

What do people know about risk factors for dementia?

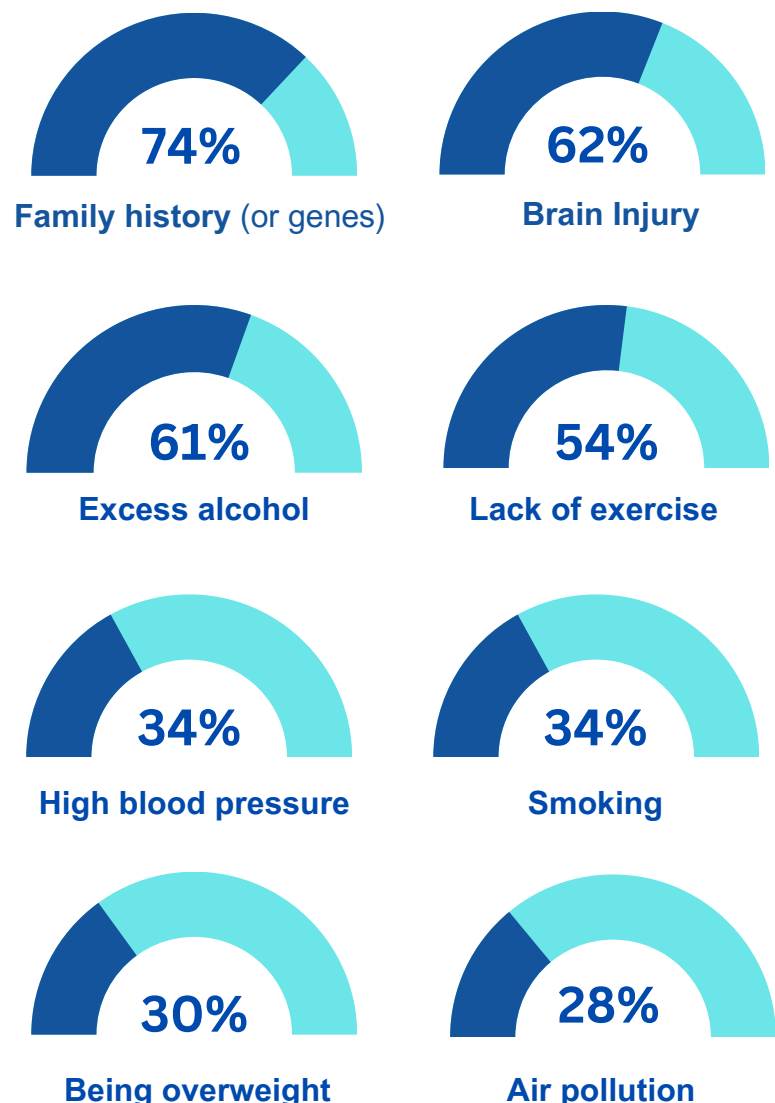
Family History

EARLY LIFE:
Birth weight
Education
Childhood

MID LIFE:
Hearing
LDL cholesterol
High blood pressure
Depression
Brain injury
Physical inactivity
Excess Alcohol
Diabetes
Smoking
Obesity

LATER LIFE:
Social isolation
Air pollution
Visual Loss

The percentage of people surveyed by ACCORD who identified these risk factors for dementia is...



