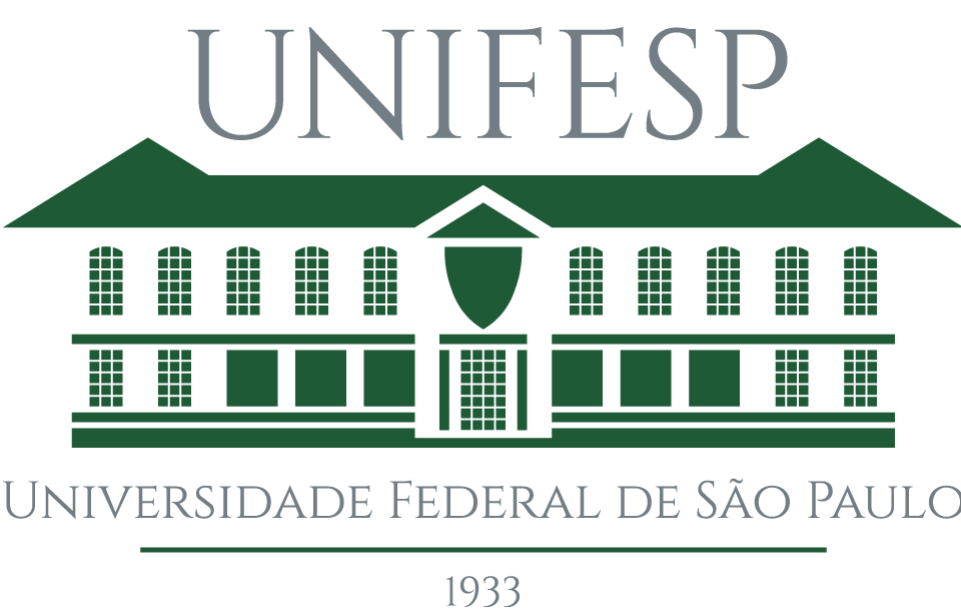


Prevalence of dementia risk factors in Brazil over the last decade - data from the ELSI-Brazil study



