**Calculation of the LIfestyle for BRAin health (LIBRA) score**

The LIfestyle for BRAin health (LIBRA) score is calculated by summing the weights of all risk and protective factors that are present within an individual (see Table 1).

**Table 1**: Risk and protective factors included in the LIfestyle for BRAin health (LIBRA) score and their associated weights

|  |  |
| --- | --- |
| **LIfestyle for BRAin health (LIBRA) factors** | **Weight** |
| Physical inactivity | +1.1 |
| Current smoker  | +1.5 |
| Obesity | +1.6 |
| Hypertension | +1.6 |
| Dyslipidemia | +1.4 |
| Diabetes | +1.3 |
| Depression | +2.1 |
| Chronic kidney disease | +1.1 |
| Coronary heart disease | +1.0 |
| Low-to-moderate alcohol consumption | -1.0 |
| High cognitive activity | -3.2 |
| Healthy diet | -1.7 |