

Prevalence of Dementia Risk Factors and Their Association With Suspected Dementia in Older Primary Care Users

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Investigation of the prevalence of risk factors for dementia and their association with cognitive impairment in a sample of elderly primary health care users.

INTRODUCTIONMETHODSRESULTSCONCLUSIONS

- The global increase in dementia prevalence has been driven by population aging, particularly in low- and middle-income countries.
- Given the limited data available for the region, there is a need to examine the prevalence of risk factors for dementia and their relationship with cognitive impairment among older adults in the primary health care setting..

CONTACT



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Cross-sectional study with convenience sampling

Individuals aged ≥60 years registered at primary health care units in a municipality in Rio Grande do Sul state, Brazil.

Data were collected through structured interviews and cognitive testing (ACE-R)

Associations between risk factors and cognitive outcomes were evaluated using chi-square tests, with a significance level of 5%.

Logistic regression models were fitted to evaluate independent associations with probable dementia

N = 135 participants

➔ 65.9% women

➔ 48.9% married

➔ Median age of 68 [65, 75] years

➔ 74.8% belonging to low- or middle income classes

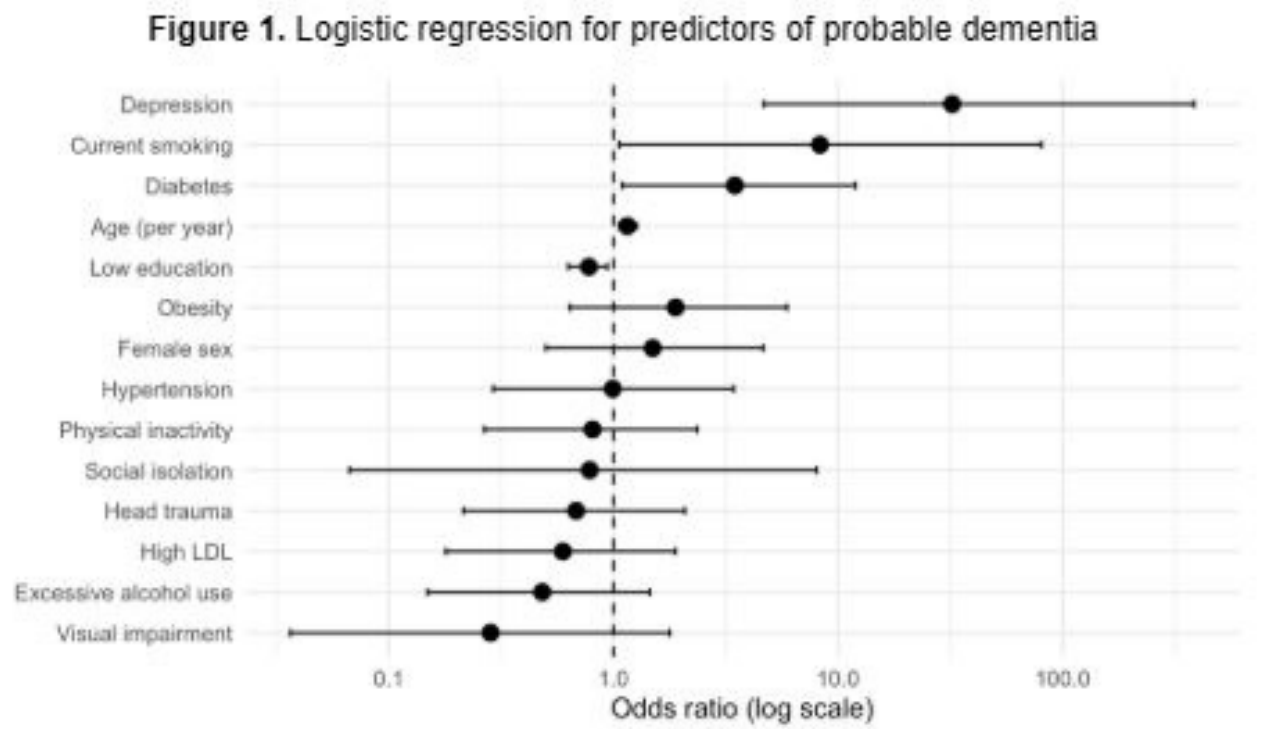
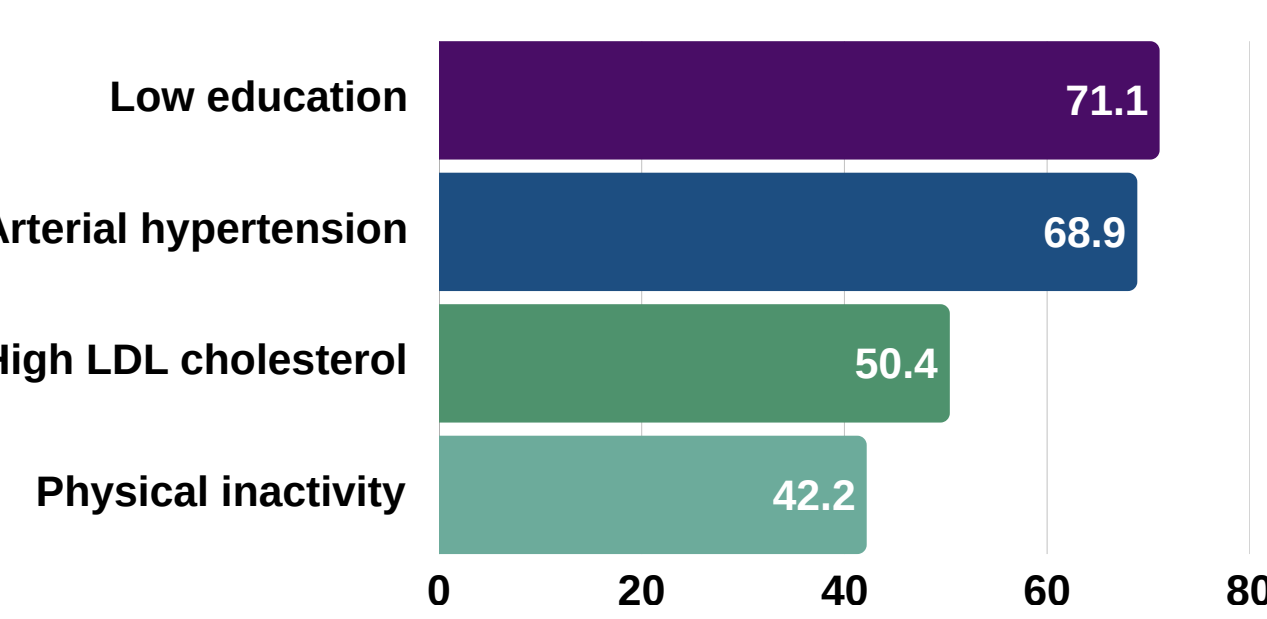
Table 1. Association between probable dementia and dementia risk factors (n=135)

