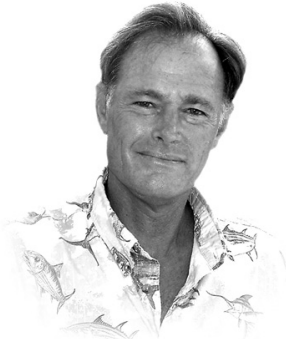


AND NOW A WORD FROM THE DOCTOR...

How Smart is Your State?

By David Perlmutter, MD, FACN



Do you live in one of America's 10 brainiest states?

To find out, check out the website www.lifesDHAindex.com.

While there you can discover how your state ranked and what went into the ranking, as well as take a 14-question test to see how you personally score on brain health.

The 50 U.S. states and the District of Columbia were each evaluated on 21 brain health indicators in the areas of diet, physical health, mental health, and social well-being. According to an article in *U.S. News & World Report*, "Diet represented 36% of each state's score. Of several factors used to calculate the brain-healthfulness of the foods consumed by residents of each state, sales of fish and DHA-fortified foods were weighed most heavily. Measures of the population's physical health accounted for 25% of the overall score, mental health accounted for 24%, and social well-being, 15%." The top 10 brainiest locations were:

1. Washington, D.C.
2. Maryland
3. Washington State
4. Vermont
5. Connecticut
6. Colorado
7. Massachusetts
8. New Jersey
9. Maine
10. New Hampshire

Residents of the top three finishers all consumed high amounts of fish and DHA omega-3-fortified foods and supplements. The District of Columbia ranked first because of the quantity of fruits and vegetables eaten, frequent game playing, commitment to education, and the high level of reading for personal interest. The index again supports the idea that lifestyle choices can profoundly affect brain health.