

# Dementia in Kent and Medway and the role of physical activity

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# Contents



Dementia in Kent and Medway



What we know



What can we do / are we doing



Role of physical activity for people living with dementia [and their caregivers]

# Key messages



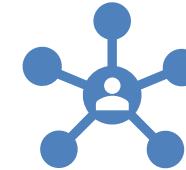
## **We need to prioritise prevention:**

40% of dementia cases could be avoided by addressing known risk factors

If we delayed dementia by 5 years, we could reduce population prevalence of dementia by up to 50%



## **We need to diagnose** more people with dementia early



## **We need to plan**

ensure we have support concentrated in areas where the needs will be greatest

# We need to shift to a prevention focus



Delaying disease onset enables adults to live for a much shorter proportion of life with significant disability



If we **delayed dementia by 5 years**, we could **reduce** population prevalence of dementia by **up to 50%**



We should aim to prevent and delay dementia whilst also diagnosing early, adapting the home and neighbourhood environment to help people to live well and independently with dementia

# People are living longer in Kent and in future we will have an older age profile of people with dementia (move from 80s to 90s)

Projected percentage change in population for Kent

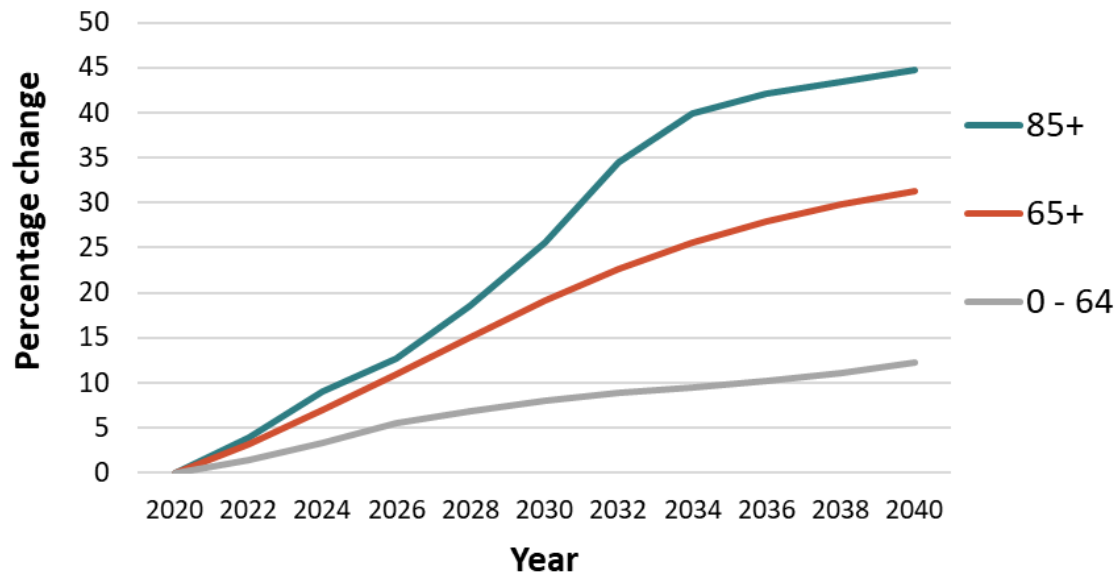
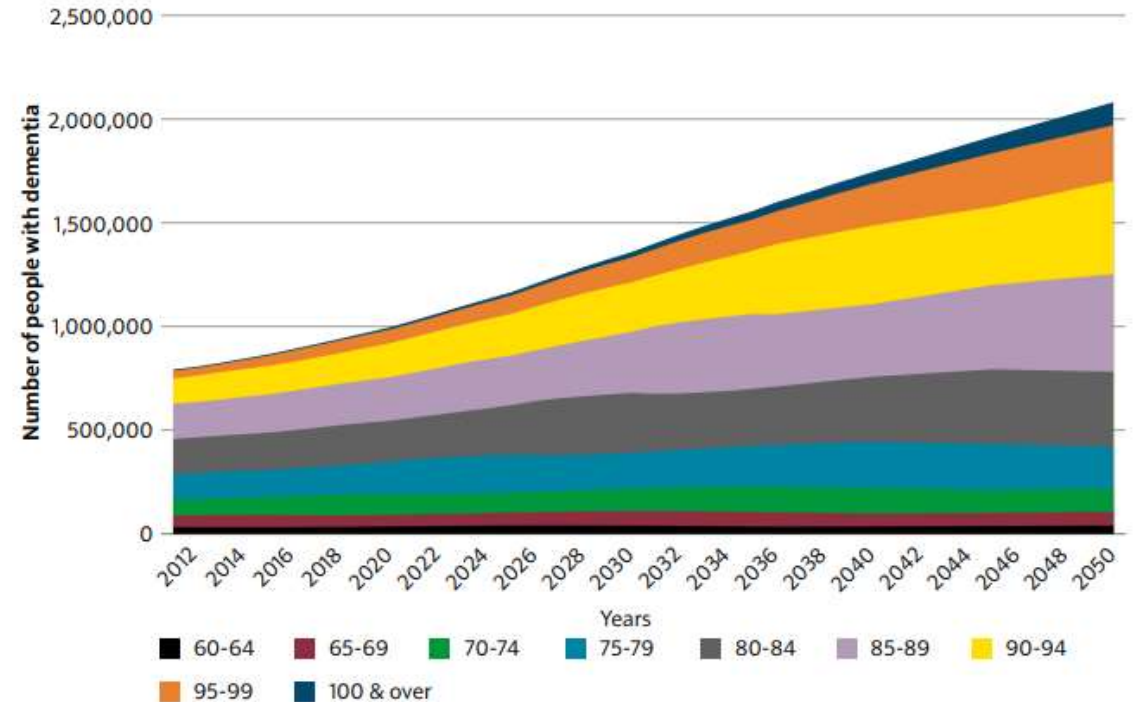