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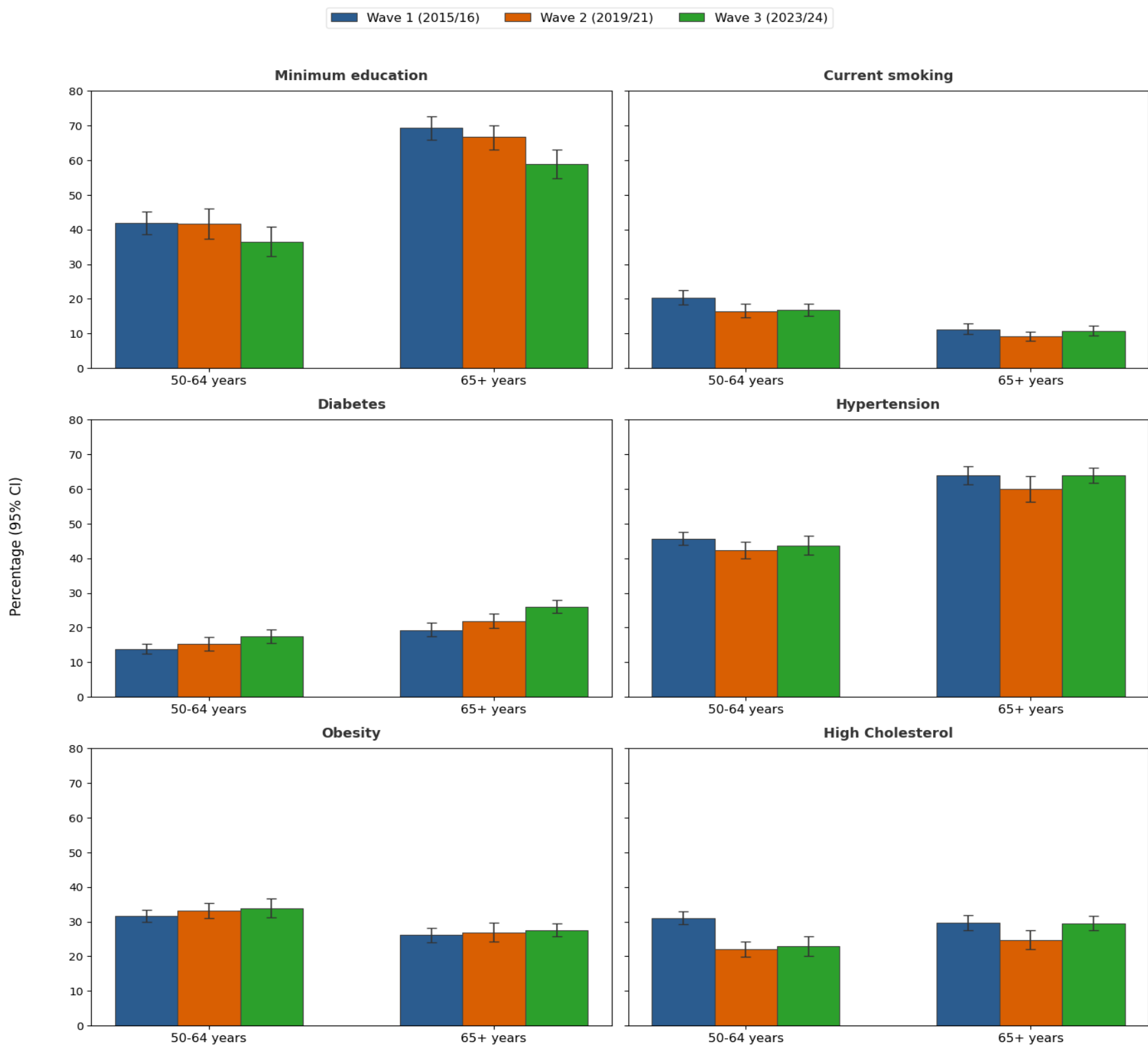
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BACKGROUND	METHODS	RESULTS
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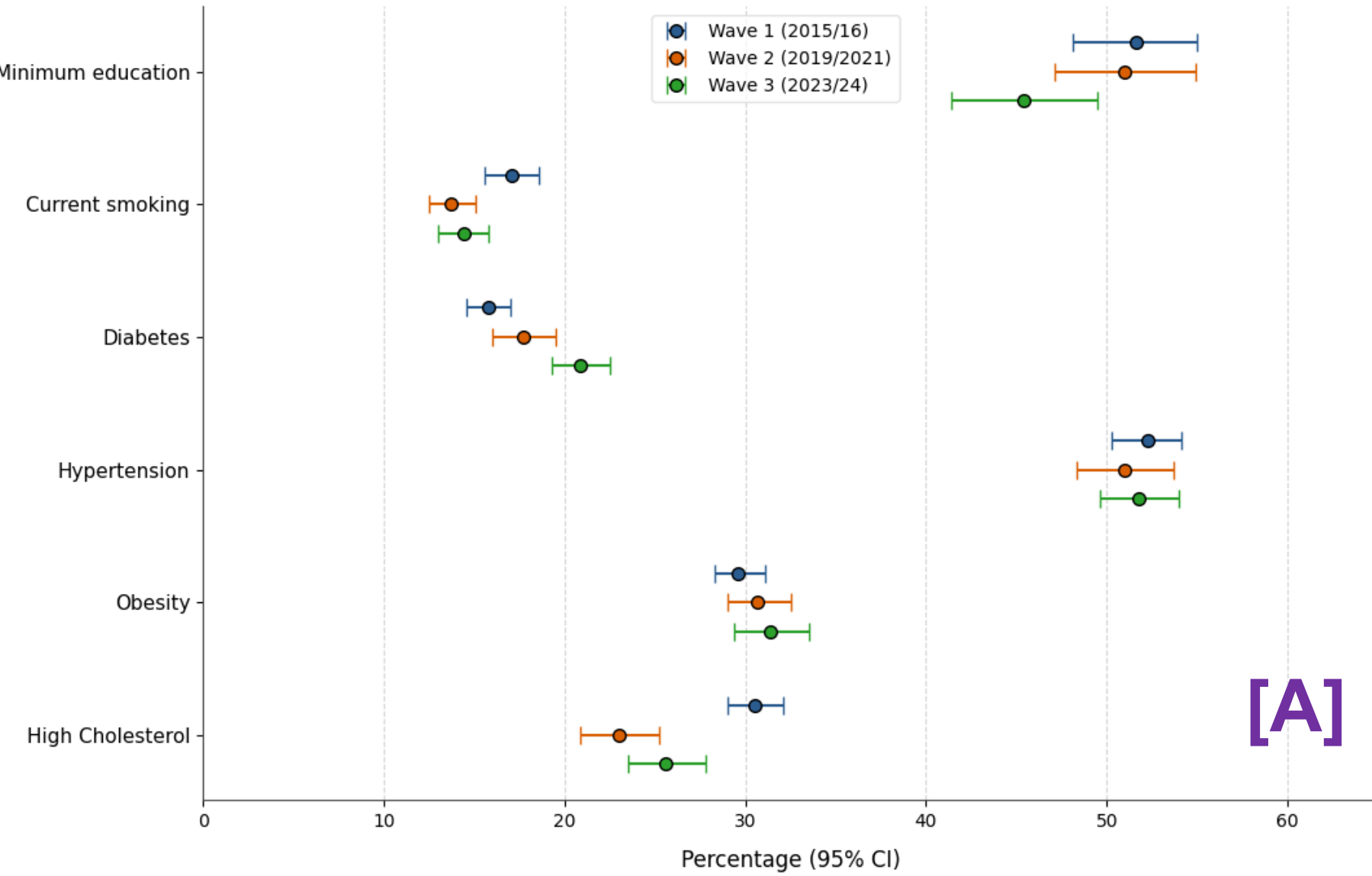
A decrease in the incidence of dementia has been reported over the last decade in High Income Countries (HICsP (1) , which has mostly been attributed to an improvement in the levels of education, and a decrease in the prevalence and a better control of cardiovascular risk factors/diseases. In a previous study we showed that about 60% of dementia cases in Brazil could be attributed to 14 risk factors (RFs) (2) listed by the Lancet commission (3) as the most well-established RFs, a higher figure than what was shown globally. In this study, we aimed to estimate the changes in the total national prevalence on minimum schooling and five cardiovascular risk factors/diseases over the last ten years.

We used data from the three waves of the ELSI-Brazil study, with national representative samples of people age 50 and above. Wave 1 was conducted in 2015-2016 (n=9,412), wave 2 in 2019-2021 (n=9,949) and wave 3 in 2023/2024 (n=10,773). We estimated prevalence and 95% confidence interval of six RFs (minimum education - 0 to 4 years of schooling, smoking, hypertension, high cholesterol, diabetes, and obesity defined as a BMI >=30). We present the total prevalence of each RF in each wave, stratified by sex and age group (middle 50-64 and older age 65+). All figures were weighted according to the sample design.

Prevalence of risk factors according to age group in each study's wave



Prevalence of risk factors (total [A], male [B] and females [C]) in each study's wave



CONCLUSIONS

The prevalence of the 6 studied risk factors is high and it has changed over the last decade, particularly with the increase on diabetes and the decrease on the proportion o minimum education. The profile of risk factor for dementia is different for women and men and for those age 50 to 64 compared to those age 65 and above. Understanding the patterns and trends on risk factors (RF) prevalence is essential to better direct effort to reduce dementia burden for future generations. Further analyses are ongoing to better understand inequities regarding dementia risk profile.

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