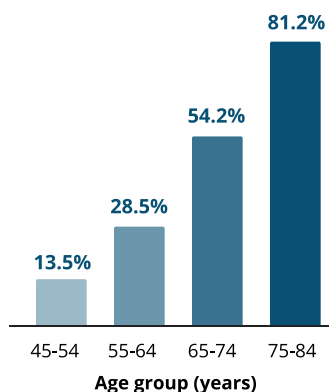


About **21.0%** of Canadian adults experience hearing loss. Let's crank up the awareness and keep our ears tuned in—who wants to miss out on all the juicy details and funny moments?

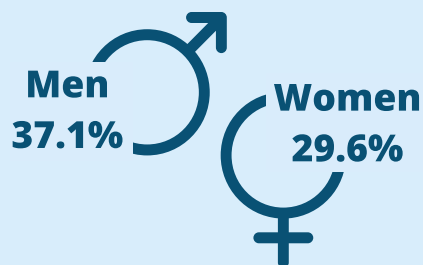
Hearing loss contributes to **6.5%** of dementia cases in Canada. Let's tune in to our hearing health to keep our minds sharp and clear!



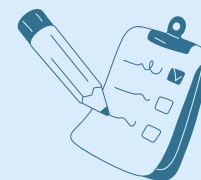
### More Prevalent in Later Life



### More Prevalent in Men



## Set Your Goals



## Recommendation

- **Keep it down, party people!**  
Avoid loud noises and music volumes. Your ears aren't fans of heavy metal concerts every day, so save the rock-out sessions for special occasions!
- **Rock those hearing aids!**  
Wearing hearing aids is like giving your ears a superhero cape! Embrace your inner superhero and let those little devices help you hear all the amazing sounds of life.
- **Check-in with your ears!**  
Regular hearing screenings are like a spa day for your ears.



# MARCH

## ★ Protect Yourself from Brain Injury!

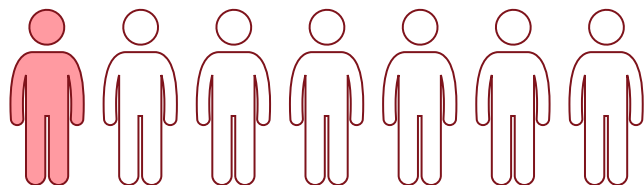
Protect your brain whether you are on the field or at home. Let's keep those brains safe so you can keep having fun and making awesome memories!

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Saint Patrick's Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



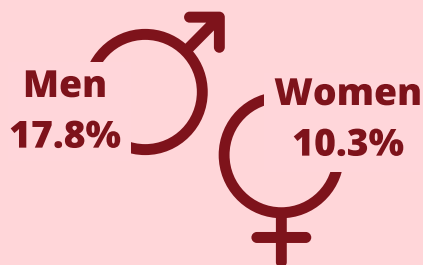
# 03 Traumatic Brain Injury

## Facts

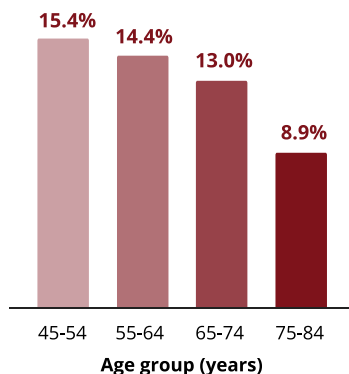


About **15.0%** of Canadian adults have experienced a traumatic brain injury. Let's raise awareness and promote safety —after all, our brains are too precious not to protect!

### More Prevalent in Men

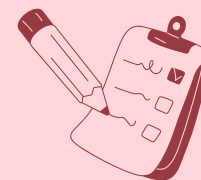


### More Prevalent in Younger Ages



Traumatic brain injury contributes to **4.4%** of dementia cases in Canada. Let's prioritize brain safety so we can keep our minds sharp and our ideas flowing!

## Set Your Goals



## Recommendation

- **Rock that helmet!**  
When playing sports, don't forget to wear a helmet and all your protective gear! Think of it as your superhero outfit—it helps keep your brain safe while you show off your epic moves!
- **Stay steady at home to prevent falls!**  
Make your home a no-trip zone! Install handrails on stairs and grab bars in the bathroom, because nobody wants to go “slip and slide” when they're just trying to wash their hands! Make sure to remove any sneaky tripping hazards, like that pair of shoes that thinks it's a decoration!
- **Winter footwear magic!**  
When the snow starts to fall, wear proper footwear and be cautious of icy sidewalks!