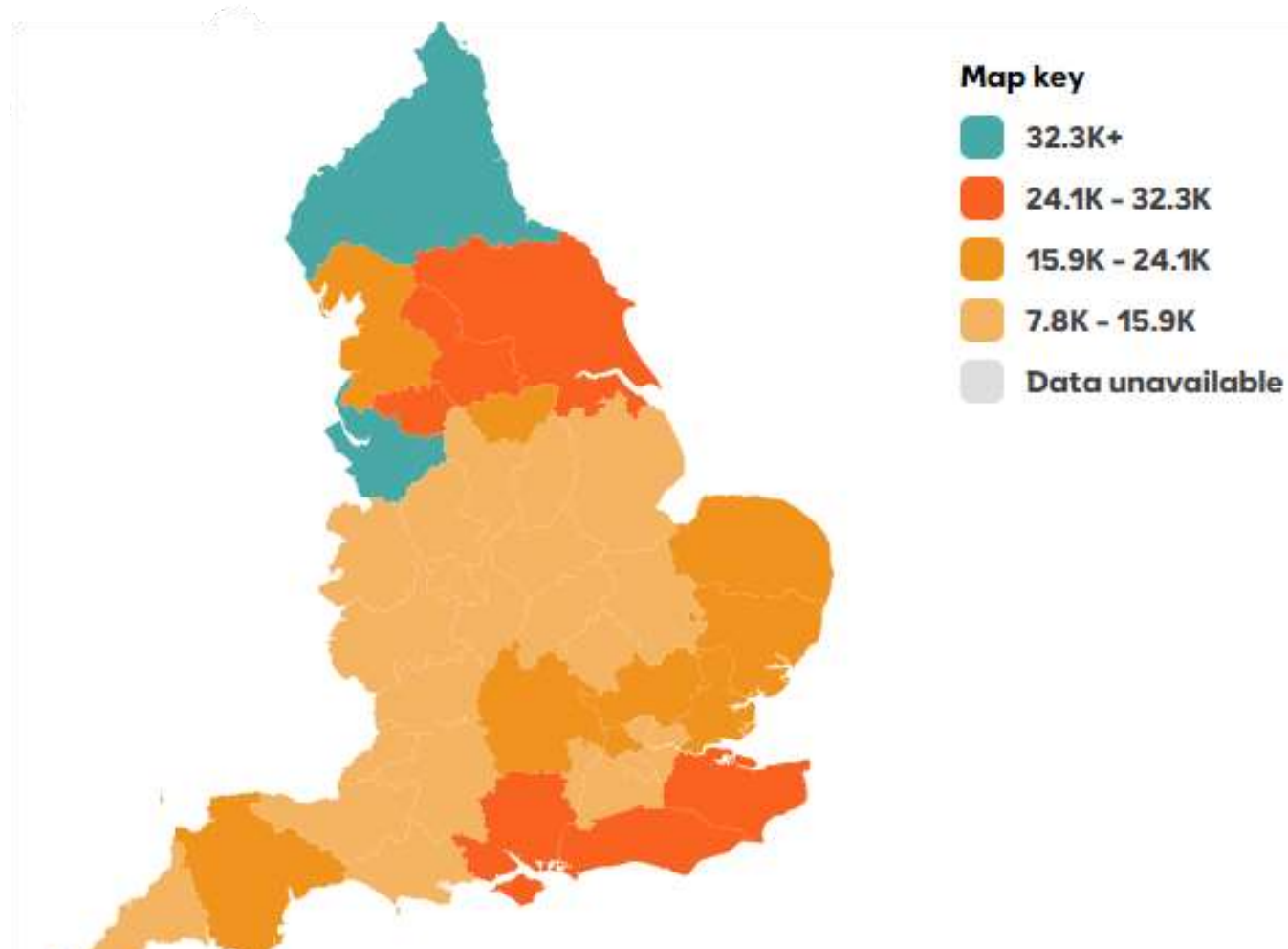
Figure 2.20: Projected increases in the number of people with dementia in the UK, by age group, from 2012 to 2051



