



RISKS VERSUS PREVENTION

BRAIN HEALTH¹¹ AWARENESS

Below are 5 risks to brain health which are preventable.¹ The Women's Brain Project encourages everyone to join us in investing in brain health and making it a priority for all.

1. PHYSICAL HEALTH¹



- Poor nutrition and unhealthy weight
- Physical inactivity
- Substance abuse
- Poor-quality sleep
- Noncommunicable diseases



- Adequate nutrition and maintaining healthy weight
- Engaging in physical activity
- Avoiding substance abuse
- Getting adequate amount of good-quality sleep
- Receiving care for Noncommunicable diseases



Noncommunicable diseases (NCDs) account for 3 in every 4 deaths among women each year.²



Physical activity is a **key to the prevention** of NCD deaths in women.²

2. ACCESS TO QUALITY HEALTH SERVICES¹

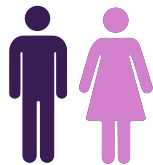


- Inequitable services
- Inaccess to essential medicines, diagnostics and health products

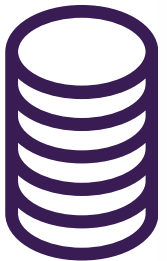


- Equitable and integrated care at all health/social care levels
- Access to quality health services regardless of economic status or location

Women live longer on average compared to men but **less often in good health** than men.⁸



Inadequate care services have a **disproportionate impact on women** as supplementary or informal care responsibilities still fall predominantly on them and this **affects their work-life balance and options to take on paid work.**⁹



3. LEARNING AND SOCIAL CONNECTION¹



- Poor education due to high cost, absence of access or lack of learning opportunities
- Lack of social connections and isolation



- Providing low-cost access to education and learning opportunities for people of all ages
- Supporting local social community activities



More than **half of informal carers are women** and their responsibilities can hinder career opportunities, as well as **access to education** and have a **detrimental impact on their health.**⁷



Education and social connections are prevention factors¹ for things like Alzheimer's Disease which disproportionately affects women; **2 in 3** people with Alzheimer's Disease are **women.**⁵

4. SAFETY AND SECURITY¹



- Physical, verbal and emotional abuse
- Financial and housing instability and insecurity



- Providing help services for women in abusive environments
- Paying a living wage to all workers

In Europe, as a result of **unpaid care responsibilities**, a staggering **7.7 million women** are not able to work.⁶



Women having more financial security will **support their brain and overall health.**⁷

5. HEALTHY ENVIRONMENTS¹



- Unstable climate, poor water and air quality
- Unsafe and unhealthy workplaces



- Support a stable climate, clean water and air
- Ensure workplaces are safe and healthy



Women disproportionately bear the greatest health burden from **polluting fuels and technologies in homes.**³



Supporting efforts to **stop climate change** benefits **not only women** but everyone.¹⁰





REFERENCES

1. [Mental Health and Substance Use. \(2022, August 9\). Optimizing brain health across the life course: WHO position paper. https://www.who.int/publications/i/item/9789240054561](https://www.who.int/publications/i/item/9789240054561)
2. [6 priorities for women and health. \(n.d.\). https://www.who.int/news-room/spotlight/6-priorities-for-women-and-health](https://www.who.int/news-room/spotlight/6-priorities-for-women-and-health)
3. [World Health Organization: WHO. \(2022, November 28\). Household air pollution. https://www.who.int/news-room/fact-sheets/detail/household-air-pollution-and-health](https://www.who.int/news-room/fact-sheets/detail/household-air-pollution-and-health)
4. [World Health Organization: WHO. \(2019, April 4\). Uneven access to health services drives life expectancy gaps: WHO. https://www.who.int/news/item/04-04-2019-uneven-access-to-health-services-drives-life-expectancy-gaps-who#:~:text=Uneven%20access%20to%20health%20services%20drives%20life%20expectancy,in%20life%20expectancy%20between%20poorest%20and%20richest%20countries.](https://www.who.int/news/item/04-04-2019-uneven-access-to-health-services-drives-life-expectancy-gaps-who#:~:text=Uneven%20access%20to%20health%20services%20drives%20life%20expectancy,in%20life%20expectancy%20between%20poorest%20and%20richest%20countries.)
5. [World Health Organization: WHO. \(2022a, September 20\). Dementia. https://www.who.int/news-room/fact-sheets/detail/dementia](https://www.who.int/news-room/fact-sheets/detail/dementia)
6. [Press corner. \(n.d.\). European Commission - European Commission. https://ec.europa.eu/commission/presscorner/detail/en/fs_22_5363](https://ec.europa.eu/commission/presscorner/detail/en/fs_22_5363)
7. [Eurocarers: European Association Working For Carers. \(2022, October 6\). Act Today to Drive and Support Gender Equality in Caregiving Equality Care Should be Shared and Fair. https://Eurocarers.Org/Ecd/. https://mailchi.mp/e4f26f2e7081/for-european-carers-day-2021we-celebrate-young-carers-11542304#_edn1](https://Eurocarers.Org/Ecd/.https://mailchi.mp/e4f26f2e7081/for-european-carers-day-2021we-celebrate-young-carers-11542304#_edn1)
8. [Why do women live longer than men? \(2018, August 14\). Our World in Data. https://ourworldindata.org/why-do-women-live-longer-than-men](https://ourworldindata.org/why-do-women-live-longer-than-men)
9. [Power, K. \(2020\). The COVID-19 pandemic has increased the care burden of women and families. Sustainability: Science, Practice and Policy, 16\(1\), 67-73. https://doi.org/10.1080/15487733.2020.1776561](https://doi.org/10.1080/15487733.2020.1776561)
10. [World Health Organization: WHO. \(2021, October 30\). Climate change and health. https://www.who.int/news-room/fact-sheets/detail/climate-change-and-health](https://www.who.int/news-room/fact-sheets/detail/climate-change-and-health)
11. [World Health Organization: WHO. \(2020, June 3\). Brain health. https://www.who.int/health-topics/brain-health#tab=tab_1](https://www.who.int/health-topics/brain-health#tab=tab_1)

THIS ASSET WAS CREATED THANKS TO THE SUPPORT OF H. LUNDBECK A/S. LUNDBECK HAD NO SAY ON THE CONTENT, WHICH IS TO BE USED AS EDUCATIONAL ONLY.

