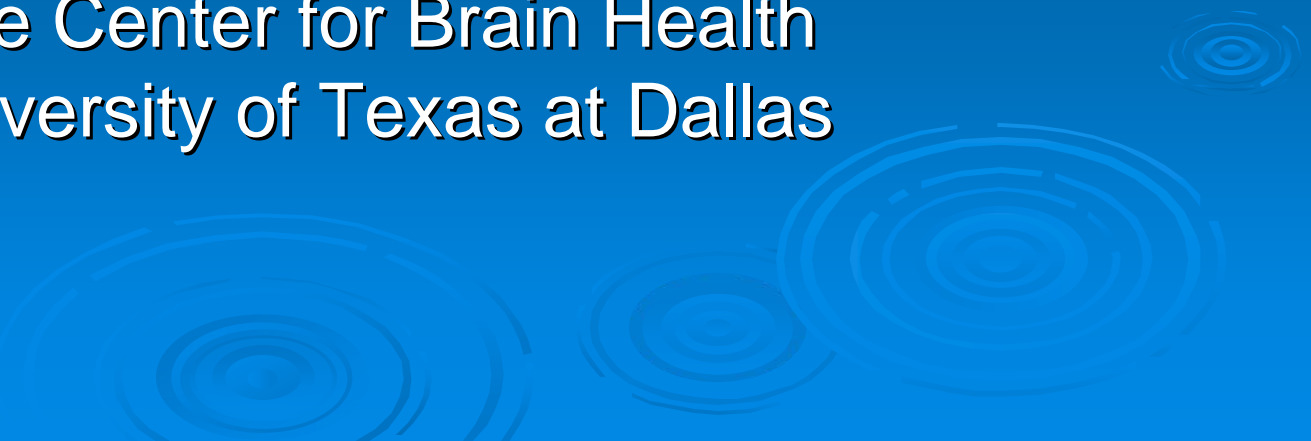


# Cognitive Intervention: A View Toward the Future

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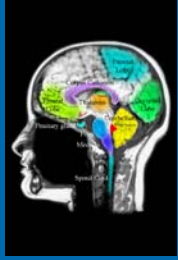
The Center for Brain Health  
University of Texas at Dallas



# Cognitive Intervention



- A front and center public health issue.
- It has been under-recognized by scientists, the public, and the Congress.
- The animal data makes a clear case for the impact of interventions on cognitive function.
- Behavioral interventions and support show increasing promise.
- Mount a public and private research campaign and invest in it and fight decline like we have fought cancer.
- A very small effect will have a significant impact on public health and well-being



# Recommendations

## ➤ Basic researchers:

- What is the neural and behavioral signature of a healthy mind?
- We must develop tools for REPEATED assessment of cognition to determine the impact of behavioral interventions.
- The sensitivity of neural data—important new tool.

# Translational Researchers



Understand the effects of general stimulation versus targeted training.



Is fitness a mediator or an independent factor in maintaining and improving cognition?



Multi-intervention approach that integrates diet, pharmaceuticals and behaviors.

Long-term effects.

Pay attention to responders

# The Challenge

- Secure private and federal funds commensurate with the problem.
- Have an interdisciplinary consensus conference to determine the most promising interventions and when intervention needs to occur.
- Develop recommendations for small scale studies as well as larger-scale, multi-site trials.

# Let's Keep the Music Playing