Source: KCC Housing Led Forecasts, KPHO

Source data: Prince M, Knapp M, Salimkumar D and others. Dementia UK: Update (2014)<sup>12</sup>

# K&M Dementia Prevalence



Estimated number of people living with dementia

**25,308**

**National average : 17,150**

**Ranking : #8**

Total number of people living with a diagnosis of dementia

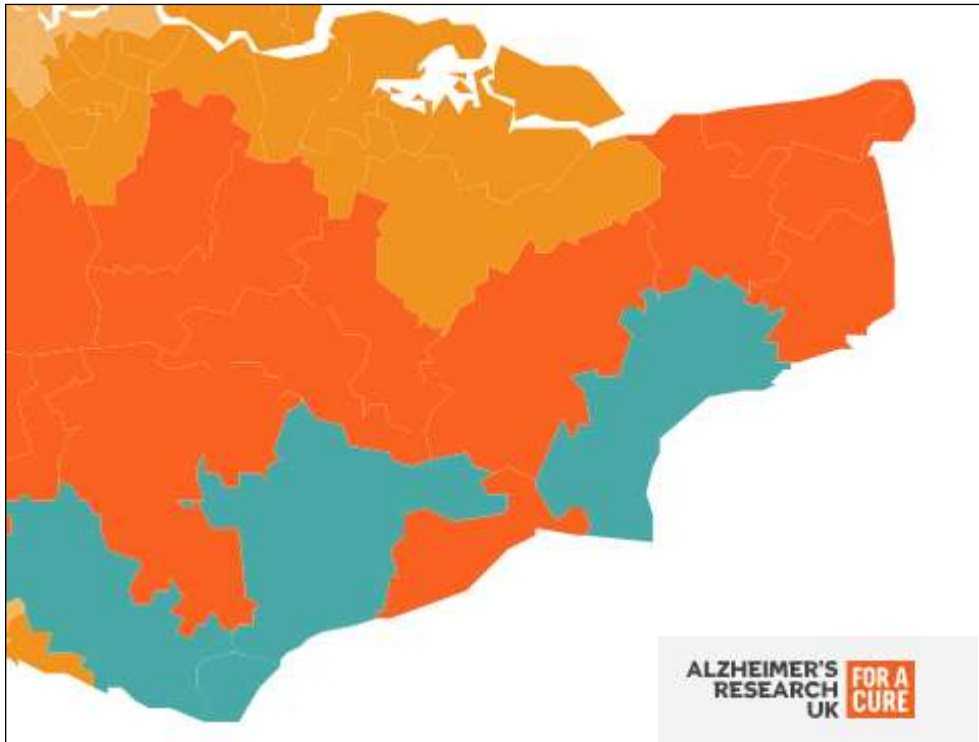
**15,011**

**National average : 11,107**

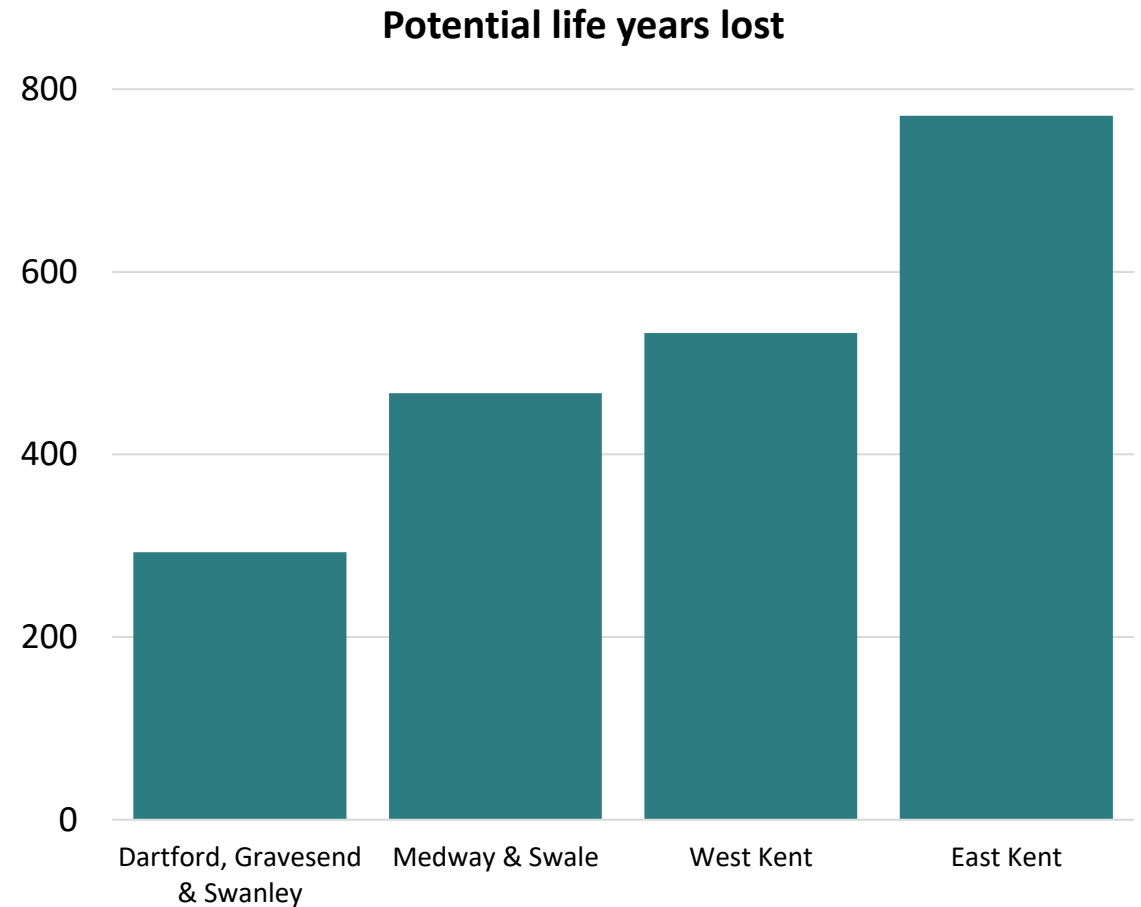
**Ranking : #9**

# Variation in need across Kent: F&H / East Kent

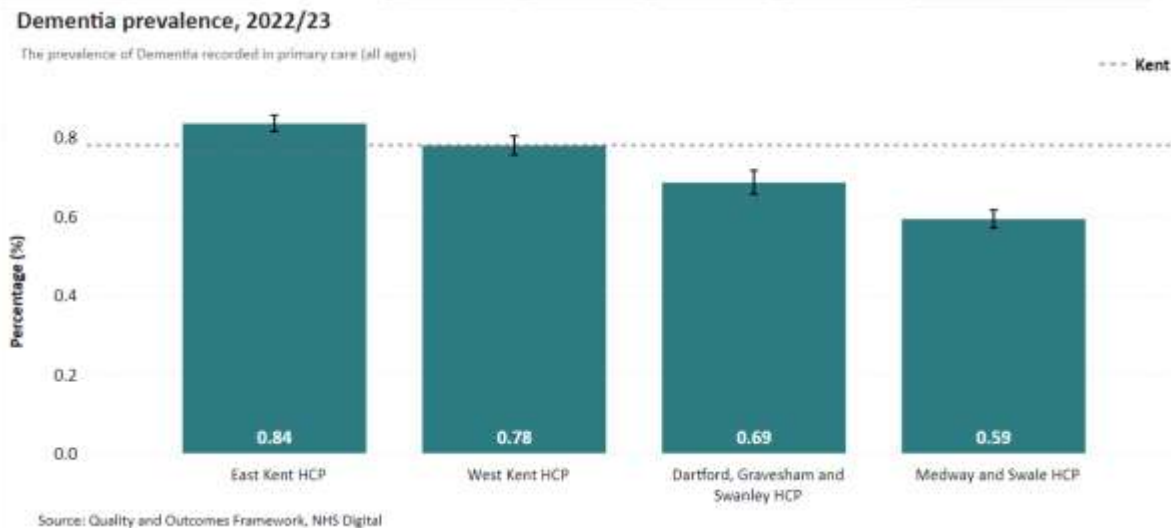
## Rural and coastal areas are ageing faster than urban areas