# APRIL

★ **Happy Heart, Happy Mind, Happy Brain!**

Keep your heart healthy, and your brain will stay sharp and bright.  
After all, a happy heart keeps everything in sync!

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Good Friday	19
20	21 Easter Monday	22	23	24	25	26
27	28	29	30			

# 04 Hypertension

## Facts

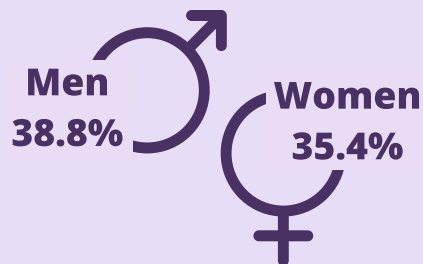


Around **30%** of Canadian adults have hypertension! That means about 1 in 3 Canadians have their hearts working extra hard—so give your heart some love and keep it healthy!

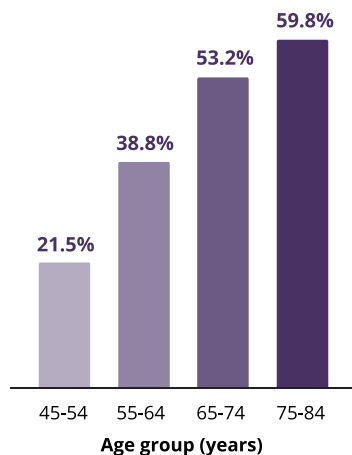
Hypertension plays a role in **6.2%** of dementia cases in Canada! Keeping your blood pressure in check can help not just your heart, but your brain too!



### Prevalence is Similar Between Men and Women



### More Prevalent in Later Life



## Set Your Goals



## Recommendation

- **Get your groove on!**  
Find fun ways to stay active – dance, stretch, or take a walk in the park. Your body will thank you!
- **Nourish your inner superhero!**  
Fill your plate with colorful veggies, juicy fruits, and all the good stuff that powers you up!
- **Keep your heart happy!**  
Check in on your blood pressure every now and then – your heart works hard, so give it some love!



Scan to learn more about preventing high blood pressure!



# MAY

## ★ Cheers To a Healthier Brain!

The less you drink, the more you think! Keep those brain cells happy and thriving with mindful sipping!

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Victoria Day	20	21	22	23	24
25	26	27	28	29	30	31

# 05 Excessive Alcohol Use

## Facts

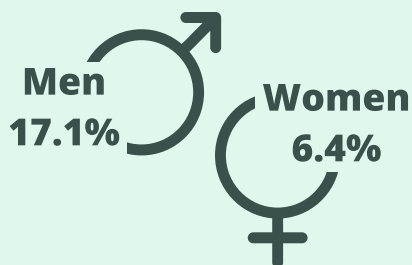


Around **11%** of Canadians are drinking more alcohol than is healthy. Let's raise a glass to moderation and keep our bodies and minds feeling their best!

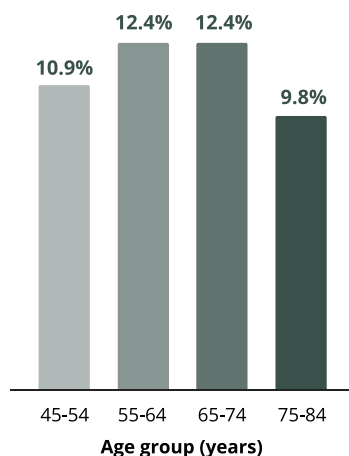
Excessive alcohol use plays a role in **0.9%** of dementia cases in Canada. Let's keep our brains sharp by sipping smart and choosing healthy habits.



