

Mount Sinai South Nassau Truth in Medicine Poll: Aging Well and Memory Loss

MOUNT SINAI SOUTH NASSAU TRUTH IN MEDICINE POLL | SPONSORED BY FOURLEAF



Mount
Sinai
South
Nassau

FOUR  **LEAF**
Federal Credit Union

Together with Optimum and Alzheimer's Foundation of America

optimum.

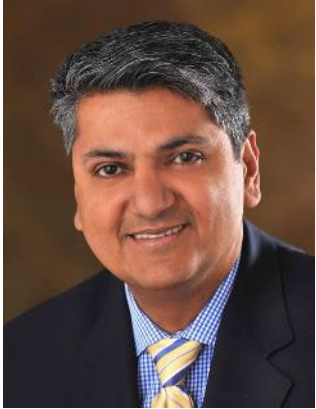


April 23, 2026



Mount
Sinai
South
Nassau

Panel



Adhi Sharma, MD
President
Mount Sinai South Nassau



Brigit C. Palathra, MD
Chief, Palliative Care
Mount Sinai South Nassau



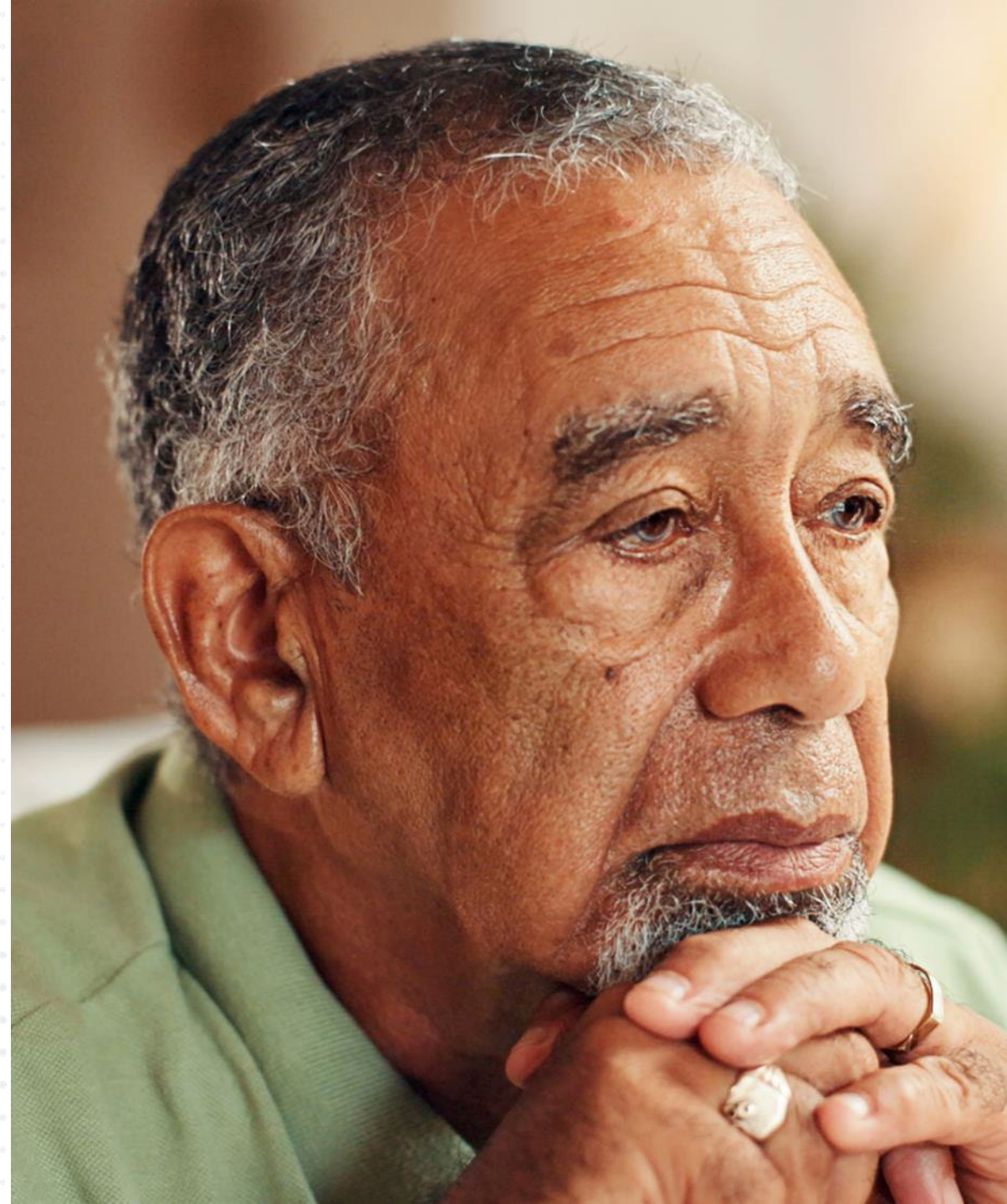
Kathryn Geraghty,
MSN, RN, AGPCNP-BC,
GERO-BC
Geriatric Nurse Practitioner
Mount Sinai South Nassau



