

Modifiable Dementia Risk Factors in Older Women:
Preliminary Findings from a Study in Mar del Plata, Argentina

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The most prevalent risk factors among older women were **low educational level**, **hearing loss** and **visual impairment**, and diagnoses of **hypertension** and **hypercholesterolemia**. Additionally, a considerable proportion of participants reported **lack of physical activity**, frequent **depressive symptoms**, and low levels of **social contact**.

INTRODUCTION

Older women constitute the population group with the highest incidence of Alzheimer's disease and other dementias (O'Neal, 2024). There is strong evidence supporting the prevention of dementia through the management of modifiable risk factors; however, research in low- and middle-income countries remains limited (Calandri et al. 2024).



METHODS

The present study aimed to explore the presence of the 14 modifiable risk factors proposed by the Lancet Commission (Livingston et al., 2024).

Participants: Non-probabilistic, intentional sample of 67 women aged over 70 years (mean age= 82.2 years, SD=6.7) in the city of Mar del Plata, Argentina.

Instrument: the Australian National University Alzheimer's Disease Risk Index (ANU-ADRI) (Anstey, Cherbuin & Herath, 2013).



RESULTS

EDUCATION LEVEL



58.2%
did not completed secondary education



9%
of these did not completed primary education

HEALTH CONDITIONS

Hypertension


49.3%

Diabetes


14.9%

Hypercholesterolemia


47.8%

Obesity


17.9%

History of TBI


7.5%

SENSORY IMPAIRMENT

Hearing loss


43.3%
women

Visual impairment


83.6%
women

SOCIAL CONTACT

High


50.7%

Moderate


25.4%

Low


23.9%

EMOTIONAL WELL-BEING

During the previous two weeks, women reported feeling depressed...



37.3%
Occasionally



11.9%
Most of the time



50.7%
Never / Rarely

PHYSICAL ACTIVITY LEVEL



Vigorous activity

17.9%



Moderate activity

70.1%



Physical inactivity

11.9%

TOBACCO USE



0%
current tobacco use



20.9%
have smoked at some point in the past

ALCOHOL CONSUMPTION



Never

53.7%



Occasional

41.8%



High consumption

4.5%

CONCLUSIONS

These findings highlight key areas for intervention aimed at promoting healthier lifestyles and reducing dementia risk among older women.

REFERENCES

Link to references



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