### More Prevalent in Men



### Prevalence is Similar Across Ages



## Set Your Goals



## Recommendation

- **Sip, sip, hooray!**  
Take it easy – slow down, drink water in between, and enjoy your drink at your own pace
- **Keep count & plan it out!**  
Set a weekly drink goal and track your drinks like you would your steps – it's all about balance!
- **Stick to your limits for Canada's Low-risk drinking**

Women	Men
2 standard drinks/day	3 standard drinks/day
10 standard drinks/week	15 standard drinks/week
3 standard drinks on special occasion	4 standard drinks on special occasion

### Standard drink:

- A **bottle** of beer or cider (5% alcohol, 341 mL)
- A **glass** of wine (12% alcohol, 142 mL)
- A **shot** of hard liquor (40% alcohol, 43 mL)



Scan to learn the Canada's Guidance on Alcohol and Health.

# JUNE

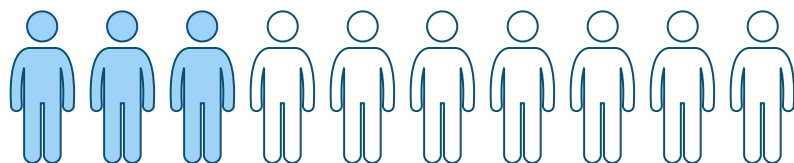
## ★ Let's Shrink Obesity Together!

Embrace healthy habits and make small changes for big results.  
Together, we can create a healthier, happier you!

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# 06 Obesity

## Facts

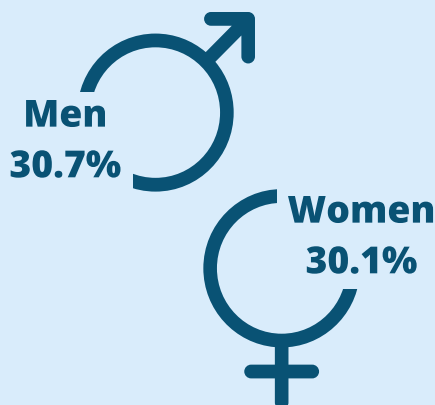


A whopping **31.0%** of Canadian adults are living with obesity! Let's tackle this together with healthy habits and a sprinkle of fun —because who says getting fit can't be a blast?

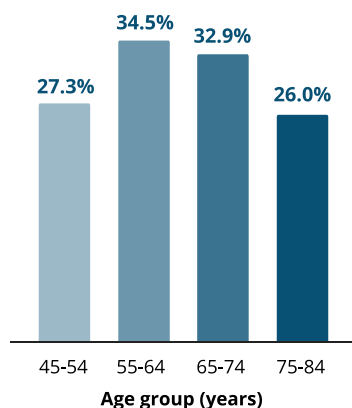
Obesity is linked to **6.4%** of dementia cases in Canada. Let's swap some snacks for healthy choices and keep our brains bright!



### Prevalence is Similar Between Men and Women



### Prevalent Between Ages 55 to 75



## Set Your Goals



## Recommendation

- **Get moving and grooving!**  
Find activities you love, whether it's dancing, hiking, or yoga, and make exercise a fun part of your routine!
- **Yummy, healthy munchies!**  
Fill your plate with colorful fruits, crunchy veggies, and tasty whole grains. Eating healthy can be delicious and exciting!



Scan to learn more about  
Canada's Food Guide



# JULY

## ★ Love Your Lungs and Brain!

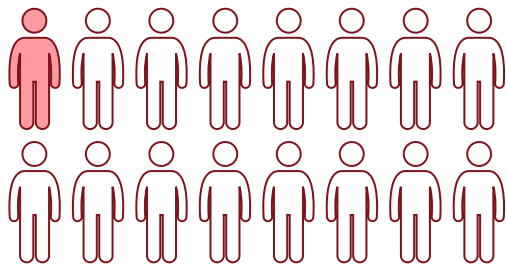
Quitting or cutting back on smoking is a great way to show your body some love. Breathe easier and think clearer for a healthier, happier you!

