

# Co-Creating Contextually Relevant Dementia Prevention Interventions in Kenya and Nigeria: Findings from the Africa-FINGERS Community-Based Participatory Study

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## Key messages:

- 🧠 Dementia prevention must be culturally relevant and context-specific.
- 🤝 Community co-design enhances intervention acceptability & feasibility.
- 🏠 Existing community and health systems can support dementia prevention delivery.

## INTRODUCTION

- Dementia is projected to affect **139 million people globally by 2050**, with the greatest increases expected in LMICs.
- Sub-Saharan Africa faces a growing dementia burden alongside high levels of cardiovascular and metabolic risk factors.
- Up to **45% of dementia cases can be prevented**. Multidomain prevention approaches show promise but have rarely been adapted for African settings.
- Aim:** To inform the adaptation of the Africa-FINGERS intervention by identifying community priorities and co-designing contextually relevant dementia prevention strategies in Kenya and Nigeria

## METHODS



Fig 1: FGD session in Nigeria

Fig 2: CAB formation in Nairobi, Kenya

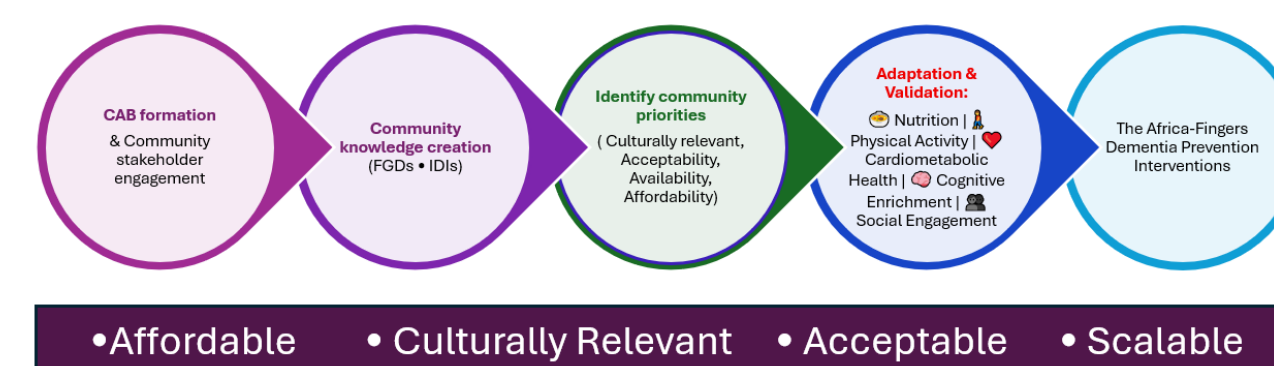
### Qualitative-CBPR approach

📍 Kenya and Nigeria

📅 July–November 2025

**Analysis:** Thematic Analysis

| Activity                                | Kenya                | Nigeria              |
|-----------------------------------------|----------------------|----------------------|
| Community Advisory Board (CAB) meetings | 2 CABs               | 4 CABs               |
| Focus Group Discussions (FGDs)          | 6 (≈60 participants) | 5 (≈40 participants) |
| In-depth Interviews (IDIs)              | 33                   | 19                   |
| Validation Activities                   | 1 workshop           | Validation sessions  |



• Affordable • Culturally Relevant • Acceptable • Scalable

## RESULTS

Across Kenya and Nigeria, participants emphasized that dementia prevention strategies should be affordable, culturally relevant, and embedded within everyday community life.

| Intervention                         | Community Feedback from Kenya and Nigeria                                                                                                                                                                                                                                                                                            |
|--------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1: Nutrition</b><br>              | Healthy eating recommendations should be affordable, based on locally available foods, and supported by practical guidance that can be easily integrated into everyday household practices.<br><b>Implication for Africa-FINGERS</b><br>🍌 Promote brain-healthy diets using affordable local foods and practical household guidance. |
| <b>2: Physical activity</b><br>      | Participants preferred enjoyable, group-based physical activities integrated into daily routines and accessible to older adults.<br><b>Implication for Africa-FINGERS</b><br>👣 Encourage simple, enjoyable, and socially supported forms of movement.                                                                                |
| <b>3: Cognitive Enrichment</b><br>   | Participants linked cognitive health to everyday activities, lifelong learning, and familiar, meaningful forms of mental stimulation integrated into daily life.<br><b>Implication for Africa-FINGERS</b><br>🧠 Build cognitive stimulation activities around familiar cultural and community practices.                              |
| <b>4: Social Engagement</b><br>      | Social connections were viewed as essential for healthy ageing. A mention of existing community groups that can be leveraged on (e.g., <i>Chamas</i> - women groups, in Kenya)<br><b>Implication for Africa-FINGERS</b><br>👥 Leverage existing community networks to promote social participation and brain health                   |
| <b>5: Cardiometabolic Health</b><br> | Participants valued accessible community-based screening, trusted local providers, and integration of dementia prevention within existing health services.<br><b>Implication for Africa-FINGERS</b><br>❤️ Integrate dementia prevention with routine cardiometabolic health promotion and screening                                  |

## CONCLUSIONS

- Communities prioritized affordable, culturally grounded dementia prevention strategies.
- Trusted community and health structures can support intervention delivery.
- Community co-design is critical for developing feasible and scalable dementia prevention interventions.
- Africa-FINGERS offers a promising model for adapting multidomain dementia prevention interventions across African settings.

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