

**Dementia risk
reduction**

11%

Activity

Adult literacy activities
writing letters or journaling
using a computer
taking education classes

9%

Active mental activities
playing games
cards
chess
crosswords or puzzles

7%

Engagement in creative artistic activities
craftwork
woodwork
metalwork
painting or drawing

7%

Passive mental activities
reading books, newspapers, or magazines
watching television
listening to music or radio

0%

Interpersonal networks
social activities
external outings

Lifestyle Enrichment in Later Life and Its Association With Dementia Risk *JAMA Netw Open.* 2023;6(7):e2323690. doi:10.1001/[jamanetworkopen.2023.23690](https://doi.org/10.1001/jamanetworkopen.2023.23690) July 14, 2023