# modifiable dementia risk profile

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| **Modifiable** | |
| Cognitive activity | Great! |
| Physical activity | Great! |
| Diet | **Room for improvement,** potential changes include eating more legumes and reducing the consumption of soft drinks and sweets. |
| Alcohol consumption | Great! |
| Tobacco | Great! |
| **Modifiable (to a certain extent) in the long term** | |
| Obesity | **Room for improvement** |
| Mental wellbeing (depression) | **Room for improvement** |
| Elevated blood pressure | **Room for improvement** |
| Elevated cholesterol | Great! |
| **To keep an eye on** | |
| Diabetes | Great! |
| Coronary heart disease | Great! |
| Chronic kidney disease | Great! |