Charles J. Fuschillo, Jr.
Alzheimer's Foundation of
America

Truth In Medicine Poll

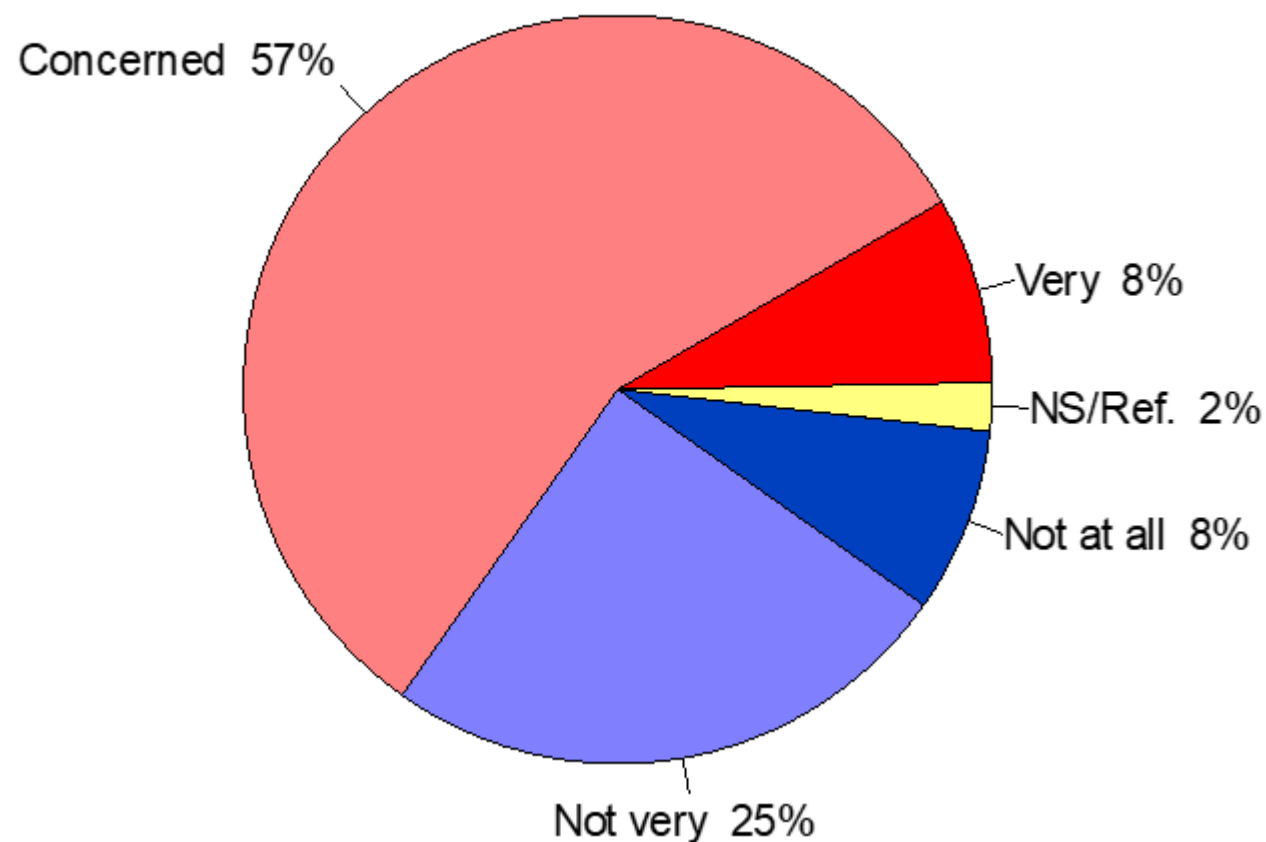
- Poll of 600 adults in New York City and Long Island.
- Conducted from March 12-18, 2026.
- Via landline and cell phone.
- Findings applying to 600 sample are subject to sampling error of plus or minus 3.9%
- Subgroups are subject to error of up to plus or minus 10%