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Canada Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



# 07 Smoking

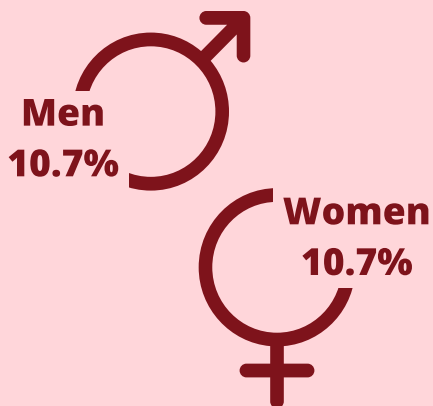
## Facts



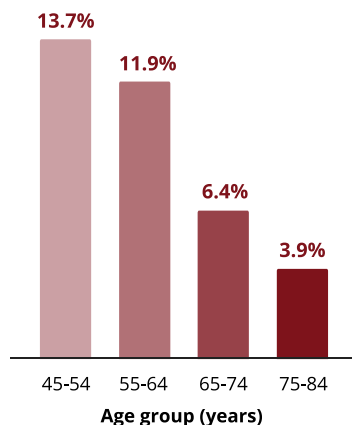
Only **6.2%** of Canadians are still smoking. Let's celebrate healthier choices and keep those lungs happy and smoke-free!

Smoking contributes to **1.5%** of dementia cases in Canada. Who needs smoke when you can have sunshine and fresh air?

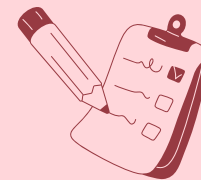
### Prevalence is Similar Between Men and Women



### More Prevalent in Younger Ages



## Set Your Goals



## Recommendation

- **Kick the habit!**  
Set a quit date and create a plan that works for you. You've got this!
- **Find your fun alternatives!**  
Swap out those smokes for healthier habits like chewing gum, going for a walk, or picking up a new hobby.
- **Join the crew!**  
Sign up for local smoking cessation programs and meet others on the same journey. Let's tackle this together!



Scan for Health Canada's  
Quit Smoking Tool



# AUGUST



## Tune In to Your Feelings and Love Yourself!

Embrace your emotions and show yourself the kindness you deserve.  
Remember, you're worth every bit of love and care!

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Civic Holiday	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

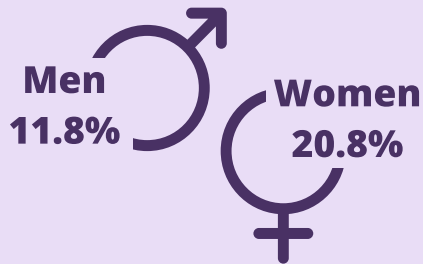
# 08 Depression

## Facts



About **12.0%** of Canadian adults are facing depression. Let's spread awareness and support each other—because together, we can turn those clouds into sunshine and bring brighter days ahead!

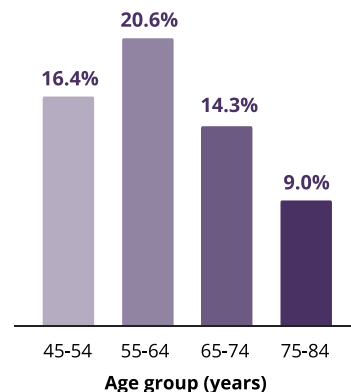
### More Prevalent in Women



Depression is linked to **4.0%** of dementia cases in Canada. Let's prioritize mental health and seek support to keep our minds sharp and vibrant! A little positivity can go a long way in boosting our brainpower!



### More Prevalent in Younger Ages



## Set Your Goals



## Recommendation

- **Get your groove on!**  
Go for a daily walk and soak up some sunshine. It's a great way to boost your mood and enjoy nature!
- **Put pen to paper!**  
Journal your feelings and thoughts. It's like having a heart-to-heart with your best friend—only this one never judges!
- **Chat it out!**  
Talk to your friends and family about how you're feeling. Sharing is caring, and a little support goes a long way!
- **Don't hesitate to seek help!**  
If you need it, reach out for professional treatment. You deserve all the love and care to feel your best!



Scan for resources on  
Mental Health Support



# SEPTEMBER

★ **Stay Connected with Friends and Family!**

Nurture those relationships, share some laughs, and create beautiful memories together. Connection is the heart of happiness!

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Labour Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 National Day for Truth and Reconciliation				

# 09 Social Isolation

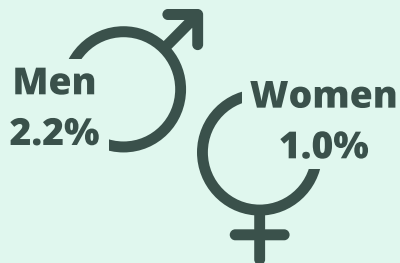
## Facts

About **1.6%** of Canadian adults experience social isolation. Let's reach out and connect! A simple hello or a friendly message can remind someone they're not alone in this big world!

