

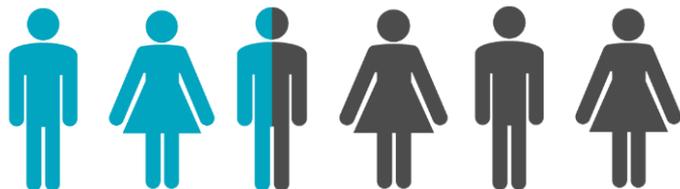
Alzheimer's Disease and Other Dementias in San Diego County



THE FACTS

60,000 San Diegans are currently living with Alzheimer's Disease and Other Dementias.

In 2012, Alzheimer's Disease was the **3rd** leading cause of death in San Diego County.



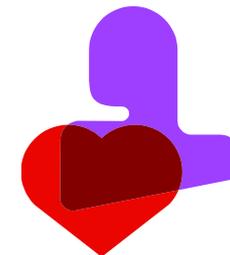
Between 33-43% of individuals 85 years and older live with Alzheimer's Disease.

CAREGIVERS IN
SAN DIEGO

In 2013, more than **136,800** unpaid caregivers provided **156 million** hours of care, worth **\$1.94 billion** to those living with Alzheimer's Disease and Other Dementias.

Caregivers experience:

- emotional stress
- depression
- difficulty managing their own health resulting in health care costs of **\$75.4 million** in 2013.



BRAIN HEALTH
STRATEGIES

MANAGE CHRONIC CONDITIONS

GET ACTIVE & STAY ACTIVE

EAT A HEALTHY DIET

DRINK ALCOHOL MODERATELY



LEARN NEW THINGS

SLEEP 7-8 HOURS EACH NIGHT

CONNECT WITH FAMILY, FRIENDS & COMMUNITY

WHAT'S GOOD FOR THE BODY IS GOOD FOR THE BRAIN!