

State of Mind—Where is Florida?

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How is the brain health of your state? Researchers recently released an index that purported to rank the “brain smarts” of all states and Washington, D.C. Several factors were taken into consideration including diet, mental health, physical health and social well-being, with diet accounting for 36% of each state’s score and with a heavy emphasis placed on the amount of DHA omega-3 fatty acids (like those found in fish) consumed. According to the study’s author, Dr. Michael Rosen, “Our goal was to draw attention to the fact that your brain health isn’t solely genetic—that you get to modify it.”



The District of Columbia topped the charts thanks to its higher consumption of fish, fruits and vegetables. Not to mention the fact that they are a district of “readers.” The top 10 break down like this:

1. Washington, D.C.
2. Maryland
3. Washington State
4. Vermont
5. Connecticut
6. Colorado
7. Massachusetts
8. New Jersey
9. Maine
10. New Hampshire