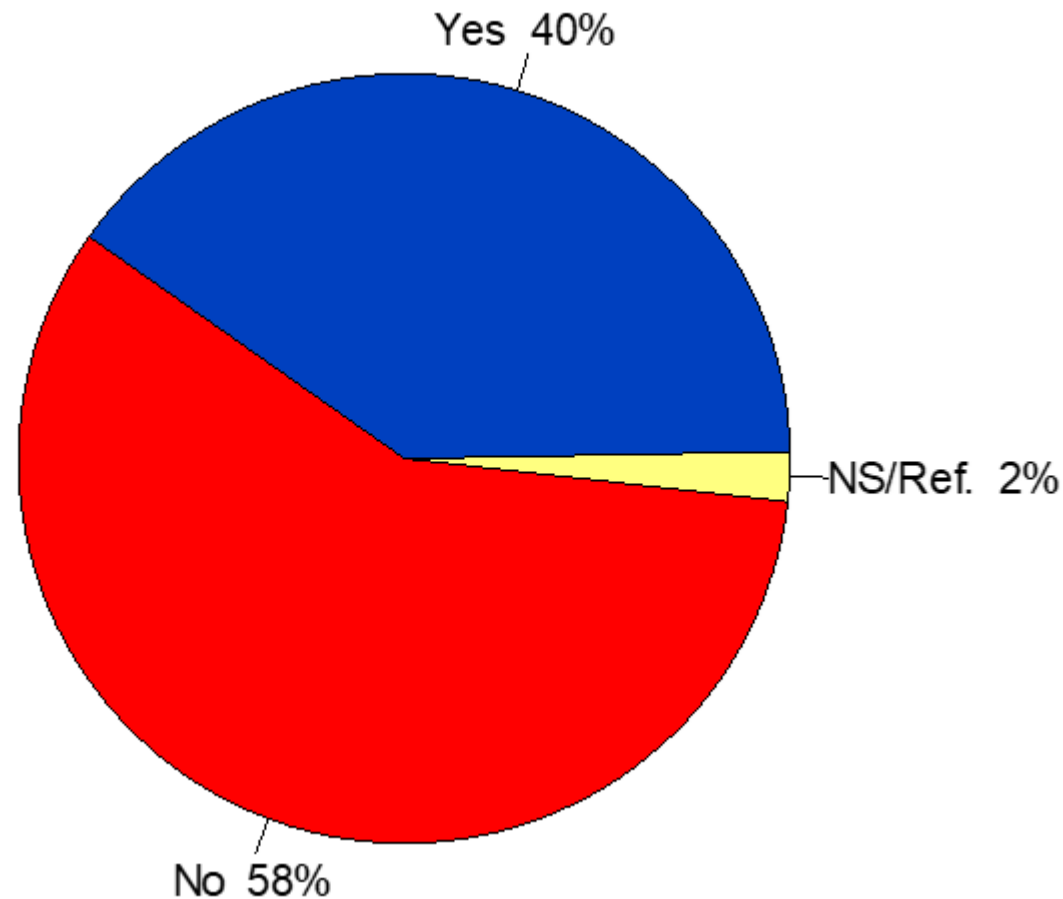
Mount Sinai South Nassau Truth in Medicine Poll - Key Findings

