



# Dementia Risk Quiz Score Sheet

## SAVING YOUR BRAIN



IDPH's Saving Your Brain Quiz is meant to be a learning tool to assist in making healthy lifestyle choices that will lower your risk of cognitive decline (such as when you have difficulty with memory), dementia, and Alzheimer's disease. Many of these healthy choices are known to also lower your risk of other diseases such as heart disease, type 2 diabetes, stroke, cancer, etc. Once you turn 65, your estimated lifetime risk for cognitive decline is approximately 23%, but even if not over 60, use of this tool can start healthy habits with a lifetime of results.

This quiz will help track how much dementia risk you have reduced during the KEYS program.

To calculate how much you have reduced your risk of cognitive decline:

Quiz One (before KEYS course):

- Count all A answers \_\_\_\_ Multiply by 0 = \_\_\_\_ points
- Count all B answers \_\_\_\_ Multiply by 1 = \_\_\_\_ points
- Count all C answers \_\_\_\_ Multiply by 2 = \_\_\_\_ points

Add total points for your score: \_\_\_\_\_

Quiz Two (after KEYS course):

- Count all A answers \_\_\_\_ Multiply by 0 = \_\_\_\_ points
- Count all B answers \_\_\_\_ Multiply by 1 = \_\_\_\_ points
- Count all C answers \_\_\_\_ Multiply by 2 = \_\_\_\_ points

Add total points for your score: \_\_\_\_\_

And find your score below!

Healthy Life Habits Category	Your Score	Estimated Reduction of Risk of Dementia:
Maximal Healthy Life Habits	61-80	68%+
A lot of Healthy Life Habits	49-60	51-67%
Moderate Healthy Life Habits	37-48	39-50%
Some Healthy Life Habits	25-36	27-38%
Minimal Healthy Life Habits	13-24	8-26%
No Healthy Life Habits	0-12	No reduction of risk