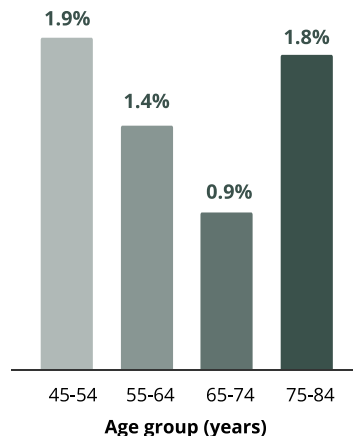


Social isolation contributes to **0.4%** of dementia cases in Canada. Let's break the silence and keep our minds sharp and happy!

**Prevalence is Similar Between Men and Women**



**Prevalence is Similar Across Ages**



## Set Your Goals



## Recommendation

- **Get involved and give back!**  
Join a volunteering group or club to meet new friends and spread some joy. It's a win-win!
- **Stay connected!**  
Whether it's a quick chat on the phone, a virtual hangout, or an in-person visit, reach out to friends and family. A little connection goes a long way!



# OCTOBER

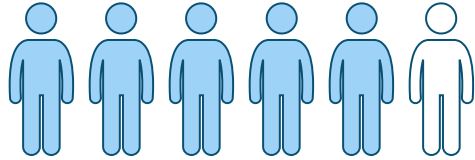
## ★ Get Moving and Stay Active!

Every step counts, so embrace movement in your daily life and make it fun!  
Your body and mind will thank you!

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13 Thanksgiving	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

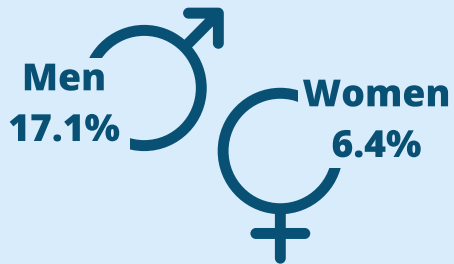
# 10 Physical Inactivity

## Facts

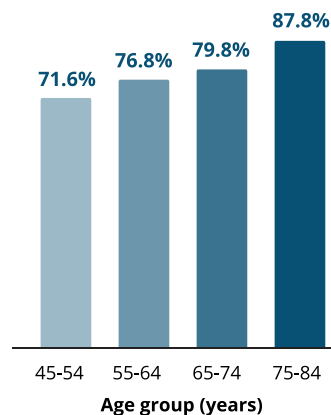


Oops, we've got a couch potato situation! A whopping **83%** of Canadian adults aren't getting enough physical activity. Let's shake off the dust and get moving for a healthier, happier life!

### More Prevalent in Women



### More Prevalent in Older Ages



Physical inactivity is linked to **10.2%** of dementia cases in Canada. Let's trade in our couch potato status for some movement—because a little exercise can keep our minds sharper than a pencil!

## Set Your Goals



## Recommendation

- **Get your body moving!**  
Take the stairs instead of the elevator and walk to the grocery store. Every little step counts, and it can be a mini adventure!
- **Join the fun!**  
Sign up for an exercise class or join a team. It's a great way to meet new friends while getting your groove on!
- **Exercise regularly!**
  - The WHO recommends at least 150 minutes of moderate or 75 minutes of vigorous aerobic activity per week. Additionally, aerobic exercise should be combined with muscle-strengthening (2 days a week) and balance activities (3 days a week if you have poor mobility).
  - For older adults, a suggested plan includes 20 minutes of aerobic exercise (eg. swimming, jogging, cycling, pickleball) 3 times a week, and 40 minutes of strength training (eg. dumbbells, resistance bands, body weight, barbells) 3 times a week.
- **Listen to your body!**  
If you have health conditions, be active in a way that works for you. Move as your abilities allow, and remember that every bit of movement is a step in the right direction!