**2,018** patients with a dementia diagnosis in Folkestone and Hythe in 2023, 15<sup>th</sup> highest in the UK.

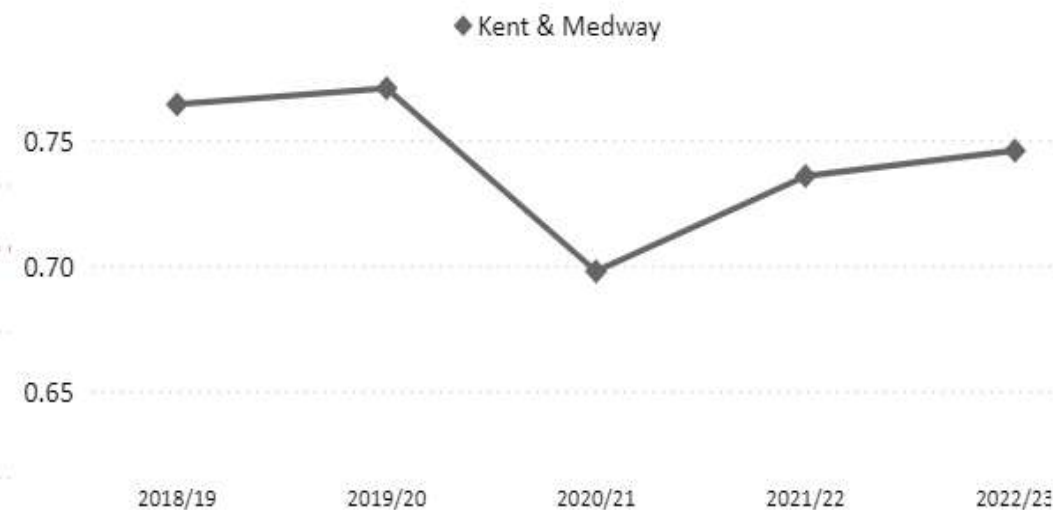
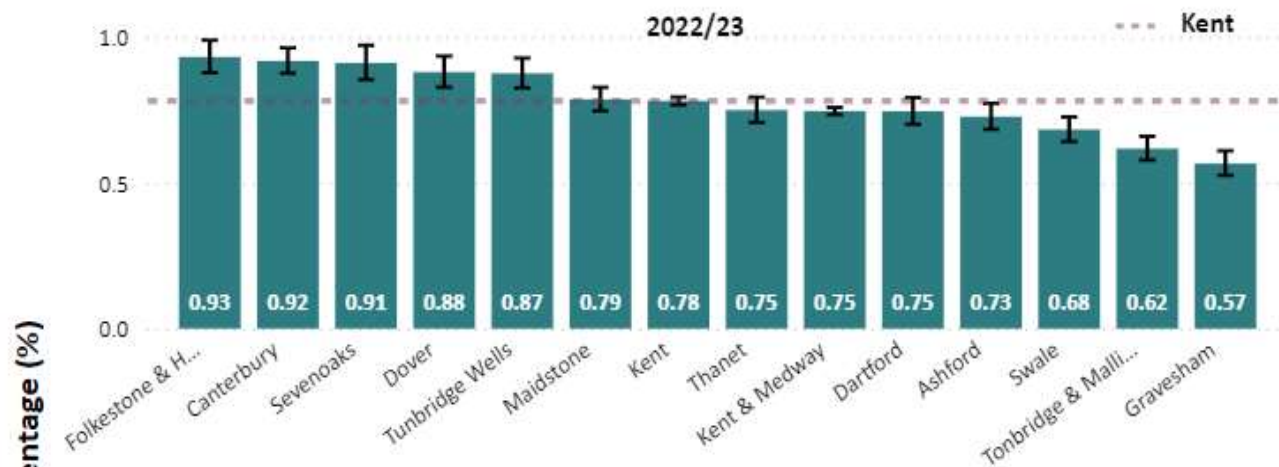


# Kent & Medway Prevalence



## Dementia prevalence

The prevalence of Dementia recorded in primary care (all ages)



Source: Quality and Outcomes Framework, NHS Digital



# What is already underway?

- Diabetes programme
- CVD programme
- Health checks
- Stop the start – smoking cessation
- Whole system obesity
- **Active Kent & Medway**
- Education, employment and training



Smoking prevalence in adults (APS)  
2022 – **11.6%**



Overweight (Inc. obese) prevalence  
in adults 2022/23 – **67.0%**



Percentage of physically inactive  
adults 2022/23 – **20.4%**

# People with dementia are more likely to have other conditions: identify + treat

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77% of people with dementia have comorbidities (vs 68% all patients)\*

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2x as likely to have 3+ comorbidities than the all-patient group (22% vs 11%)

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4x more likely to have 5+ comorbidities (2.3% vs 0.6%)

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Comorbid conditions become more difficult to diagnose → under-diagnosis and unmet need as the severity of dementia increases

