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Social Isolation and Risk of Alzheimer’s Disease among Indigenous African Populations

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Adult social isolation nearly doubled the odds of Alzheimer's disease among indigenous Africans. The results underscores social isolation as a strong modifiable risk factor that could globally impact AD risk

INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES
Background: Social isolation (SI) is a modifiable risk factor for Alzheimer’s disease (AD) in high-income countries, but evidence among indigenous African populations is limited. Objective: Examine the association between social isolation and AD and assess moderation by rural-urban residence and gender.	<u>Design:</u> Cross-sectional analysis of data from the African Dementia Consortium as part of the DAWN-ADSP <u>Sample:</u> 3,194 participants (1,311 AD cases; 1,883 cognitively unimpaired) from nine African countries. <u>Exposure:</u> SI defined as contact with close persons ≤2 times/week (earlier life and adulthood). <u>Analysis:</u> Multivariable logistic regression adjusted for age, education, living arrangement, occupation and marital status.	• Mean age was comparable between cases (75.6 ± 9.5 years) and CU(75.3 ± 9.5 years, p=0.613) • Adult SI: 31.6% (AD) vs 24.9% (CU) • Adult SI associated with AD: AOR=1.97 (95% CI 1.52–2.55) • Daily radio listening was associated with lower odds of AD: AOR=0.28 (95% CI 0.22–0.35) • Earlier-life SI effect stronger in rural(AOR=2.60, CI: 1.11, 6.06) than urban (AOR=0.66, CI: 0.38, 1.14) areas • No major gender differences in the association between SI and AD	• Social isolation is a strong, modifiable risk factor for AD in indigenous African populations. • Associations vary by rural/urban residence. • Findings support culturally appropriate interventions to strengthen social connectedness.	Livingston G, Huntley J, Liu K et al. Dementia prevention, intervention, and care: 2024 report of the <i>Lancet</i> standing Commission. The Lancet, 2024; 404, 572-628 CONTACT Joshua Akinyemi University of Ibadan, Nigeria E-mail: joakinyemi@com.ui.edu.ng ALZHEIMER’S ASSOCIATION AAIC>26