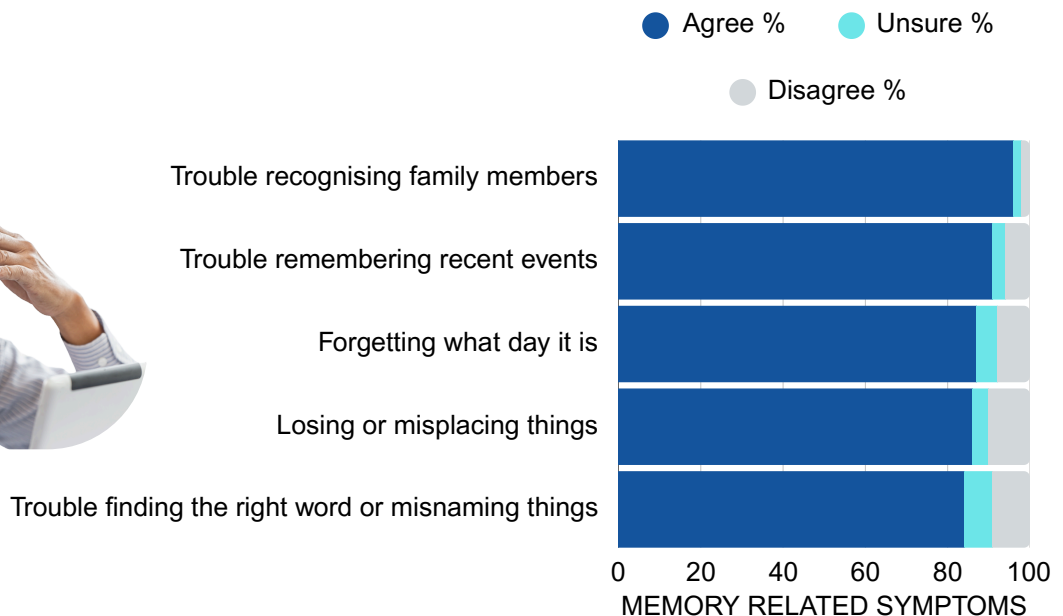
The Lancet Commission identifies that 45% of dementia could be prevented through attention to modifiable risk factors.

These risks start early in life and extend right through to later years.

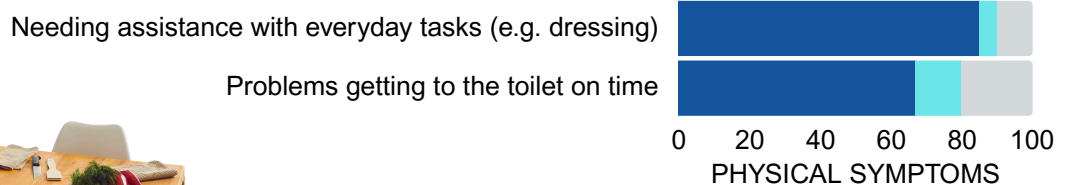


46% of people know someone living with dementia

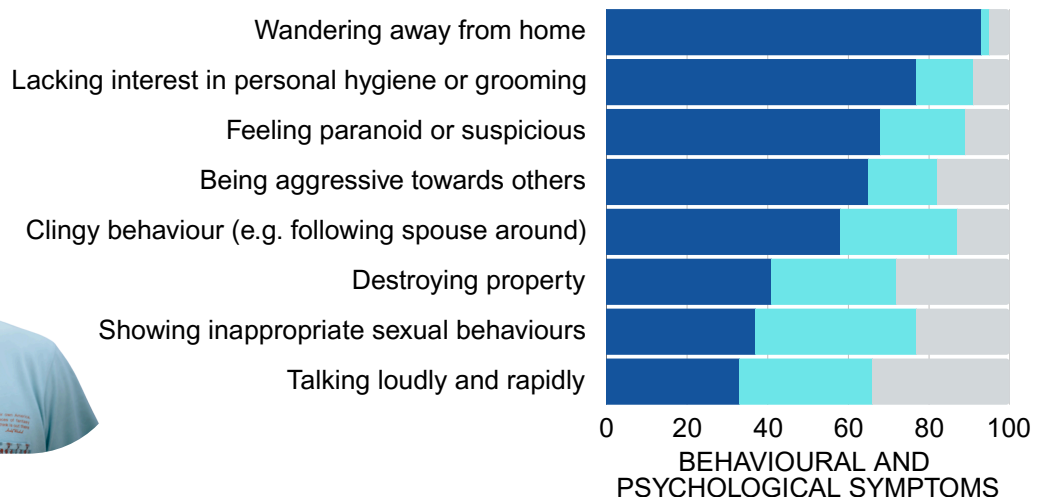
Most people recognise memory problems as symptoms of dementia



