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Report knocks Sooner noggins Study ranks state low for healthy brains



Fish oil, omega 3. Tulsa World file

By KIM ARCHER World Staff Writer
 Published: 7/5/2009 2:22 AM
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Our hearts are diseased. We have high rates of diabetes and we smoke too much. Now a new report shows that Oklahomans have some of the least healthy brains in the country.

According to the 2009 State of America's Brain Health report, Oklahoma ranked 49th in the country for brain health, above only Alabama and Louisiana. The District of Columbia was also included in the study.

"Oklahomans need to feed their brains more DHA omega-3s," the report's authors wrote. DHA refers to docosahexaenoic acid, an essential omega-3 fatty acid vital for brain development in infants and normal brain function throughout a lifetime.

Oklahoma is second-to-last nationwide for consumption of DHA-fortified foods and supplements, the report said.

The brain health index was designed and produced by Martek Biosciences, a brain health research company, and Dr. Michael Roizen, co-founder and chairman of RealAge Inc. Scientific Advisory Board.

Researchers based the results on 21 brain health indicators, including consumption of fruits, vegetables and fish; Alzheimer's disease rates; and time spent sleeping.

The data were gathered from the Centers for Disease Control and Prevention, the Alzheimer's Association, the Bureau of Labor Statistics and other sources.

After weighing each indicator, an overall index score was calculated for each state and they were ranked, the report said.

Perhaps a point of controversy? The healthiest brains in the country reside in Washington, D.C., according to the report.

"Some of the (district's) strengths include high consumption of DHA omega-3 from fortified foods, supplements and fish; frequent game-playing; high consumption of fruits and vegetables and commitment to education," the report's authors wrote.

Most of the top 10 brain-healthy states are near the oceans. "One hypothesis is that the accessibility of fish and commitment to DHA omega-3 rich foods has an impact," the authors wrote.

What can you do to keep your brain healthy?

Feed your brain. Research indicates a diet low in saturated fats and cholesterol, rich in good fats like polyunsaturated omega-3 fatty acids and packed with foods rich in antioxidants and DHA foods may protect brain cells and promote brain health. You can find DHA in fatty fish, fortified foods such as juice, milk, eggs, tortillas, yogurt and supplements. Try to eat five or more servings per day of fruits and vegetables high in natural antioxidants, such as broccoli, blueberries, bell peppers, cherries, beets, plums and red grapes.

Stay physically active and healthy. Try to be physically active most days for 30 minutes. Get seven or eight hours of sleep each night. Don't smoke. Maintain a healthy weight.

Stay mentally active. Find a brain-stimulating activity you like, such as working crossword puzzles, playing memory games or learning a new language. Learn something new each month.

Stay socially engaged. Make family and friends a priority and spend time with them regularly. Get the emotional support you need to help manage stress and feel happy. Join a club or a church or volunteer for a cause meaningful to you.

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Dr. Alan Grant, Oklahoma City. (7/5/2009 7:25:18 AM)

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What ? Another sensational piece of nonsense !



oldrustytulsa, Tulsa (7/5/2009 12:12:13 PM)

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If the healthiest brains are in Washington DC how come everyone there is so ignorant acting?



2ndjoyce, BA (7/5/2009 12:14:17 PM)

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One need only to peer into the comments posted on the TW to verify. (I'm exhibit A!)

Graybeard, Tulsa (7/5/2009 1:03:38 PM)

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Some of the healthiest brains in Washington D.C.? OK, I'll buy that, but guarantee none of those brains are inside a Senator's or Congressman's skull.....or a President, while we are pointing fingers.



Alan Shore, (7/5/2009 4:22:54 PM)

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We didn't need this report to tell us this...just the results of the 2008 election.



human1, Cast your fate to the wind (7/5/2009 9:18:59 PM)

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Alan that was funny!



52favoriteteacher, Washburn--used to be Broken Arrow (7/6/2009 6:21:42 AM)

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Alan

you crack me up dude

Phil # 3, Yukon (7/6/2009 7:57:08 AM)

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And the propaganda continues and expands...



tulsandn, Boswell / Tulsa (7/6/2009 3:11:36 PM)

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So the research states Okies are stupid. how much did that scientific study cost that some really smart person signed off on ????



Arbythree, Tulsa (7/6/2009 3:13:30 PM)

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Good one Alan!!

Joe Panther, Tulsa (7/6/2009 5:19:26 PM)

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I like this article, it made sense to me. Having an active and alert brain is something everyone should strive to have.

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