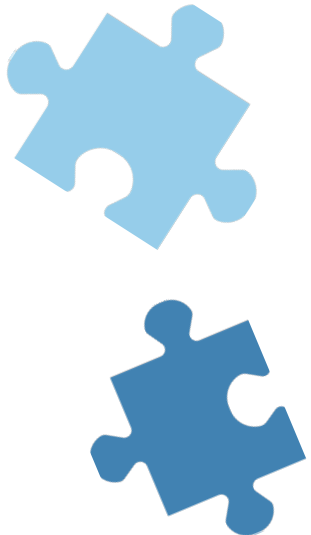
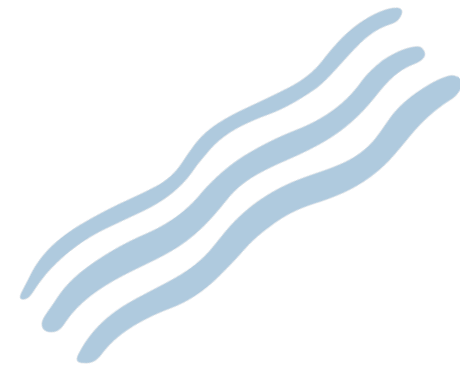


Making Every Contact Count for Brain Health

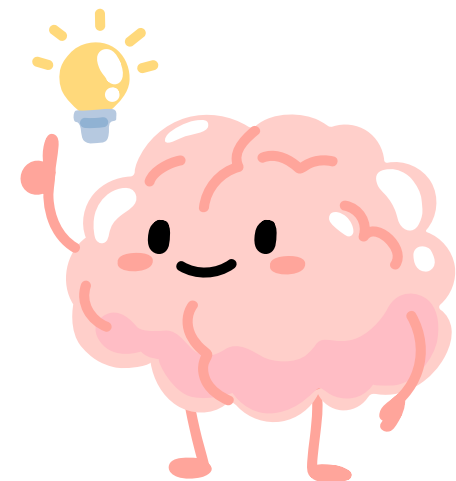


Rebecca Donnachie
Network Health Promotion Officer



Overview

- The context
- The approach
- Results & next steps
- Questions



Context

- Aging population in Ireland-we are living longer
- Approximately 64,000 cases of dementia in Ireland
- Cases of dementia projected to more than double over the next 10 years
- 150,000 cases of dementia by 2045

Context

THE LANCET

Volume 404 · Number 10 452 · Pages 495–528 · August 10–16, 2024

www.thelancet.com

“The potential for prevention is high and, overall, nearly half of dementias could theoretically be prevented by eliminating these 14 risk factors. These findings provide hope.”

See [The Lancet Commissions](#) page 572

- 45% of dementia cases could potentially be prevented or delayed
- 14 modifiable risk factors

