



McCANCE

Brain Care Score™



MASSACHUSETTS
GENERAL HOSPITAL
McCance Center
for Brain Health

Category	Criteria / Description	Rank	Score
 Physical	Blood Pressure	Resting blood pressure greater than 140/90, with or without treatment	0
		Resting blood pressure 120-139/80-89, with or without treatment	2
		Resting blood pressure less than 120/80	3
	Blood Sugar	Hemoglobin A1c greater than 6.4	0
		Hemoglobin A1c between 5.7 and 6.4	1
		Hemoglobin A1c less than 5.7	2
	Cholesterol	190 or higher	0
		No treatment required or less than 190 mg/dL	1
		If cardiovascular disease is present, LDL is in accordance to the <u>latest CDC recommendations</u>	1
	BMI	Lower than 18.5 kg/m ²	1
		18.5-25 kg/m ²	2
		25-29.9 kg/m ²	1
Greater than 30 kg/m ²		0	
 Lifestyle	Nutrition	Dietary habits: <ul style="list-style-type: none"> • 4.5 servings of fruit and vegetables per day; • 2 servings of lean protein per day • 3 or more servings of whole grains per day • Less than 1,500 mg of sodium per day • Less than 36 oz of sugar sweet beverages (soda, juice, etc.) per week 	
		Typical weekly diet does not include at least 2 of the recommendations above	0
		Typical weekly diet includes 2 or more of the recommendations above	1
		Typical weekly diet includes 3 or more of the recommendations above	2
	Alcohol	4 or more alcoholic drinks per week	0
		2-3 alcoholic drinks per week	1
		0-1 alcoholic drink per week	2
	Smoking	Current smoker	0
		Never smoked or quit more than a year ago	3
	Aerobic Activities	Less than 150 minutes of moderate or 75 minutes of high intensity physical activity per week	0
		At least 150 minutes of moderate physical activity (ex. walking) or 75 minutes of high intensity physical activity per week	1
	Sleep	Untreated sleep disorder and/or sleeps <7hrs per night	0
Treated sleep disturbances and 7-8 hours of routine sleep per night		1	
 Social Emotional	Stress	High level of stress that often makes it difficult to function	0
		Moderate level of stress that occasionally makes it difficult to function	1
		Manageable level of stress that rarely makes it difficult to function	2
	Social Relationships	I have few or no close connections other than my spouse or children	0
		I have at least two people, other than my spouse or children, that I feel close with and could talk about private matters or call upon for help	1
	Meaning in Life	I often struggle to find value or purpose in my life	0
		I generally feel that my life has meaning and/or purpose	1

The components above reflect the latest, scientific based key contributors to brain health. It is important to discuss your score with a healthcare professional.

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Total Brain Care Score (0-21)