

SANDRA BOND CHAPMAN, PHD

CHIEF DIRECTOR
DEE WYLY DISTINGUISHED PROFESSOR
CO-LEADER – THE BRAINHEALTH PROJECT



Sandra Bond Chapman, Chief Director of Center for BrainHealth® at The University of Texas at Dallas and Dee Wyly Distinguished University Professor in the School of Behavioral and Brain Sciences, has devoted her career to measuring and enhancing human cognitive capacity and the underlying brain systems across the lifespan.

Dr. Chapman is co-creator with 32 of the world's leading brain health experts of The BrainHealth® Project, focused on doubling peak brain performance, inoculating against decline, and extending brain capacity to match our longer lifespan.

With 30,000 participants from the U.S. and 60 countries, the Project has established one of the richest longitudinal data sets in the world, showing that people of all ages and backgrounds can optimize their brain health with simple, sustained steps. Measured by a first-of-its-kind composite BrainHealth Index, and validated by more than 1000 fMRI scans, the Project's digital assessment and training platform motivates improvement in three broad domains: clarity, connectedness and emotional balance.

With more than 50 funded research grants and 250+ peer-reviewed publications, Dr. Chapman is committed to democratizing access to proven brain health strategies and tools to achieve for brain health what has been done for heart health. Her work is transforming how we care for our brain before something goes wrong, removing stigma, and elevating brain health with scientifically validated measurements, interventions and practices.