Editorial

The 2024 Olympics: end the health hypocrisy
See page 495

Articles

Molecularly guided therapy in cancer of unknown primary
See page 527

Articles

Subcutaneous icaltavis in Sjögren's disease
See page 540

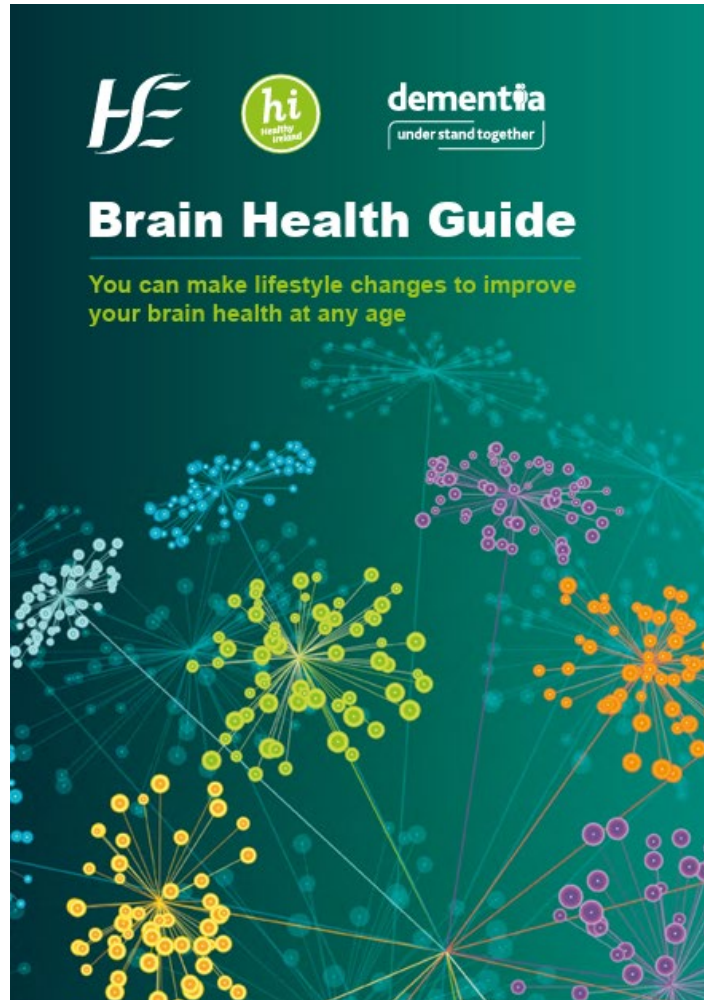
Articles

Global prevalence of activity limitations
See page 554

The Lancet Commissions

Dementia prevention, intervention, and care: 2024 report
See page 572

Context



Introduction
Staying mentally sharp
Looking after your heart
Staying safe and well
Where to start
Your guide to services
Summary

Introduction

Dementia risk factors

We now understand a great deal more about the brain than we did even 10 years ago. In 2024, the medical journal *The Lancet* published a report on dementia. Using updated evidence, the report recommends ways to prevent, manage and treat dementia. The advice in this booklet is based on these recommendations.

For most of us, our risk of developing dementia depends on many factors, including our age, environment, lifestyle, health and genes. Some of these we can't control – such as our age and our genes. These are called 'non-modifiable' risk factors.

However, there are also 'modifiable' risk factors. These are things that we can fully or partly control – either as individuals or through public policy at government level. They include the way we live our lives and decisions we make every day.

Paying attention to these risk factors may prevent or delay nearly half of dementia cases.

The *Lancet* report lists 14 risk factors for dementia that we have some power over:

- Low levels of education
- Untreated hearing loss
- Hypertension (high blood pressure)
- Smoking
- Obesity
- Depression
- Physical inactivity
- Diabetes
- Alcohol consumption
- Traumatic brain injury
- Air pollution
- Social isolation
- Untreated vision loss
- High LDL (Low density lipoprotein) cholesterol

Tackling these factors may prevent or delay up to 45% of dementia cases.

