



Mahidol University

Faculty of Medicine Ramathibodi Hospital

Possibility of applying FINGER model into Thai lifestyle and culture: the preliminary review

Pichayanon (Peach) Wattanavitukul¹, Orapitchaya Sriwannopas¹

¹Department of Internal Medicine, Faculty of Medicine Ramathibodi Hospital, Mahidol University, Bangkok, Thailand

#2501



KEY TAKE AWAY

Thailand possesses many components of the FINGER intervention but lacks an integrated multidomain dementia prevention program.

The FINGERS Intervention Efficiency in Thai Geriatric Care (FIFTH) may provide the foundation for a future national dementia risk reduction strategy.

1. BACKGROUND



FINGER is the first successful multidomain lifestyle intervention shown to reduce cognitive decline risk.



Thailand recently joined the World-Wide FINGERS network; however, cultural, lifestyle, and healthcare differences require local adaptation.



This review explored the feasibility of applying the FINGER framework within the Thai context.

2. FINGER TO FIFTH: ADAPTATION TO THAI CONTEXT

THE FINGER MODEL (Finland)

- Nutrition
- Physical Activity
- Cognitive Training
- Vascular Risk Management
- Social Engagement



- Thai food culture (whole grains, herbs, Mediterranean-like pattern)
- Community-based physical activity (e.g. dance, walking, Thai traditional exercises)
- Cognitive activities in daily life and local wisdom
- Strong primary care system & Universal Health Coverage
- Social & community engagement (temple activities, volunteering, family bond)

3. METHODS

Literature Review (2015–2025)

Databases



PICO Framework

P	Population	Older adults at risk of cognitive decline
I	Intervention	Multidomain lifestyle intervention
C	Comparison	Usual care or single-domain intervention
O	Outcomes	Cognition, dementia risk factors, and feasibility

4. RESULTS – STUDY SELECTION



20,000+ records identified



8,342 records screened



87 full-text articles reviewed



41 studies included

5. RESULTS – SYNTHESIS

EXISTING THAI STRENGTHS

- Healthy diet promotion
- Physical activity programs
- Vascular risk prevention
- Cognitive health activities
- Community volunteer networks
- Universal Health Coverage

REMAINING GAPS

- Integrated multidomain prevention model
- Nationwide implementation protocol
- Combined intervention evidence
- Real-world feasibility evaluation

6. GAP ANALYSIS

THAILAND HAS

- Healthy diet programs
- Physical activity promotion
- NCD prevention systems
- Cognitive health activities
- Community support networks

VS

STILL LACKS

- Integrated multidomain model
- Standardized protocol
- Combined intervention evidence
- Feasibility and sustainability data

7. CONCLUSIONS & IMPLICATIONS



Thailand possesses many components of dementia risk reduction, but current evidence remains fragmented across sectors.



The FINGERS Intervention Efficiency in Thai Geriatric Care (FIFTH) may integrate these strengths into a practical national dementia prevention framework.

IMPLICATIONS

- Develop the first Thai multidomain prevention model
- Inform national dementia policy
- Strengthen cross-sector collaboration
- Contribute to the World-Wide FINGERS network

REFERENCES

- Ngandu, T. et al. A 2-year multidomain intervention of diet, exercise, cognitive training, and vascular risk monitoring versus control to prevent cognitive decline in at-risk elderly people (FINGER): a randomised controlled trial. *Lancet*, 2015;385(9904):2255–2263.
- Kivipelto, M. et al. World Wide FINGERS: multidomainist and fourth update 2015–2018. *Alzheimer's Dement*, 2023.
- WHO. Global action plan on the public health response to dementia: 2017–2025. Geneva: WHO; 2017.
- Department of Health, Ministry of Public Health, Thailand. Healthy aging strategies and action plan 2017–2051; 2017.
- National Health Security Office. Health System and strategic plan for national dementia care. Nonthaburi; 2022.

CONTACT

Corresponding Author
Peach Wattanavitukul

Department of Internal Medicine
Faculty of Medicine Ramathibodi Hospital
Mahidol University, Bangkok, Thailand

pichayanon.wat@mahidol.ac.th



WHY THIS MATTERS

Dementia prevention evidence has largely originated from high-income Western countries. Thailand represents a unique cultural and healthcare environment where adaptation of multidomain interventions may require different implementation strategies.