# NOVEMBER

## ★ Don't Sugar-Coat What You Eat!

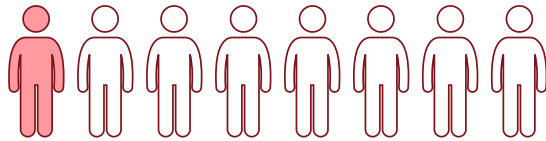
Choose nutritious foods and keep it real for a healthier lifestyle.  
Your body will thank you for it!

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11 Remembrance Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



# 11 Diabetes

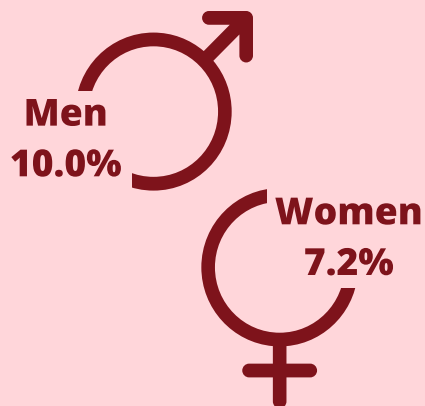
## Facts



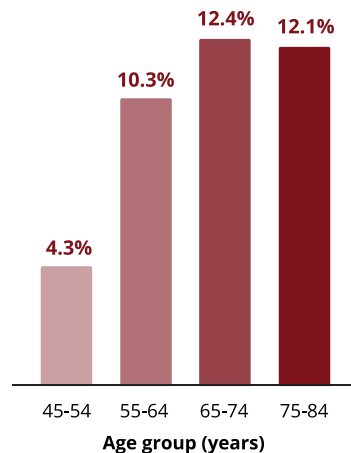
About **13%** of Canadian adults are living with diabetes. Let's spread awareness and support each other in making healthier choices—because who needs sugar when you can have sweet friendships and delicious veggies?

Diabetes is linked to **2.5%** of dementia cases in Canada. Let's take charge of our health with smart choices —after all, a sharp mind means never forgetting where you hid the cookies!

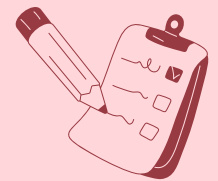
### Prevalence is Similar Between Men and Women



### More Prevalent in Older Ages



## Set Your Goals



## Recommendation

- **Get Moving!**  
Stay physically active by finding activities you love, whether it's dancing, walking, or yoga. Let's keep those bodies moving!
- **Keep it in check!**  
Maintaining a healthy weight is all about balance.
- **Yummy and nutritious!**  
Fill your plate with healthy meals and snacks. Eating well can be delicious and colorful—like a rainbow on your plate!
- **Stay informed!**  
Keep an eye on your blood glucose levels. It's like checking in with your body to make sure everything's running smoothly!



# 12 Sleep Disturbance

## Facts

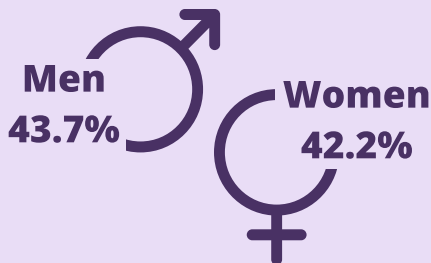


About **40%** of Canadians struggle with getting enough sleep. Let's prioritize rest and create cozy bedtime routines.

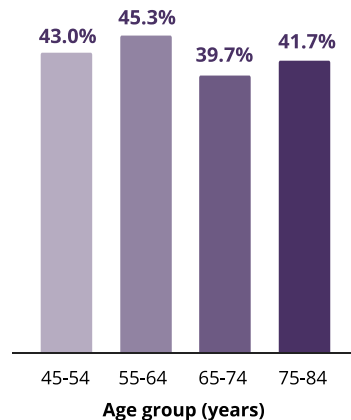


Sleep disturbances contribute to **3.0%** of dementia cases in Canada. Let's focus on catching those Z's to keep our minds sharp and bright!

