

ACL Brain Health Question Bank

Participant Assessment

Brain Health Basics Knowledge Assessment

1. Which of the following will not help me maintain my brain health?

- ☐ Staying involved in my community
- ☐ Ignoring my health conditions and medicines (correct answer)
- ☐ Use services to reduce my risk of getting sick
- ☐ Getting enough sleep

2. Which behavior does not help me maintain good brain health?

- ☐ Limiting my sleep (correct answer)
- ☐ Eating healthy
- ☐ Exercising regularly
- ☐ Keeping social connections

3. Dietary guidelines for Americans describe moderate alcohol drinking as:

- ☐ Up to two drinks per day for women and three drinks per day for men
- ☐ Up to one drink per day for women and two drinks per day for men (correct answer)
- ☐ Up to four drinks per day for women and five drinks per day for men
- ☐ Up to three drinks per day for women and four drinks per day for men

4. Which of the following does alcohol consumption not do (Slide 10)?

- ☐ Cause drowsiness
- ☐ Have long-term impacts on balance and coordination
- ☐ Allows relaxation that improves memory building (Correct answer)
- ☐ Impairs communication between brain cells

5. Which common health condition does not affect one's brain health (Slide 13)?

- ☐ Heart disease
- ☐ Sore throat (Correct answer)
- ☐ Diabetes

6. Which of the following actions does not reduce heart disease and high blood pressure (Slide 14)?

- ☐ Managing cholesterol
- ☐ Controlling blood pressure
- ☐ Limiting exposure to air pollution
- ☐ Reading medical research (Correct answer)

7. What can you do to prevent common sleep disorders (Slide 16)?

- ☐ Get less than 7-8 hours of sleep each night
- ☐ Avoid talking about it with my doctor
- ☐ Use a medicine if prescribed (Correct answer)
- ☐ Drink coffee in the evening

8. Older adults should try to get (Slide 16):

- ☐ 9 to 10 hours of sleep a night
- ☐ 6 to 7 hours of sleep a night
- ☐ 8 to 9 hours of sleep a night
- ☐ 7 to 9 hours of sleep a night (Correct answer)

True / False Assessment (Questions 9–50)

#	Statement	True	False
General			
9	At any age, I can improve my skills and vocabulary and learn new things (Slide 2). (Correct answer is True)	☐	☐
10	Protecting my health is not important to maintaining my independence (Slide 2). (Correct answer is False)	☐	☐
11	If I am enrolled in Medicare, I can get a free annual wellness visit and cognitive screening (Slide 18 notes). (Correct answer is True)	☐	☐
12	After age 60, I cannot learn new things or improve my skills and vocabulary (Slide 2). (Correct answer is False)	☐	☐
Nutrition			
13	Good nutrition is important for maintaining my brain health (Slide 4). (Correct answer is True)	☐	☐

14	To maintain my brain health, I should choose high fat meats, fish, or poultry and/or dairy (Slide 4). (Correct answer is False)	☐	☐
15	To maintain my brain health, I should limit the amount of fluids I drink (Slide 4). (Correct answer is False)	☐	☐
16	To maintain my brain health, I should make fruits, vegetables, and whole grains a major part of my diet (Slide 4). (Correct answer is True)	☐	☐
Exercise			
17	Exercise may decrease connections among my brain cells (Slide 5). (Correct answer is False)	☐	☐
18	Regular exercise is important for maintaining my brain health (Slide 5). (Correct answer is True)	☐	☐
19	Exercise increases my risk of developing diabetes, heart disease, depression, and stroke (Slide 5). (Correct answer is False)	☐	☐
20	Exercise can help reduce my risk of falls (Slide 5). (Correct answer is True)	☐	☐
Sleep			
21	Getting a good night's sleep is important for maintaining my brain health (Slide 16). (Correct answer is True)	☐	☐
22	Lack of sleep does not cause memory problems (Slide 16). (Correct answer is False)	☐	☐
Smoking			
23	Quitting smoking—at any age—has many health benefits (Slide 11). (Correct answer is True)	☐	☐
24	Smoking has no effect on my heart or brain (Slide 11). (Correct answer is False)	☐	☐
25	Air pollution from fireplaces and candles has no effect on my breathing (Slide 11). (Correct answer is False)	☐	☐
26	Air pollution from vehicles or industrial areas can affect my breathing (Slide 11). (Correct answer is True)	☐	☐

Social Connections			
27	Trying programs offered in my local community will not help me reduce some of my health risks (Slide 7). (Correct answer is False)	☐	☐
28	Taking part in social activities makes some people feel happier and may reduce some health risks (Slide 7). (Correct answer is True)	☐	☐
Keeping Brain Active			
29	Being isolated from others is important for maintaining my brain health (Slide 3). (Correct answer is False)	☐	☐
30	Watching documentaries is important for maintaining my brain health (Slide 6). (Correct answer is True)	☐	☐
31	Doing cross word puzzles and Sudoku prevent declines in my brain health (Slide 6). (Correct answer is False)	☐	☐
32	Keeping my mind active may help maintain my learning, remembering, and thinking skills (Slide 6). (Correct answer is True)	☐	☐
Brain Health Risks			
33	Genes that impact my health are passed down (inherited) from a parent to a child and cannot be controlled (Slide 8 notes). (Correct answer is True)	☐	☐
34	Lifestyle and environmental factors cannot be changed to maintain brain health (Slide 8 notes). (Correct answer is False)	☐	☐
35	Falls are the leading cause of both fatal and nonfatal injuries for people 65 years of age and older (Slide 9). (Correct answer is True)	☐	☐
36	Changes to my home can help to prevent accidents and maintain independence (Slide 9 notes). (Correct answer is True)	☐	☐
37	As we get older, the risk of falls and other accidents that can cause brain injury gets lower (Slide 9). (Correct answer is False)	☐	☐