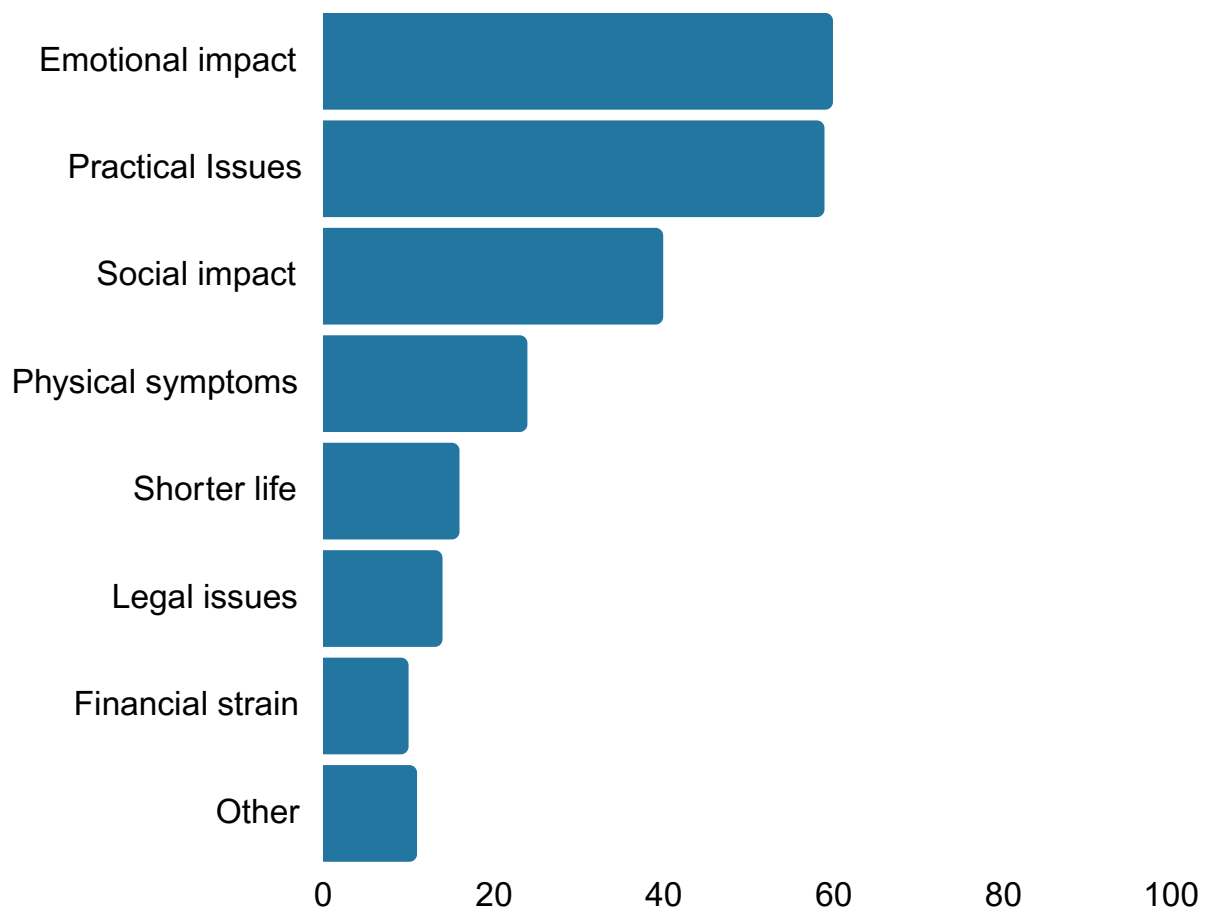
Many people recognise difficulties with daily activities as symptoms of dementia



Fewer people recognise psychological and behavioural problems as symptoms of dementia



People's most common concerns about dementia



ACcORD surveyed people attending outpatients at a major regional hospital.

Dementia was the most feared condition for people aged 65 years or over.

People were mostly concerned about the impact on their quality of life.



INFORMATION SOURCES

Watson R, Sanson-Fisher R, Bryant J, Mansfield E. Dementia is the second most feared condition among Australian health service consumers: results of a cross-sectional survey. BMC public health. 2023;23(1):876-
<https://doi.org/10.1186/s12889-023-15772-y>.

Mansfield E, Watson R, Carey M, Sanson-Fisher R. Perceptions of community members in Australia about the risk factors, symptoms and impacts of dementia: A cross-sectional questionnaire study. Australasian journal on ageing. 2023;42(1):140-8. <https://doi.org/10.1111/ajag.13109>

For both these papers, people surveyed were aged 18+ attending an outpatient appointment at the John Hunter Hospital.



The National Dementia Helpline
Free call 1800 100 500
Email helpline@dementia.org.au

Useful links from the Dementia Australia website:

<https://www.dementia.org.au/>

<https://www.dementia.org.au/get-involved/dementia-friendly-communities/dementia-friendly-community-stories>



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