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The Approach



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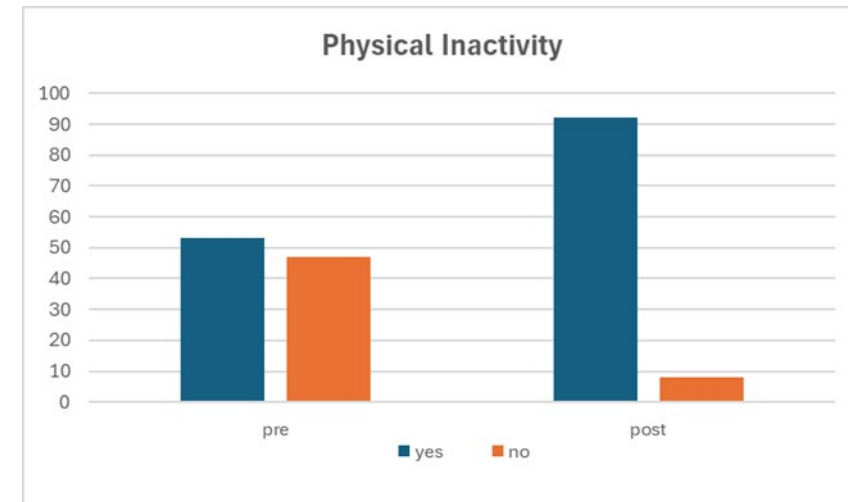
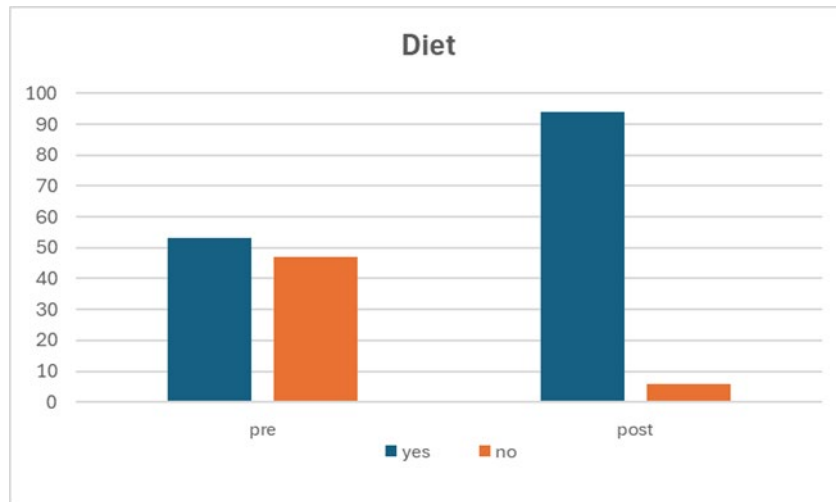
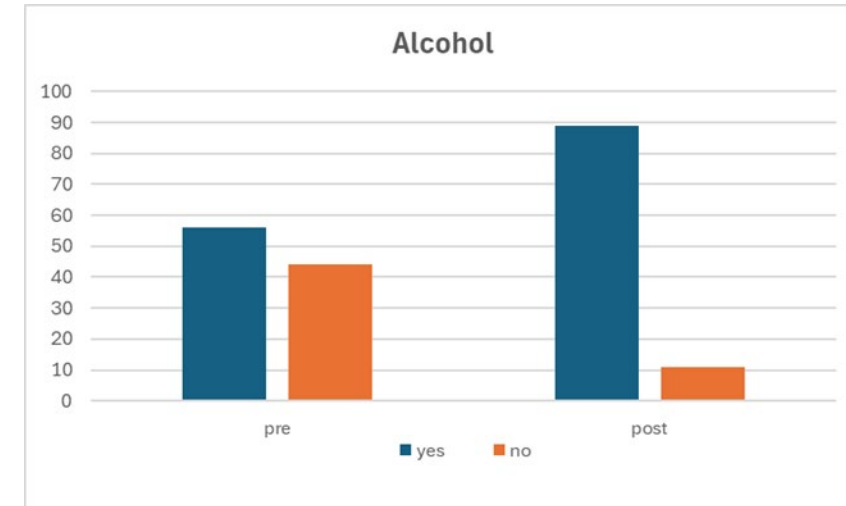
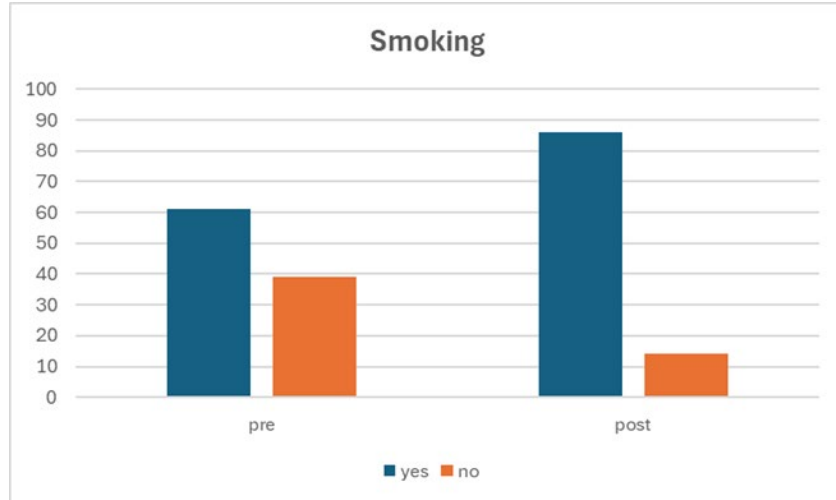
- Partnership with ICPOP
- Spark design team- stakeholder research & co-design workshop with participants
- Using MECC approach(five A's)
- Three pilot session in Cork City North(high deprivation levels)
- Collaboration with community health workers to deliver pilot