Variables	Total sample ^a	Without Dementia	With Dementia	p-value ^b
Female sex	89 (65.9)	49 (65.3)	40 (66.7)	0.871
Median Age (per year)	68 [65-75]			0.087
Income Class ^c				<0.001
A	1 (0.7)	1 (1.3)	0 (0.0)	
B1	9 (6.7)	7 (9.3)	2 (3.3)	
B2	24 (17.8)	18 (24.0)	6 (10.0)	
C1	25 (18.5)	18 (21.3)	9 (15.0)	
C2	48 (35.6)	25 (33.3)	23 (38.3)	
DE	28 (20.7)	8 (10.7)	20 (33.3)	
Low education	96 (71.1)	42 (56.0)	54 (90.0)	<0.001
Physical inactivity	57 (42.9)	26 (35.1)	31 (52.5)	0.044
Current Smoking	13 (9.6)	6 (8.0)	7 (11.7)	0.437
Excessive Alcohol Use	12 (8.9)	8 (10.7)	4 (6.7)	0.417
Diabetes	47 (34.8)	20 (26.7)	27 (45.0)	0.026
Arterial Hypertension	93 (68.9)	47 (62.7)	46 (76.7)	0.081
Obesity	52 (38.5)	28 (37.3)	24 (40.0)	0.752
Depression	23 (17.0)	7 (9.3)	16 (26.7)	0.008
Social Isolation	21 (15.6)	13 (17.3)	8 (13.3)	0.524
Head Trauma	43 (31.9)	24 (32.0)	19 (31.7)	0.987
Visual Impairment	12 (8.9)	6 (8.0)	6 (10.0)	0.685

a. Absolute (n) and relative (%) frequencies; b. Qui-square test; c. Considered A as the highest income class and DE as the lowest.

On the ACE-R, 44,4% of participants scored within the range suggestive of dementia.

Chart 1 - More Prevalent Dementia Risk Factors



- Dementia risk factors were highly prevalent in this vulnerable population, and several were independently associated with probable dementia.
- These findings highlight the essential role of primary health care in monitoring at-risk individuals and conducting routine cognitive screenings.
- The high proportion of suspected dementia underscores the urgent need for implementing and strengthening cognitive health policies within primary care settings.

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