

HATS

Healthy Aging Through the Senior Years



A long-term observational study following participants over time to better understand memory and thinking problems, and healthy aging

WHO CAN JOIN?

- Self-identify as a Black individual
- Have English as the primary language
- Be 55 years of age or older

OUR OBJECTIVES

- To learn more about healthy aging, memory and thinking problems, Alzheimer's disease, and other forms of dementia.
- To identify risk factors associated with cognitive decline and dementia in the Black community



WHY IT MATTERS?

- Black older adults are nearly twice as likely to develop Alzheimer's or other dementias compared to White older adults
- Much of past research has focused on white populations. HATS helps fill an important gap by focusing on Black adults in the Twin Cities

WHY PARTICIPATE?

- Learn about your memory and thinking through cognitive testing

- Access educational sessions and events on dementia prevention, healthy aging, and brain health



- Receive personalized results and referrals if follow-up care is needed

- Be part of helping build knowledge to protect brain health in the Black community

YOUR JOURNEY IN *HATS*.....

Step 1: Join the study/ Baseline visit (~3 hours)

- Screening & consent process
- Health measures: blood pressure, weight, waist/hip size, grip strength
- Memory & thinking assessment
- Optional: Blood draw & urine test: cholesterol, diabetes (HbA1c), kidney function, CBC
- Optional: MRI scan (one more after 36 months)

Step 2: Follow-Up Phone Call (5 Minutes)

- Quick check-in call, 6 months after your baseline visit
- Update on health changes and contact details

Step 3: Follow-Up In-Person Visits (Every 15 Months)

- Similar to baseline: memory & thinking tests, health checks, blood & urine labs, and questionnaires
- Review changes in health or family history

Step 4: Continue Until Year 5

- Participants remain in the study for up to 5 years
- At the end, your contribution will provide critical data to help researchers better understand memory, aging, and dementia risk factors



Call us at **612-283-6746** to learn more or join the study!

