

Does Drought Impact Brain Health in Older Latinos?

What is drought?

Drought is a long period where there is little to no **rainfall**. Worsened by abnormally **hot temperatures**, drought causes dry conditions, can **erode soil** and effect **crop** production.

Extreme weather is making droughts happen more often and hit harder. That is a serious risk to people's health.



New Study: Longer drought exposure is linked to faster cognitive decline in Mexican adults

Study looked at cognitive scores for 6,988 participants in a health registry in Mexico before and after drought exposure

For every 6 additional months of drought exposure, participants had a slight decline in ability to learn and remember words



The harmful effects of drought on cognition were worst in women and the oldest participants

What does the study mean?

Many Latinos live in warm, drought-prone climates (CA, TX, AZ, FL, NM) and work in outdoor jobs like farming and construction. So, building community-level resilience is essential to managing the brain health risks posed by our changing climate

National/state

Add simple memory and cognitive tests to drought response efforts so we can track long-term impact on people's brains over time

Health care

Expand mental health support for older adults to help them deal with ongoing stress and emotional strain caused by extreme weather.

Community

Use community centers as local support hubs, where people learn how to prepare, get healthcare, and get help when drought conditions hit