

***life'sDHA* Index of Brain Health**
Executive Summary
June 18, 2009

The District of Columbia ranks number one in the nation for brain health, according to the first comprehensive assessment of the nation's brain health – the *life'sDHA* Index of Brain Health™.

The *life'sDHA* Index of Brain Health evaluated the 50 U.S. States and the District of Columbia based on 21 categories of brain health measures and outcomes in four areas: diet, physical health, mental health and social well-being.

The 21 categories of brain health measures include a range of determinants from consumption of DHA-fortified foods, supplements and fish high in DHA, breastfeeding rates and amount of sleep to smoking rates, Alzheimer's disease prevalence, religious, spiritual and community involvement and education state rankings.

The Index evaluated the 50 U.S. states and the District of Columbia based on 21 brain health indicators in the areas of diet, physical health, mental health and social well-being. For each brain health indicator, data for all 51 geographies was compared to the national average which was set at 100. Data points that were better than the national average indexed higher than 100, and data points that were poorer than the national average indexed lower than 100. After weighting the relative importance of each indicator to brain health, an overall index score was calculated for each geography. Geographies were then ranked from first to 51st.

Major sources of data for the Index include the Centers for Disease Control (Behavioral Risk Factor Surveillance System), the Alzheimer's Association (2009 Alzheimer's Disease Facts and Figures), the Corporation for National and Community Service (Civic Life Index), the Bureau of Labor Statistics (American Time Use Survey), CQ Press (Education State Rankings) among others.

The District of Columbia had the highest overall Index score. Some of the state'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.

Following the District of Columbia, the top nine ranked states in the nation for brain health are: Maryland, Washington state, Vermont, Connecticut, Colorado, Massachusetts, New Jersey, Maine and New Hampshire.

The findings indicate that the majority of the top 10 ranked states border or are near the Atlantic and Pacific oceans, and appear to have an advantage when it comes to brain health – one hypothesis is that the accessibility of fish and commitment to DHA omega-3 rich foods has an impact.

The two states to receive the lowest brain health ranking are Alabama and Louisiana. Alabama is the second-lowest ranking state in the nation when it comes to consumption of fish rich in DHA. Louisiana ties with Kentucky for having the lowest breastfeeding rate nationwide. Breastfeeding naturally provides DHA, which is important for brain development of infants, setting them on the right path for optimal brain health.

The goal of the Index is to help educate people about what they can do to maintain memory and prevent disease as well as provide a platform for discussion and debate that will encourage positive changes for better brain health.

To develop the Index, Martek Biosciences, a company committed to brain health research, worked with a group of health experts and researchers to determine the key indicators of brain health – as recognized by the overall medical community – and to build the Index with data aggregated from highly credible secondary sources.

Learn more about the Index at www.lifesDHAindex.com.