The Approach

- Group-based brief intervention using the MECC framework.
- Three two-hour sessions structured around the five A's model.
- Modifiable risk factors; **Physical Activity, Diet, Alcohol and Smoking.**
- Aimed to; increase awareness of risk factors and strengthening connections to local community resources that support positive lifestyle change.
- Collaboration with community health workers.
- Co-delivered workshop with ICPOP team.

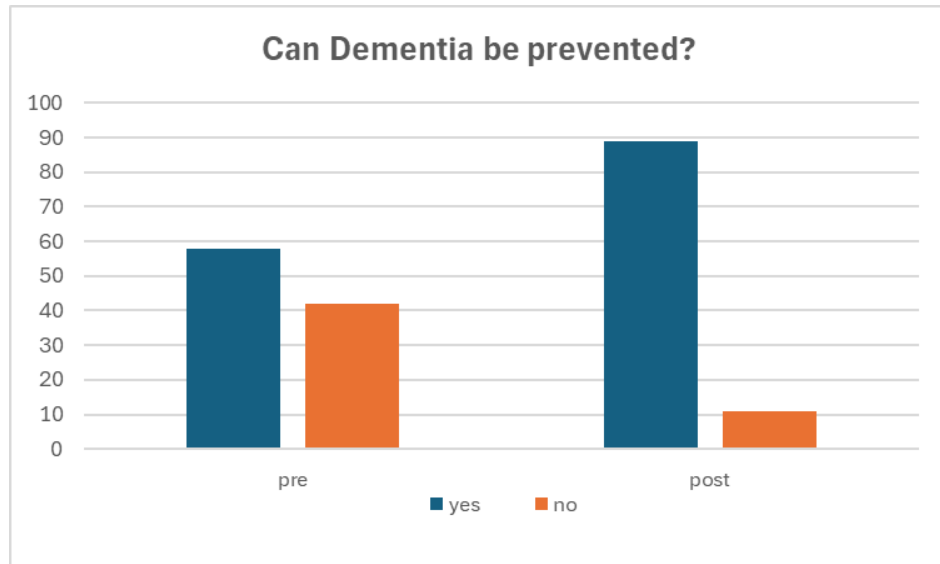


Awareness of modifiable risk factors



Results

Increase in participants confidence in making life style changes



Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre-Group Confidence in taking these changes 1-10?	7.32	34	2.749	.472
	Post-group confidence in taking these changes	8.53	34	1.710	.293

Importance of lifestyle changes

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre -Group Important to take lifestyle changes 1-10?	8.19	36	2.175	.363
	Post-Group Important to take lifestyle changes	8.97	36	1.404	.234

Next Steps

- Continued programme development & delivery
- Stakeholder engagement
- Consideration to wider systemic issues and social determinants of health
- Upskilling staff

Questions



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