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Our community can be empowered through culturally meaningful brain health activities to represent vulnerable people within Small Island Developing States (SIDS) and inclusivity in community-led participatory movement to understand their risks and protective factors to timely and healthy multidomain lifestyle choices for dementia prevention.

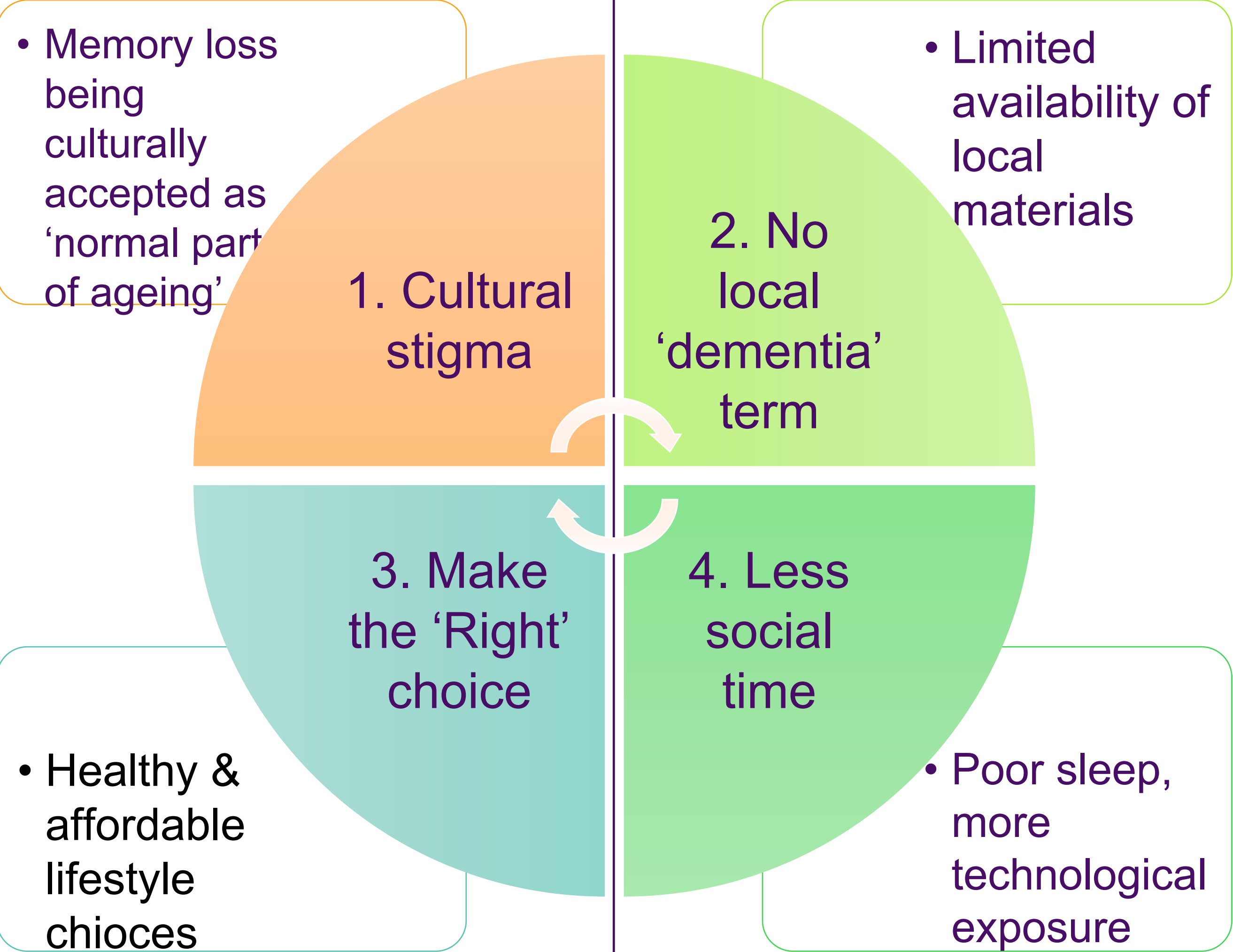
| BACKGROUND                                                                                                                                                                                                                                                                                         | METHODS                                                                                                                                                                                                                                                                                                                                                                                                                                               | KEY FINDINGS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  | CONCLUSION                                                                                                                                                                                                                                                                                              |
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| <ul style="list-style-type: none"><li>21% of the population is aged ≥60 years</li><li>Dementia and brain health awareness remain limited</li><li>SIDS face unique workforce and resource constraints</li><li>Community-led approaches may improve brain health literacy and engagement</li></ul>   | <div>Community site identification (10, intergenerational sites)</div> <div>↓</div> <div>Stakeholders engagement (&gt;15, managers, teachers, leaders, care-givers)</div> <div>↓</div> <div>Brain Health sessions (75 children (3 - 16 years), 150 adults)</div> <div>↓</div> <div>Feedback &amp; Reflection (open-ended interviews, focus-groups )</div> <div>↓</div> <div>Theme analysis</div> <div>↓</div> <div>Local implementation lessons</div> |  <p><b>1. Cultural stigma</b></p> <ul style="list-style-type: none"><li>Memory loss being culturally accepted as 'normal part of ageing'</li></ul> <p><b>2. No local 'dementia' term</b></p> <ul style="list-style-type: none"><li>Limited availability of local materials</li></ul> <p><b>3. Make the 'Right' choice</b></p> <ul style="list-style-type: none"><li>Healthy &amp; affordable lifestyle choices</li></ul> <p><b>4. Less social time</b></p> <ul style="list-style-type: none"><li>Poor sleep, more technological exposure</li></ul> |  | <ul style="list-style-type: none"><li>Increased awareness on brain health and dementia</li><li>200+ participants reached</li><li>Community-led brain health initiatives were feasible and acceptable</li><li>Findings support scalable brain health strategies in multicultural SIDS settings</li></ul> |
| <b>OBJECTIVES</b>                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>REFERENCE</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |                                                                                                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"><li>To assess community awareness of brain health and dementia</li><li>To explore perceptions of risk and protective factors for brain health</li><li>To evaluate the feasibility and acceptability of community-led brain health awareness activities</li></ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Njamnshi K., Bassetti A., Madzvamutse R., et al. (2026). Brain health drives the global brain economy and prosperity. The Lancet Regional HealthAfrica:doi.org/10.1016/j.lanafr.2026.100022                                                                                                                                                                                                                                                                                                                                                                                                                                            |  |                                                                                                                                                                                                                                                                                                         |
|                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>CONTACT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |                                                                                                                                                                                                                                                                                                         |
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Figure 1: Flow diagram in community-led brain health awareness and dementia

Figure 2: 4 Key thematic findings

**Acknowledgments:** I want to thank the community participants, IOBHA volunteers, GBHI, Bioculture Cares and my mentors.