

PERODEM: A Project to Evaluate the Risk of DEMentia in Middle-aged and Older Nigerians

P1-015

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Take-Home Message: Approximately one in seven older Nigerians screened positive for possible or probable dementia. Depression and low educational attainment were the strongest modifiable risk factors, while physical activity was protective, highlighting the need for dementia risk reduction interventions in Nigeria.

Background

- Dementia prevalence is increasing globally, with the greatest rise expected in low- and middle-income countries.
- Despite this, dementia risk factors remain poorly characterized in sub-Saharan Africa, limiting evidence-based prevention strategies.
- Understanding context-specific risk factors is essential for developing effective interventions.

AIM: To characterize multidimensional risk factors for dementia among middle-aged and older Nigerians to inform context-appropriate dementia prevention strategies.

Methods



A cross-sectional baseline study.

1,152 participants

Lagos State

Age ≥ 50 years

IDEA screening

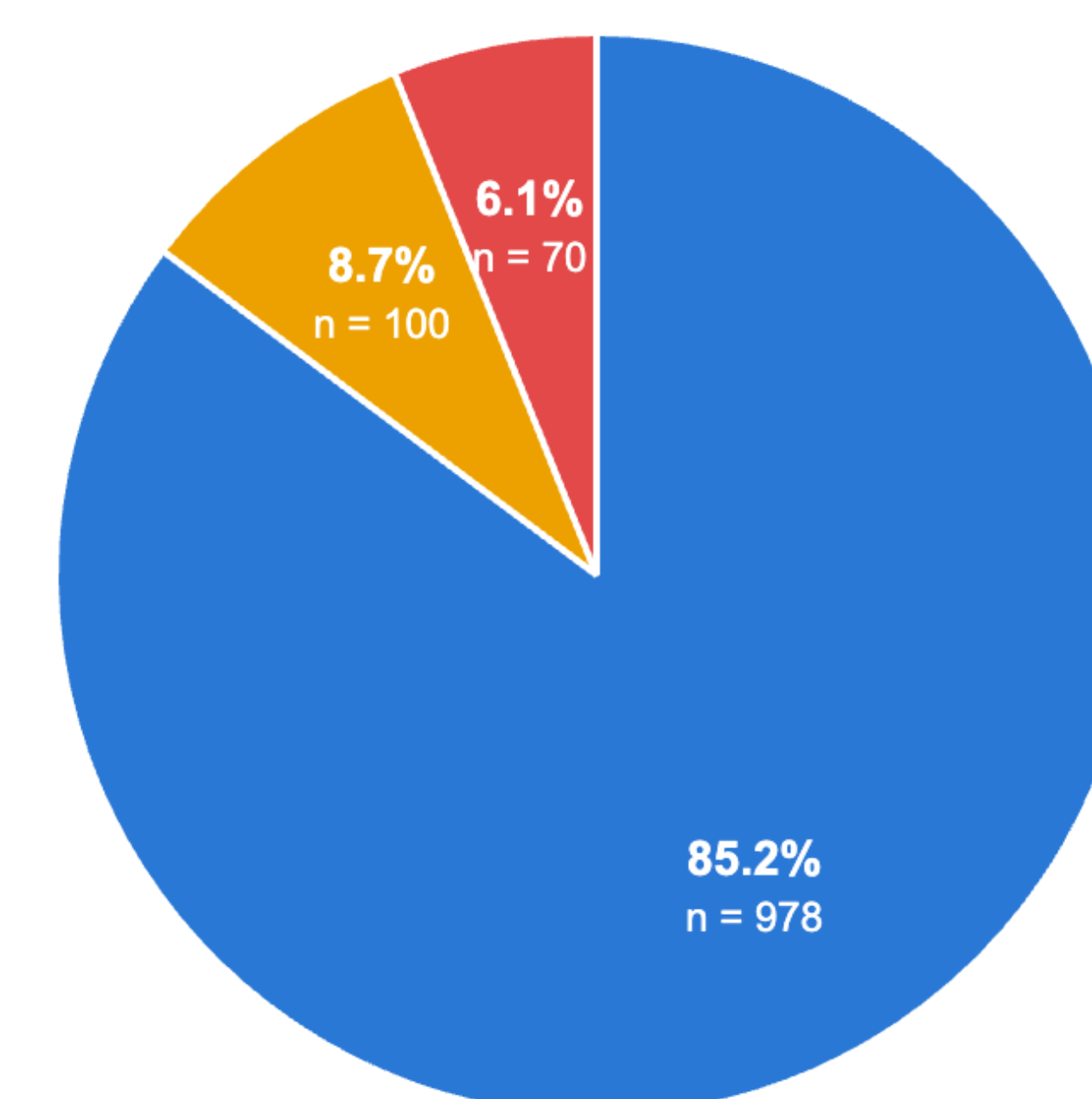
ANU-ADRI assessment

- **Outcome measures:** Screening-defined cognitive classification using the IDEA cognitive screening tool & ANU-ADRI dementia risk assessment

- **Analysis**
- Descriptive statistics
- Chi-square tests
- Multivariable logistic regression
- Decision tree analysis

Results

- 85.2% no dementia; 8.7% possible; 6.1% probable.
- Age and sex were primary classifiers.
- Highest probable dementia: men 80–89 (20.8%); women 75–84 (15.9%).
- Depression: OR 2.82 (95% CI 1.78–4.49).
- 8–11 years education: OR 2.01 (1.42–3.11).
- Mild physical activity protective: OR 0.54.
- Light–moderate alcohol: OR 0.63.



Distribution of IDEA cognitive screening classification among participants

Conclusion

Age, sex, depression, and low education increase dementia risk among older Nigerians. Targeted interventions addressing modifiable risk factors, particularly mental health support, educational programs, and physical activity promotion are essential for dementia prevention in Nigeria's ageing population.

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