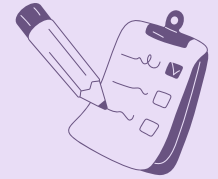
## Prevalence is Similar Between Men and Women



## Prevalence is Similar Across Ages



## Set Your Goals



## Recommendation

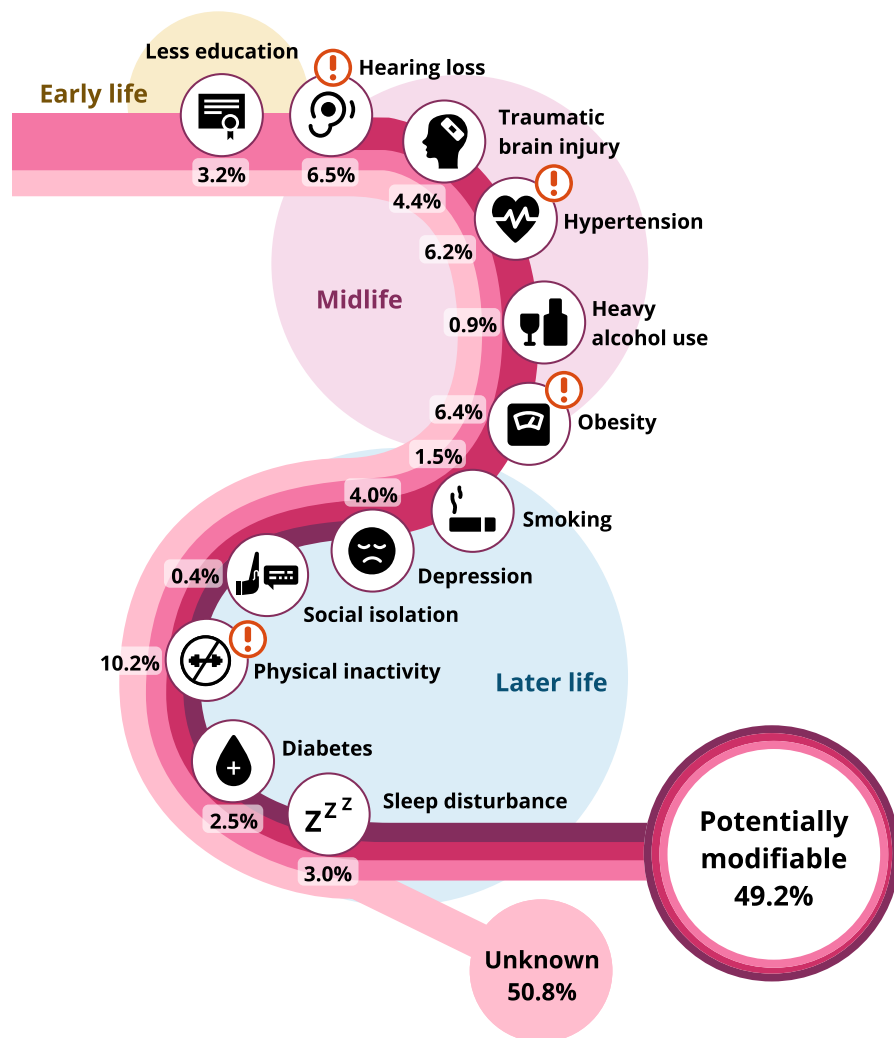
- **Get Moving!**  
Exercise regularly to boost your mood and help you sleep better. A little movement goes a long way
- **Master Sleep Hygiene!**  
Learn the ins and outs of sleep hygiene for a peaceful night's rest.
- **Quiet Zone!**  
Reduce bedroom noise for a serene sleep environment.
- **Sip Smart!**  
Avoid alcohol, caffeine, and nicotine before bed. Your future self will thank you for those restful nights!
- **Stick to a Schedule!**  
Maintain a regular bedtime and wake time to train your body to sleep like a pro!
- **Check Your Meds!**  
Review medications with your physician and pharmacist to ensure they're not messing with your sleep. Knowledge is power!

# DECEMBER

## ★ Have Good Sleep!

Let's join forces and embrace our inner night owls—because if we can't get quality Z's, we might as well start a support group for the perpetually sleepy!

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Christmas Day	26 Boxing Day	27
28	29	30	31 New Year's Eve			



! The leading risk factors in Canada

Nearly **50%** of dementia cases in Canada are linked to **12 modifiable risk factors.**

Improving these risk factors can reduce your chance of developing dementia.

**Let's take a step to better care of our brain health!**