- 65% of adults age 50 and over in New York City and Long Island say they are very concerned (8%) or concerned (57%) about aging well and living a long healthy life
- 25% are not very concerned, and only 8% have no concerns
- Majority of Metro-Area Residents Are Concerned About 'Aging Well' But 58 Percent Have Never Talked About It With Their Doctor
- Women younger than 70 are more concerned than men
- 65 percent worry about memory loss or dementia

How concerned are you about aging well and living a long, healthy life?



Have you spoken with your physician about aging well and living healthier longer?

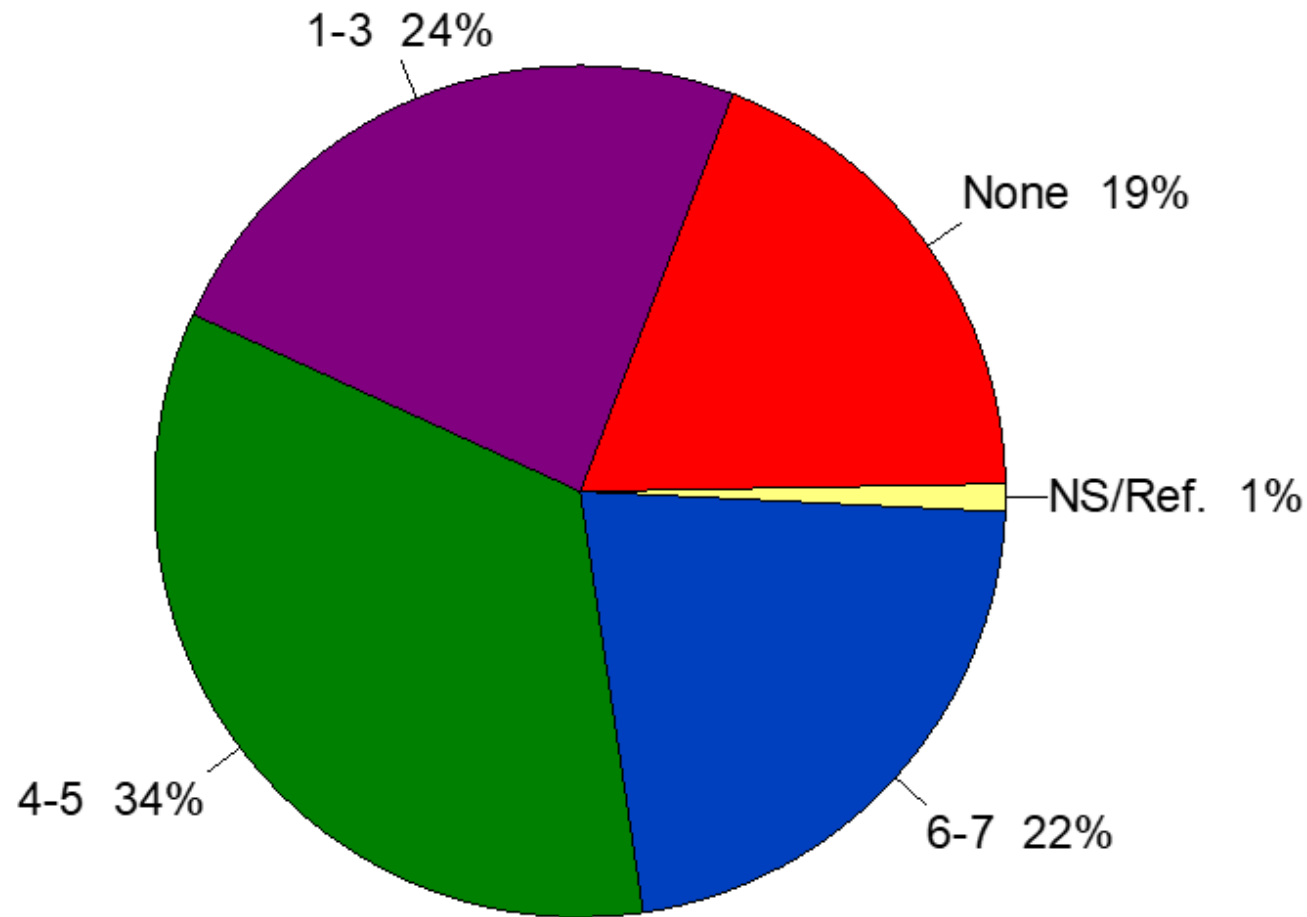


Mount Sinai South Nassau Truth in Medicine Poll- Key Findings

Regarding diet and exercise:

- 20% of respondents say they eat a strict healthy diet, 24% limit sugar and processed foods, 21% eat many things in moderation, a plurality of 27% say their diet needs improvement, and 7% say their diet is unhealthy
- 37% of New York City respondents say their diet is unhealthy or needs improvement, compared to 29% of Long Island respondents
- 22% of respondents say they live a sedentary lifestyle, 40% say they are moderately active, and 36% say they are active.
- Nearly 50% of respondents who have experienced memory issues say their diet needs improvement or is unhealthy, compared to only 23% of those who have not experienced memory issues

On average, how many days/week do you get at least 30 minutes of physical activity?



Mount Sinai South Nassau Truth in Medicine Poll - Key Findings

In an effort to prevent cognitive decline associated with progressive neurological disorder, many New Yorkers turn to a variety of possible remedies, including:

