

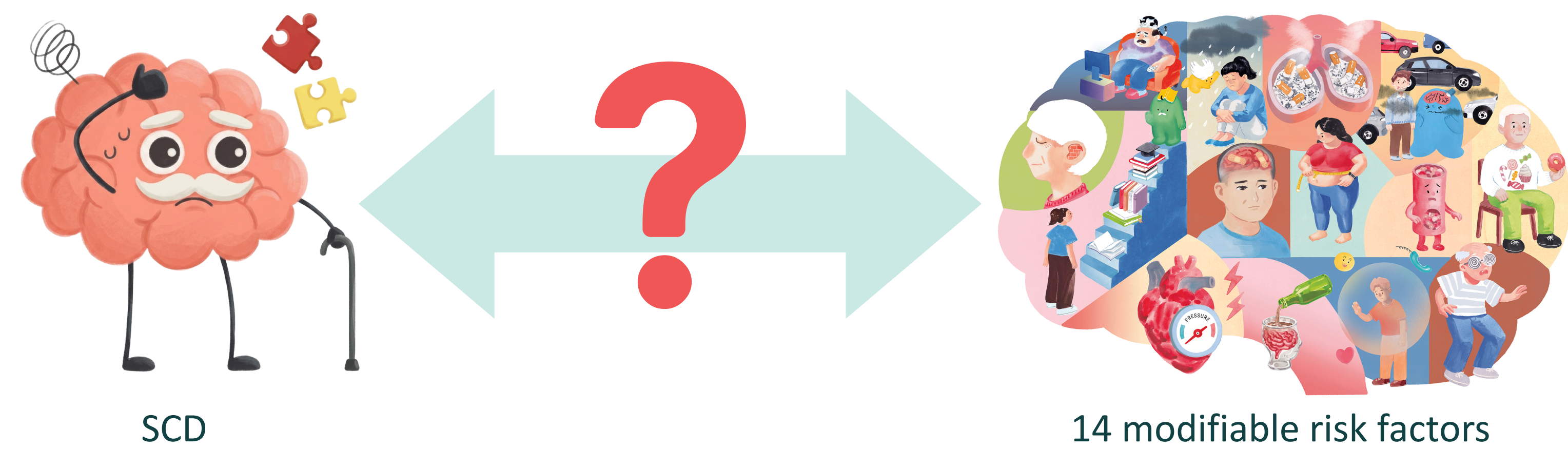
Association Between Lancet Commission Modifiable Dementia Risk Factors and Subjective Cognitive Decline

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Background

What is the association between subjective cognitive decline (SCD) and modifiable risk factors of dementia?



Methods



Older adults with cognitive health concerns complete cross-sectional online survey