38	Little can be done to prevent falls as we age (Slide 9). (Correct answer is False)	☐	☐
Alcohol			
39	Some health conditions, such as diabetes and heart disease, can be made worse by drinking alcohol (Slide 10). (Correct answer is True)	☐	☐
40	Alcohol can have a stronger effect on an older person that drinks the same amount as someone who is younger (Slide 10). (Correct answer is True)	☐	☐
41	The amount of alcohol a person drinks does not affect the brain (Slide 10). (Correct answer is False)	☐	☐
42	As people age, they may become less sensitive to alcohol's effects (Slide 10 notes). (Correct answer is False)	☐	☐
Medical Conditions			
43	Heart disease and diabetes do not affect the health of the brain (Slide 14 notes). (Correct answer is False)	☐	☐
44	Heart disease can increase blood flow through the body, including the brain (Slide 14). (Correct answer is False)	☐	☐
45	Heart disease and high blood pressure can lead to stroke and blood vessel changes in your brain (Slide 14). (Correct answer is True)	☐	☐
Dementia			
46	Diabetes increases the risk of heart attacks, strokes, memory problems, and Alzheimer's disease (Slide 14). (Correct answer is True)	☐	☐
47	Dementia involves the buildup of harmful proteins in the brain, the death of brain cells, and loss of connection among brain cells (Slide 17). (Correct answer is True)	☐	☐
48	Exercise, eating healthy, and certain forms of "brain" training do not reduce the risk of dementia (Slide 17). (Correct answer is False)	☐	☐

49	There are no promising approaches to reducing the chances of developing of dementia (Slide 17). (Correct answer is False)	☐	☐
50	Alzheimer's Disease is the most common form of dementia. (Correct answer is True)	☐	☐

Intended Action Options (Post Assessment)

Thank you for attending this educational program, we hope you have learned from the content. We are interested in knowing what actions people may take as a result of today's session. Please select the answers that match your plans after completing this educational program.

51. After completing this educational program, what nutrition related changes do you plan to make (Slide 4)? (Check all that apply)

- ☐ Eat or drink less sugar, salt, and solid fat
- ☐ Make fruits, vegetables, and whole grains a major part of your diet
- ☐ Choose lean meat, fish, or poultry
- ☐ Choose low- or non-fat dairy
- ☐ Control portion sizes
- ☐ Drink adequate fluids
- ☐ Other _____

52. As a result of this educational program, I plan to increase my activities by (Check all that apply) (Slide 5):

- ☐ Checking with my healthcare provider about safe exercise
- ☐ Explore ways I like to be active and plan to move more
- ☐ Recommit to an activity I like doing that I know is safe for me
- ☐ Join a program that will teach me to be active safely
- ☐ Other _____

53. What is one action you plan to work towards for keeping your brain healthy after completing this educational program (Slide 7)?

- ☐ Read more books and/or magazines
- ☐ Play games

- ☐ Do puzzles
- ☐ Take a class
- ☐ Join a club
- ☐ Other _____

54. After completing this educational program, what choices do you plan to make to reduce your risk of accidents that could damage your brain (Slide 9)? (Check all that apply)

- ☐ Exercise to improve balance and coordination
- ☐ Wear safety belts and helmets
- ☐ Take a fall prevention class
- ☐ Make sure my home is safe
- ☐ Review medicines with a health care provider
- ☐ Have your vision checked
- ☐ Get enough sleep (7-8 hours per night)
- ☐ Other _____

55. After completing this educational program, what actions do you plan to take to reduce your risk of damaging your brain (Slide 8)? (Check all that apply)

- ☐ Reduce or eliminate alcohol use
- ☐ Reduce or eliminate smoking
- ☐ Talk to my health care provider about my medications and proper dosages
- ☐ Check with my health care provider about whether it is ok to consume alcohol given the medications that I take
- ☐ Other _____

56. After completing this educational program, what choices do you plan to make to improve sleep and brain health (Check all that apply) (Slide 16)

- ☐ Get 7-8 hours of sleep each night
- ☐ Talk to my health care provider and/or sleep specialist
- ☐ Use a device or medicine, if prescribed
- ☐ Quit smoking

☐ Try relaxation techniques

☐ Other _____

57. As a result of this educational program, I plan to make the following changes to improve my brain health (Check all that apply) (Slide 18)

☐ Schedule a health screening or physical exam with my provider

☐ Review my medicines with my health care provider

☐ Add one daily serving of vegetables to my diet

☐ Start a food journal

☐ Start an activities journal

☐ Find my community center's activity schedule

☐ Other _____

58. As a result of this educational program, I plan to make the following changes to improve my brain health (Check all that apply) (Slides 5, 7, 8, 9, 16, 18)

☐ Schedule my annual physical and cognitive screening with my doctor

☐ Increase my physical activity

☐ Eat more vegetables, fruits, lean meats, fish and non-dairy products

☐ Increase my fluid intake

☐ Increase my social activity

☐ Get at least 7-8 hours of sleep each night

☐ Quit smoking

☐ Reduce or eliminate alcohol use

☐ Take a fall prevention class

☐ Keep my brain active by reading more books, playing games and/or doing puzzles

☐ Other _____