



McCANCE

Brain Care Score™

MASSACHUSETTS
GENERAL HOSPITALMcCANCE 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: • 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)