Available in Chinese

Variables

SCD, 14 modifiable risk factors & sleep duration

Analyses

Group comparison between participants with and without SCD

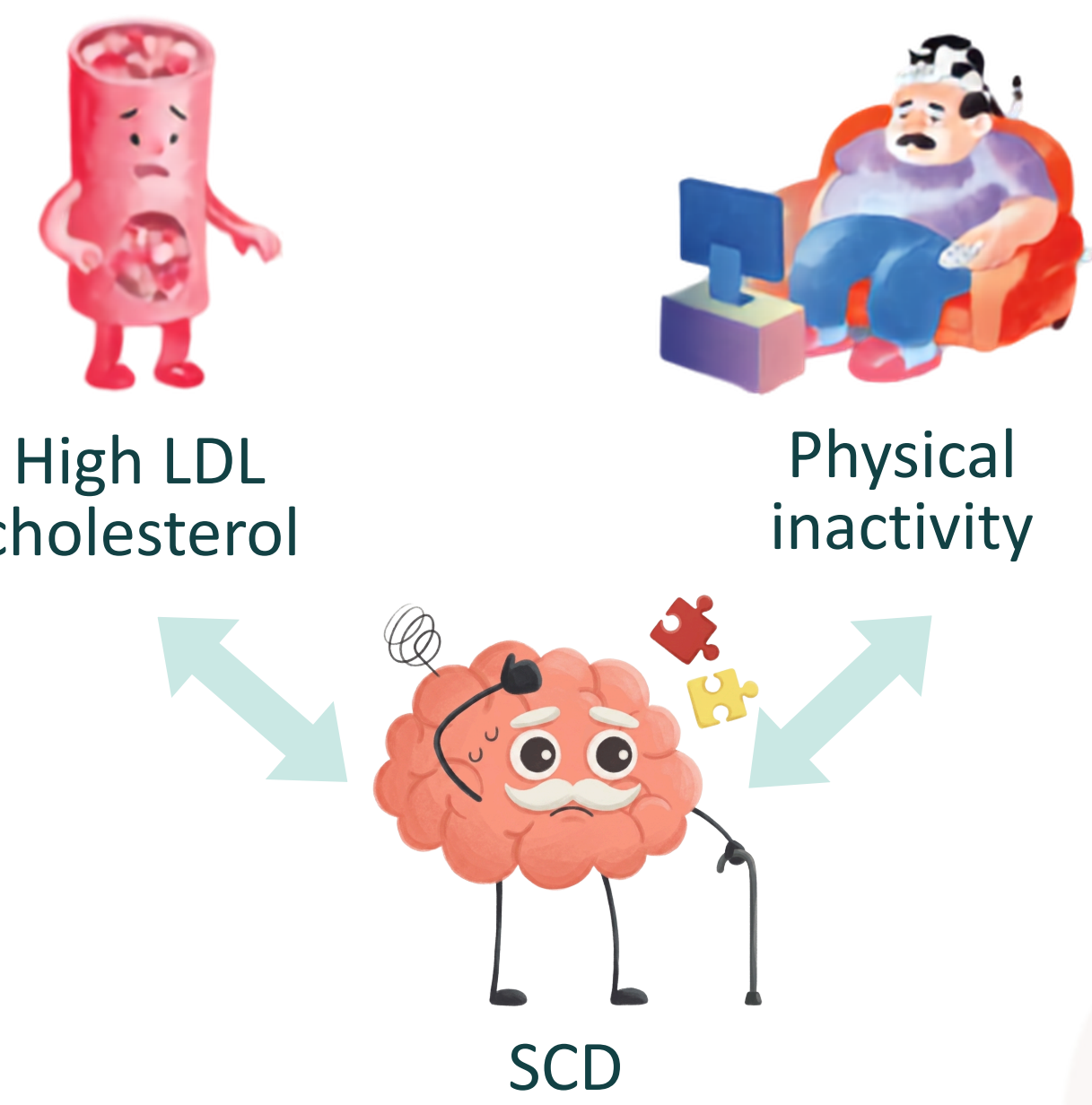
Association between SCD and risk factors

