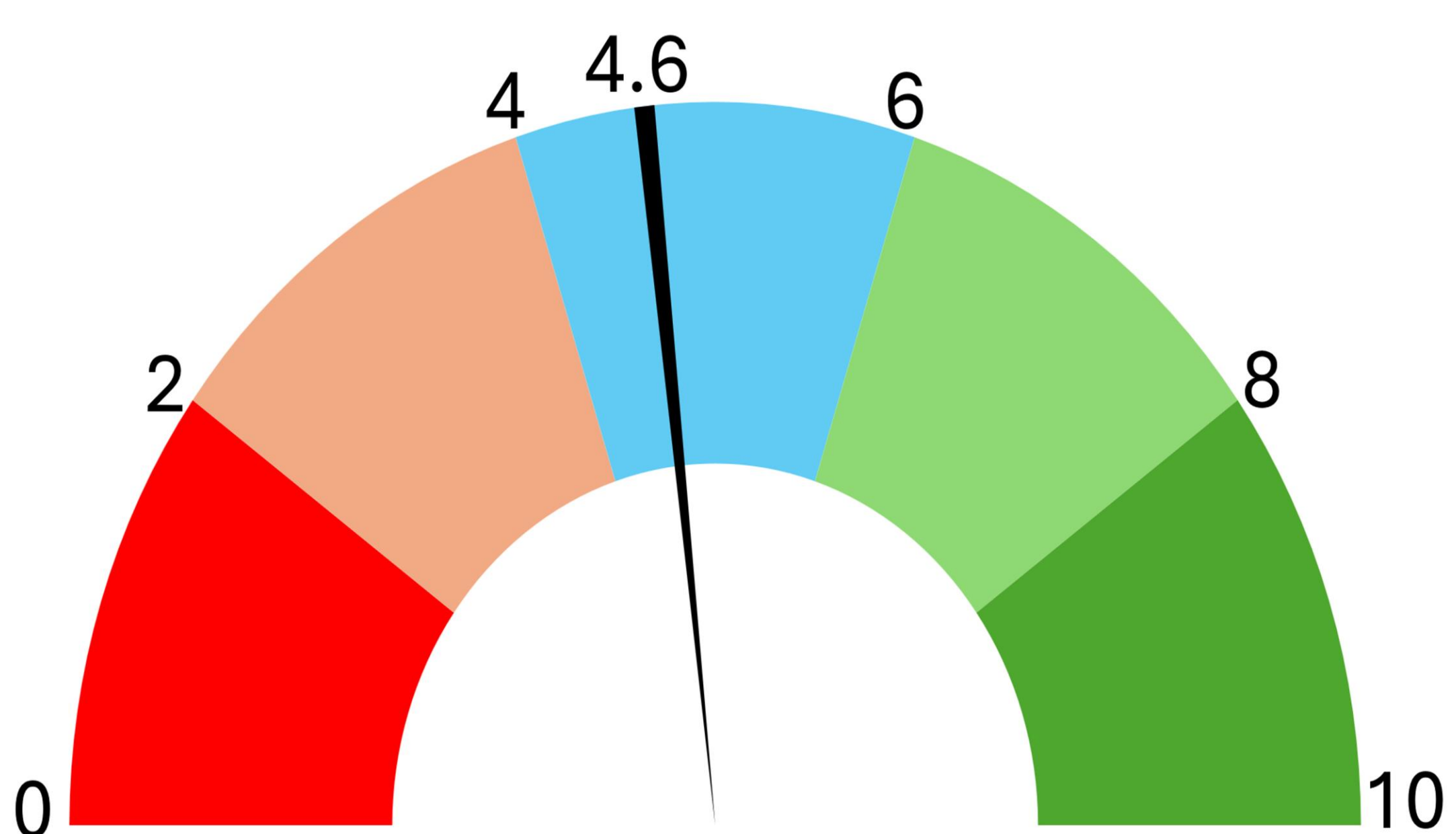


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Background	Methods	Results	Discussion
<ul style="list-style-type: none"><li>• Aging is the greatest contributing risk factor for developing Alzheimer’s Disease (AD), which disproportionately affects minoritized populations.</li><li>• Culturally tailored nutrition programs can promote healthy eating patterns leading to better brain health.</li><li>• There is a shortage of programs to help prepare healthcare practitioners to address the knowledge gaps in nutrition and aging among older adults in Latino communities.</li></ul>	<ol style="list-style-type: none"><li>1. A working group was established, involving key stakeholders, healthcare providers, and a community health worker.</li><li>2. Primary care providers (PCPs) in San Antonio completed a 32-question Community Assessment survey to gather demographic information and details on their experience and training related to nutrition and brain health.</li><li>3. <u>Goal:</u> Collect responses from PCPs to develop a culturally tailored curriculum for four Project ECHO sessions on nutrition and brain health.</li></ol>	<ul style="list-style-type: none"><li>• To date, N=12 PCPs have completed the survey.</li><li>• N=11 providers (91%) responded that nutrition is a contributing factor to poor brain health outcomes among older adult patients.</li><li>• N=12 PCPs (100%) responded that a training program for providers on nutrition and brain health would be beneficial.</li><li>• When asked about interest in attending the Project ECHO Nutrition and Brain Health Training, n=12 PCPs (100%) responded, “Yes, please tell me more.”</li></ul>	<ul style="list-style-type: none"><li>• Findings support the alignment of research with the needs of PCPs providing care to Latino older adults in South Texas.</li><li>• The inclusion of key stakeholders as members of the study team and working group was critical in the successful development of the Project ECHO Nutrition and Brain Health Community Assessment.</li><li>• The next steps are to create and develop a curriculum tailored to train PCPs about the connection between nutrition and brain health in Latino older adults.</li></ul>

Based on the community assessment survey, healthcare providers expressed a desire to **engage** in a tailored **training** program focused **on nutrition and brain health** to **better assist and support** older adults facing (or at risk of) **cognitive decline** in their community.



**Average self-rating by healthcare providers about their knowledge of community resources for promoting brain health among older adults**

Survey participants included MDs and NPs practicing in geriatrics, family medicine, and internal medicine in the South Texas region.



<https://www.nutritionletter.tufts.edu/general-nutrition/updated-nutrition-for-older-adults/>

## MyPlate for Older Adults

- Choose a variety of whole grains, fruits, vegetables, lean meats, and low-fat dairy.
- Limit the intake of saturated fat, sodium, and added sugar.
- Stay hydrated by choosing low-calorie or zero-calorie beverages.
- Engage in regular, and moderate amount of physical activity.