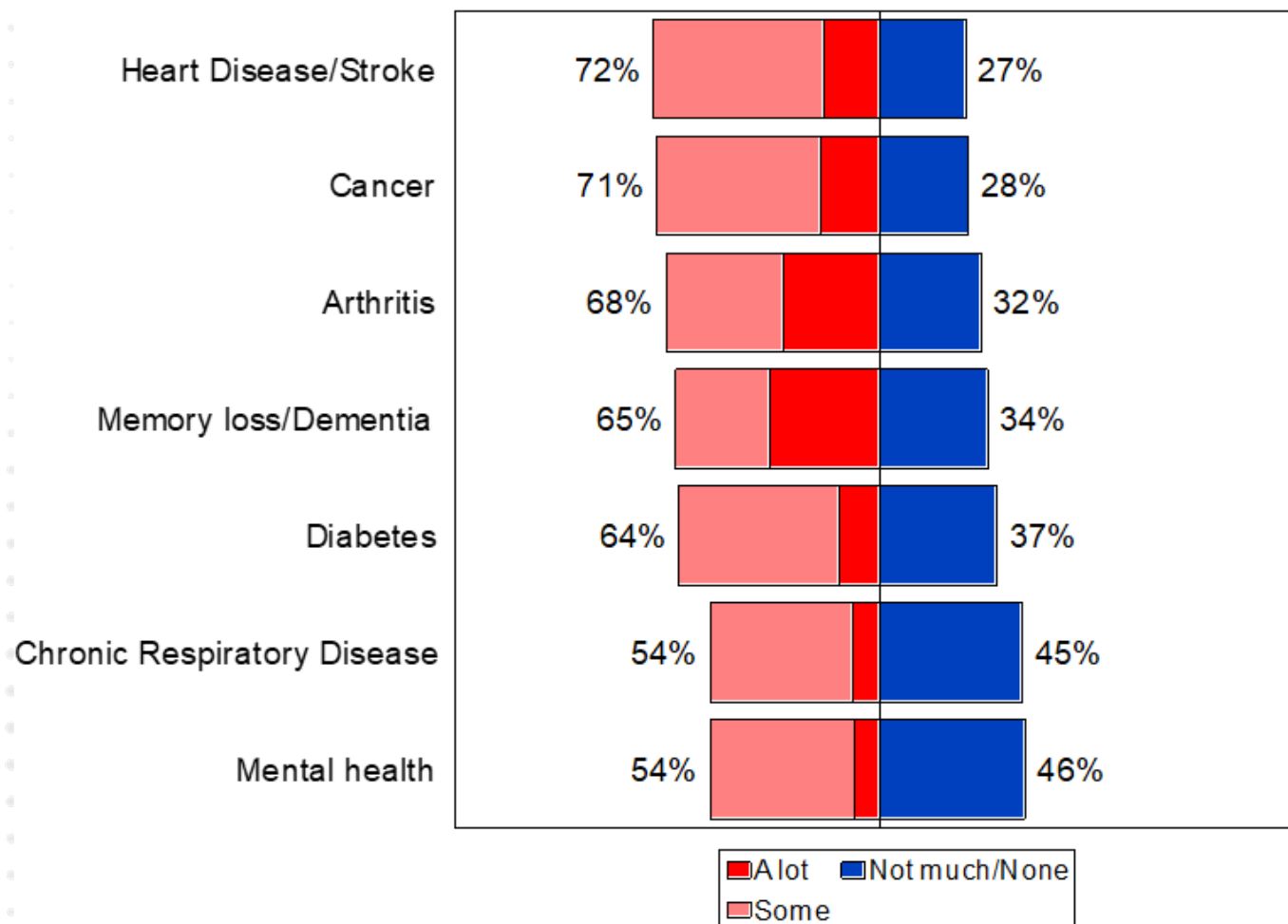
- Supplement use to mitigate memory loss is very high – 69% of all respondents and 77% of women 70+ take supplements or vitamins for this purpose.
- 47 percent of respondents take prescription drugs in an attempt to hinder cognitive decline
- 26% of all and 32% of women under 70 utilize strength and balance training.
- 41 percent of all respondents and 52 percent of women younger than 70 exercise
- 35 percent of all respondents (and 51 percent of women age 70 or older) play brain games, such as puzzles and crosswords
- 30 percent of all respondents (and 39 percent of women younger than 70) follow a strict or limited diet

Mount Sinai South Nassau Truth in Medicine Poll - Key Findings - Chronic Disease

In addition to the fear of dementia, area residents expressed concerns about a variety of other health conditions, including:

- 72 percent: heart disease and stroke
- 71 percent: cancer
- 68 percent: arthritis
- 64 percent: diabetes
- 54 percent: chronic respiratory disease and mental health

Which Health Concerns Do You Worry About?



Dementia, Alzheimer's and Cognitive Impairment

- 28% of respondents age 50+ say they have a family history of dementia, Alzheimer's, or similar cognitive impairment
- 26% of respondents have experienced difficulties with memory, concentration, or a similar cognitive challenge
- 25% say they have trouble remembering conversations, making decisions, or completing typical daily activities

Mount Sinai South Nassau Truth in Medicine Poll – Key Messages

- 28% of respondents age 50+ say they have a family history of dementia, Alzheimer's, or similar cognitive impairment
- 42% of those who have experienced memory issues themselves have a family history
- Caring for a senior family member leads to a healthier diet, exercising more, and greater concern about one's own aging



Mount Sinai South Nassau Truth in Medicine Poll - Call To Action

Truth In Medicine Poll- Questions?





Mount Sinai South Nassau

MOUNT SINAI SOUTH NASSAU TRUTH IN MEDICINE POLL | SPONSORED BY FOURLEAF



Mount
Sinai
South
Nassau

FOUR & LEAF
Federal Credit Union

Together with Optimum and Alzheimer's Foundation of America

optimum.

AFA
ALZHEIMER'S FOUNDATION OF AMERICA