Conclusion

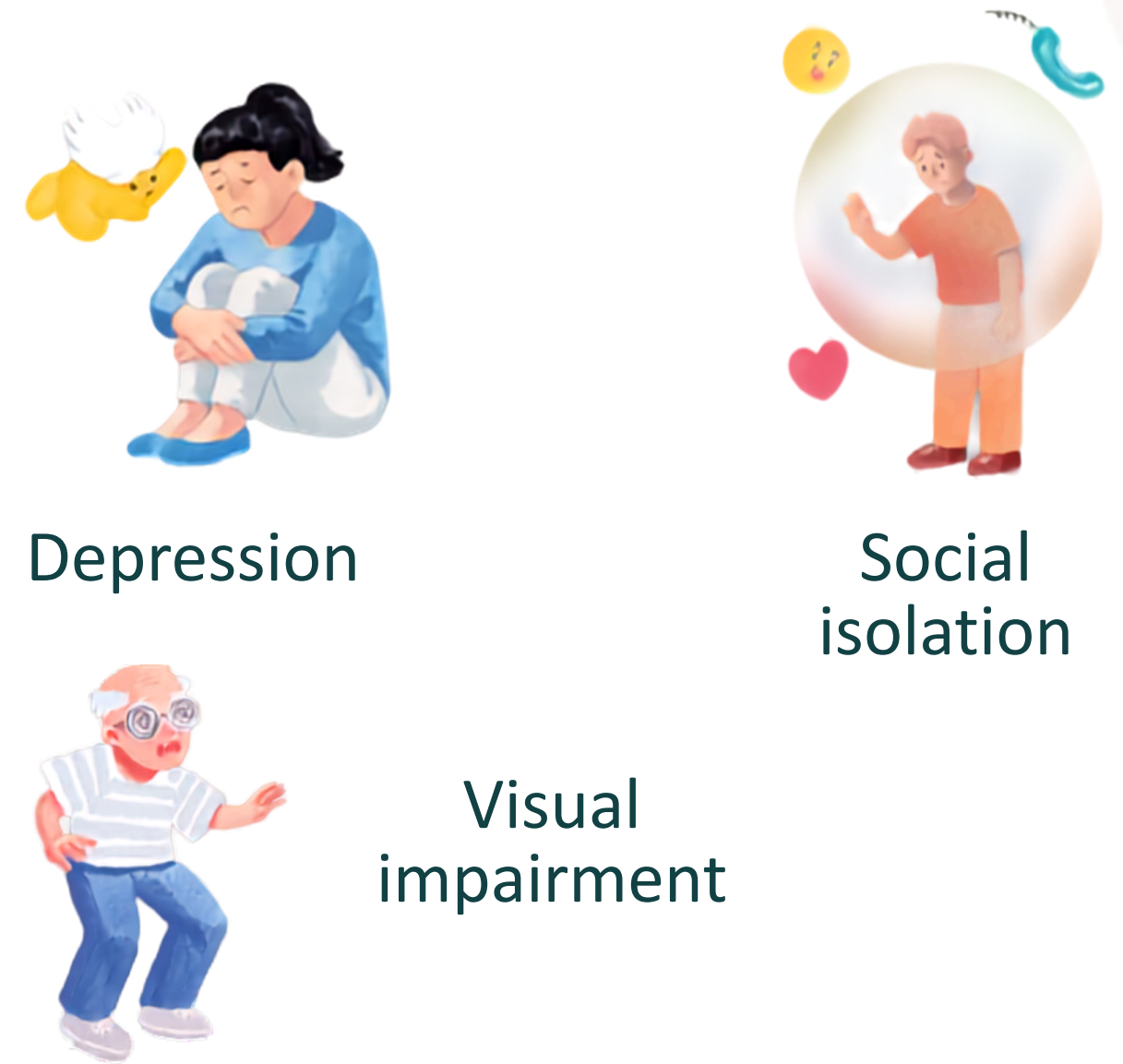
SCD is associated with modifiable physical and lifestyle risk factors
Further research should adopt longitudinal design through dementia registry to clarify temporal relationship and causal pathway
Multidisciplinary intervention targeting cardiovascular risk management and physical activity may hold promise for individuals at risk of cognitive decline

Results

374 participants (mean age 70.3 ± 7.0 years; 70.6% female), 300 (80.2%) reported SCD
Factors in adjusted model:



Other factors in unadjusted model:



Factor	Unadjusted model		Adjusted model	
	OR (95% CI)	P	AOR (95% CI)	P
Less education (<6 years)	2.18 (0.83,5.74)	0.113	1.98 (0.67,5.83)	0.216
Hearing impairment	1.27 (0.59,2.74)	0.535	0.97 (0.42,2.25)	0.943
High LDL cholesterol	1.97 (1.17,3.32)	0.010*	1.83 (1.02,3.28)	0.043*
Depression	5.86 (1.39,24.79)	0.016*	4.09 (0.90,18.57)	0.068
Traumatic brain injury	1.25 (0.41,3.77)	0.692	0.77 (0.22,2.65)	0.681
Physical inactivity	2.97 (1.68,5.25)	<0.001*	2.85 (1.53,5.31)	0.001*
Diabetes	1.74 (0.87,3.49)	0.117	1.24 (0.56,2.75)	0.589
Smoking	1.37 (0.30,6.32)	0.686	0.44 (0.08,2.52)	0.359
Hypertension	1.67 (0.99,2.83)	0.055	1.24 (0.67,2.30)	0.494
Obesity	1.10 (0.65,1.85)	0.733	1.00 (0.55,1.81)	0.997
Excessive alcohol	1.16 (0.32,4.14)	0.821	1.05 (0.25,4.42)	0.951
Social isolation	4.12 (1.60,10.62)	0.003*	2.68 (0.98,7.33)	0.055
Air pollution, PM2.5 >15µg/m3	1.50 (0.89,2.52)	0.130	1.21 (0.67,2.18)	0.521
Visual impairment	4.10 (1.44,11.71)	0.008*	2.72 (0.89,8.30)	0.078
Sleep deprivation	1.66 (0.98,2.79)	0.059	1.64 (0.92,2.93)	0.093

We would like to acknowledge the Hong Kong Jockey Club Charities Trust for its generous donation on the development of this programme.

Adjusted model: Included all modifiable risk factors; adjusted for age and sex. OR: Odds ratio. AOR: Adjusted odds ratio. CI: Confidence interval. * P<0.05.