



Global Council on Brain HealthSM

A COLLABORATIVE FROM AARP

Brain health is vital to well-being across the life span, and the need for clear, trustworthy information on brain health is greater than ever. Scientists, academics, governments and journalists produce a stream of information, but it can lead in conflicting directions.

The Global Council on Brain Health (GCBH), an independent organization created by AARP in collaboration with Age UK, provides clear and dependable recommendations on how all of us can maintain and improve our brain health based on the latest scientific evidence provided by scientists, doctors, scholars and policy experts from around the world.

For more information, visit www.globalcouncilonbrainhealth.org.

Age UK is the United Kingdom's largest charity dedicated to helping everyone make the most of later life.

AARP is a nonprofit, nonpartisan organization with a history of convening leading organizations and experts to address critical social issues to help people live their best lives.

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WHAT WE DO

GCBH experts evaluate and debate the latest advancements in brain health scientific research to reach consensus on what works and what doesn't. The overriding goal is to cut through the clutter and provide simple steps people can take every day to boost their cognitive health and live life to the fullest.

HOW WE DO IT

The GCBH operates as a hub-and-spoke collaborative to address the many factors that can impact brain health. A core group of approximately a dozen experts from around the world – the governance committee – comprise the hub. This group leads issue specialists—the “spokes”—in examining priority areas, which include physical exercise, mental engagement, diet, sleep, stress levels, socialization and supplements.

GCBH REPORTS

The GCBH has published reports including:

- The Brain-Body Connection
- The Brain-Sleep Connection
- The Brain and Social Connectedness
- Engage Your Brain: Cognitively Stimulating Activities
- Brain Food: Nourishing Your Brain Health