

*Hawai'i Dementia Initiative
Coalition Meeting April 2026*

Brain Healthy **NUTRITION** *Food is Medicine*

Discover how local flavors and brain-healthy foods can boost brain health, reduce dementia risk, and support overall wellness.

Wednesday, April 29, 2026, at 3:00-4:15 PM via Zoom

Presented by:

- Heidi Wulzen, MPH, RDN, LD, Founder of Heritage Health
- Jordan Smith, MPH, Hawai'i Good Food Alliance

Learning Objectives:

- Describe the core nutrition principles of the Mediterranean Diet and the MIND Diet.
- Identify locally available foods that align with brain-healthy nutrition guidelines.
- Explain how culturally relevant, locally sourced food can promote health equity in Hawai'i communities.
- Recognize Nutrition Supports Services and eligibility criteria.
- Identify the roles of health centers, health care providers and community-based organizations within community care hubs.

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Passcode: ADRD



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