

For More Information

About Healthy Eating

- **Dietary Guidelines for Americans 2015-2020, 8th Edition** <https://health.gov/dietaryguidelines/2015/guidelines>
- **ChooseMyPlate**
<https://www.choosemyplate.gov>

About Brain Health

- **CDC Alzheimer's Disease and Healthy Aging Program**
<https://www.cdc.gov/aging>
- **National Association of Chronic Disease Directors Healthy Aging Programs**
<https://www.chronicdisease.org/page/HealthyAging>
- **Alzheimer's Association**
<https://www.alz.org>

The Integrating Alzheimer's Messages into Chronic Disease Programs project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$500,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**
Promoting Health. Preventing Disease.



CABINET FOR HEALTH
AND FAMILY SERVICES

**Department for Aging
and Independent Living**
502-564-6930
Office of Dementia Services

