

Frames of Mind

Cognitive Health Strategies

From the Frames of Mind Expert Video Series | Frames of Mind is a cognitive health video series featuring experts in brain health and Alzheimer's disease, offering practical strategies and education for healthcare providers.

Learn from Dr. Ambar Kulshreshtha as he explores how social drivers of health may influence dementia risk and shares practical considerations for how primary care providers can help mitigate the impact of selected risk factors in clinical practice.



Ambar Kulshreshtha, MD, PhD
Primary Care Physician and Researcher

“Dementia prevention is a collective responsibility. Dementia risk isn't only about biology or aging—it's also shaped by the environment we live in.”

- Dr. Ambar Kulshreshtha






KEY LEARNINGS



Dementia risk may be influenced by **social drivers of health**, including factors that operate across the life span^{1,2}

- ✓ At a population level, **public health policies** may help reduce dementia risk by expanding access to quality education, proactive vision and hearing screening, mental health care, green spaces, and nutritious food¹
- ✓ At an individual level, **primary care providers can support patients** in making changes that may help reduce dementia risk¹

Selected risk factors and clinical considerations¹

Risk factor	Life stage	Clinical consideration
 Lower educational attainment	Early life	Encourage cognitively stimulating, enjoyable activities and hobbies that patients can sustain long term
 Hearing loss	Midlife	Incorporate routine screening and address identified deficits with appropriate vision correction and hearing aids when indicated
 Vision loss	Late life	
 Air pollution exposure	Late life	Counsel patients on potential risks and support broader community initiatives aimed at improving air quality
 Social isolation	Late life	Ask about social connections and encourage participation in local programs that promote engagement and connection



Watch our other Frames of Mind videos with Dr. Miia Kivipelto, Dr. Rosemary Laird and Dr. Hemant Pandey to learn more about assessing and managing risk factors



Assessing social drivers of health

✓ Several tools are available to help **assess and better understand patients' social drivers of health and social needs; a few examples include**^{2,3}:

- Social Needs Screening Tool
- PRAPARE[®]
- AHC HRSN
- SS-DIAD



Public health initiatives supporting cognitive health



Alzheimer's Association Healthy Brain Initiative Roadmap⁴

A public health framework outlining evidence-based actions to promote brain health, improve dementia awareness and risk reduction, and strengthen support for people living with dementia and their caregivers, including tools to support community-level implementation



World Health Organization *Global Status Report on Neurology*⁵

A global overview of how countries are addressing neurological conditions, including dementia, with practical recommendations to improve prevention, care, and support services



American Academy of Family Physicians Cognitive Care Kit⁶

Educational resources and point-of-care tools for clinicians focused on dementia education, cognitive screening, and evaluation of memory concerns



Now is the time to frame your patients' cognitive future.

**CLICK HERE
OR SCAN QR
CODE TO VIEW
THE FULL VIDEO**

“By guiding patients through small, meaningful steps, we can help build resilience and reduce dementia risk over time. Our commitment to healthy communities today helps create healthier brains tomorrow.” - *Dr. Ambar Kulshreshtha*



AHC HRSN=Accountable Health Communities Health-Related Social Needs. PRAPARE=Protocol for Responding to and Assessing Patients' Assets, Risks, and Experiences. SS-DIAD=Social and Structural Determinants Influencing Aging and Dementia Battery.

This document summarizes key learnings from a single Frames of Mind video. It is intended for educational purposes only. This material should not replace independent clinical judgment. To explore the speaker's full perspective, please view the complete video at: <https://e.lilly/4v6YOgk>.

1. Livingston G, et al. *Lancet*. 2024;404(10452):572-628. 2. Alzheimer's Association. Addressing Social Determinants of Health and Dementia Risk: A Toolkit for Public Health Agencies. Accessed May 14, 2026. https://www.alz.org/getmedia/1b7d00a3-dec3-47e5-9d14-00add522ae70/sdoh-toolkit-public-health-agencies_alzheimers-association.pdf 3. American Academy of Family Physicians. Social Needs Screening Tool. Accessed May 14, 2026. https://www.aafp.org/dam/AAFP/documents/patient_care/everyone_project/hops19-physician-form-sdoh.pdf 4. Alzheimer's Association. Healthy Brain Initiative (HBI) Road Map. Accessed May 14, 2026. <https://www.alz.org/professionals/public-health/models-frameworks/hbi-road-map> 5. World Health Organization. Global status report on neurology. Accessed May 14, 2026. <https://www.who.int/publications/i/item/9789240116139> 6. Nebel KM, Loskutova, NY. *Am Fam Physician*. 2017;96(10):630-631.