

3rd IANA (International Academy on Nutrition and Aging) Meeting  
Nutrition, Exercise & Alzheimer and Clinical Trials on Sarcopenia  
August 1-2, 2008  
Hyatt Regency Tamaya Resort  
Santa Ana Pueblo, NM USA

**DEVELOPMENT OF A CULTURALLY-TAILORED HEART + BRAIN HEALTH-  
FOCUSED NUTRITIONAL EDUCATION INTERVENTION: BUENOS HÁBITOS  
ALIMENTICIOS PARA UNA BUENA SALUD.** P. Otilingam, M. Gatz (*Department of  
Psychology & Alzheimer Disease Research Center, University of Southern California, USA*)

The purpose of the Buenos Hábitos Alimenticios para una Buena Salud (“Good Eating Habits for Good Health”) study is to evaluate a nutritional education intervention stressing the link between heart and brain health. Here we describe the steps taken to develop the intervention. Strong scientific evidence indicates an association between cardiovascular risk and both vascular dementia and Alzheimer disease. In a population-based Latino sample, hypertension and cardiovascular disease were the strongest predictors for vascular dementia. Dietary fat change modifies cardiovascular disease risk. More recently, saturated fat-rich diets were shown to increase cognitive decline risk but mono- and poly-unsaturated fat-rich diets decreased risk. Informed by bilingual and bicultural health educators, we developed a two-part intervention stressing skills, self-efficacy, and barrier reduction for Latinas, as they often are the nutritional gatekeepers. Part I covers fat types and their ties to heart and brain health. The heart health piece highlights current best practices. The brain health piece emphasizes the link between heart and brain health, modifiable dementia risk, dementia nomenclature and symptoms. Part II covers food procurement, preparation, and consumption. The results of this study can give insight into the development of population-based nutritional education interventions aimed at dementia incidence reduction in high risk groups. Particularly, health educators will be informed as to whether emphasizing the brain health connection promotes dietary behavior change.