

AARP's portal to brain health tips, activities, and more guidance from a medical advisory panel



### Staying Sharp

[stayingsharp.aarp.org](http://stayingsharp.aarp.org)

# Global Council on Brain Health<sup>SM</sup>

A COLLABORATIVE FROM AARP

## 5-Year Milestones 2015-2020

"This report is a call for women to take ownership of their brain health and help lead the way to progress that has taken far too long."



Global Council on Brain Health Launched in Collaboration with Age UK

October 2015

Staying Sharp Digital Platform Launched

September 2016

Social Engagement Report

February 2017

Nutrition Report

January 2018

Mental Well-Being Report

October 2018

AARP-Women's Alzheimer's Movement Convening

July 2019

Delirium Report

March 2020

Joint AARP-Women's Alzheimer's Movement Report

May 2020

GCBH 5-Year Celebration

October 2020

July 2016  
Physical Activity Report

January 2017  
Sleep Report

July 2017  
Cognitively Stimulating Activities Report

AARP invests \$60 Million in Dementia Discovery Fund

June 2018

June 2019  
Supplements Report

February 2020  
Cardiovascular Report

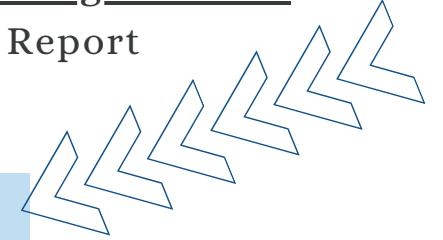
Spring 2020  
AARP State Offices introduce new expanded 6 Pillars of Brain Health

June 2020  
Music Report

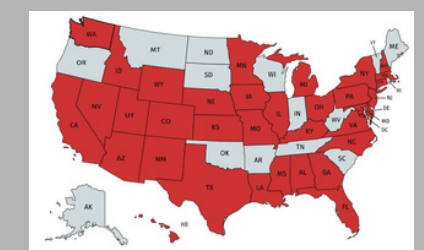
The AARP-supported DDF funds promising new cutting-edge dementia treatments



19 companies have been supported to date  
[aarp.org/health/dementia](http://aarp.org/health/dementia)



Our Network Comprises 180+ Experts:  
**13 Governance Committee Members**  
**103 Issue Specialists**  
**67 Liaisons**  
**26 Countries Represented**  
**87 Universities/Institutions**



In 2019, 35 states hosted 261 AARP events dedicated to brain health

To download reports and learn more, visit [www.GlobalCouncilonBrainHealth.org](http://www.GlobalCouncilonBrainHealth.org)