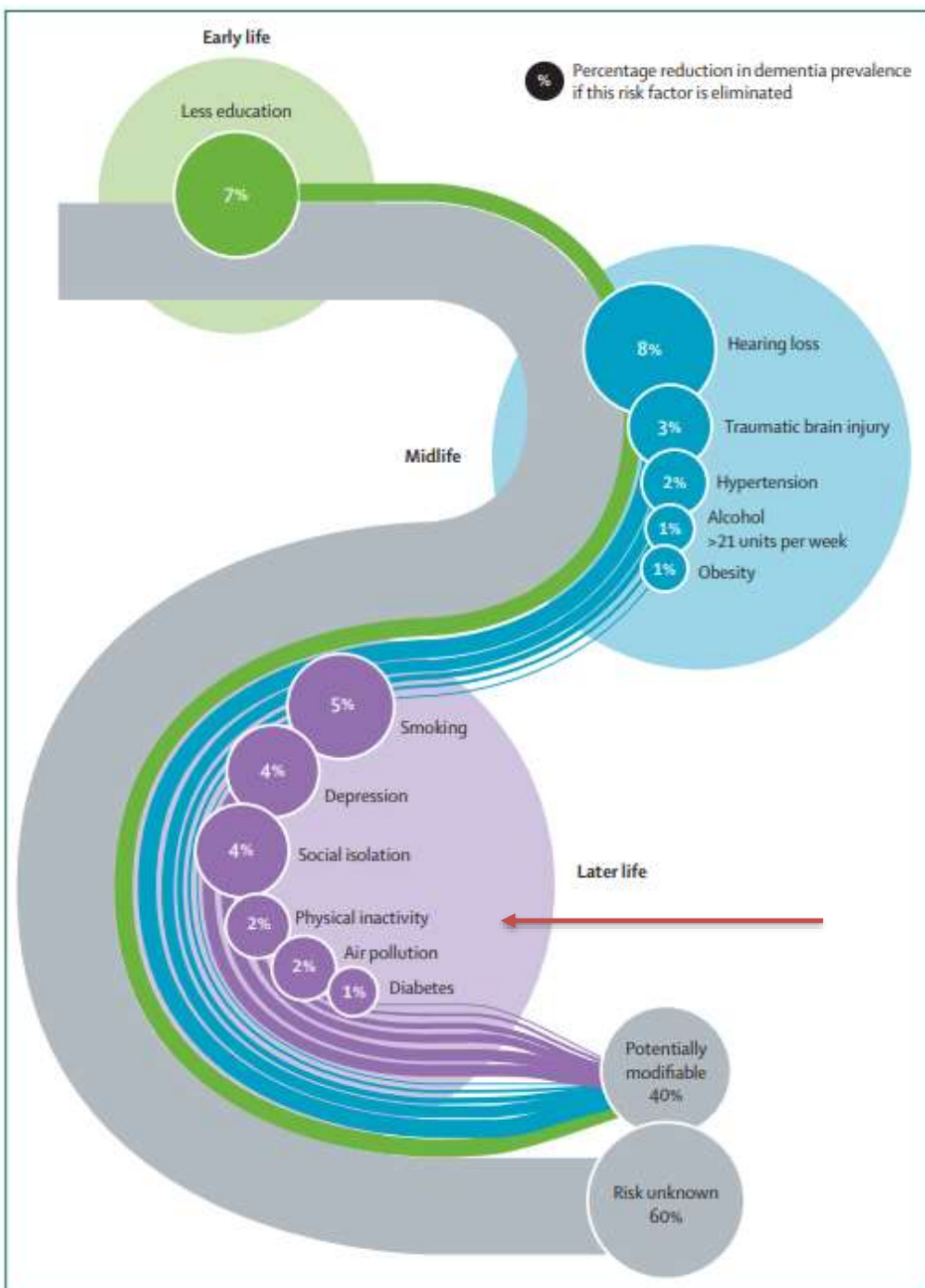
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Hospital admissions for those with dementia are rising and many are due avoidable illnesses and injuries such as infections, falls and dehydration

# What should we do?

Table 4.1: Recommendations for the prevention of dementia identified in the 2020 Lancet Commission<sup>3</sup>

<b>Recommendations for the prevention of dementia identified in the 2020 Lancet Commission<sup>4</sup></b>	
Minimise diabetes	Maintain frequent exercise 
Treat hypertension	Reduce occurrence of depression
Prevent head injury	Avoid excessive alcohol
Stop smoking	Treat hearing impairment
Reduce air pollution	Maintain frequent social contact
Reduce obesity	Attain a high level of education



## The risk of dementia can be modified

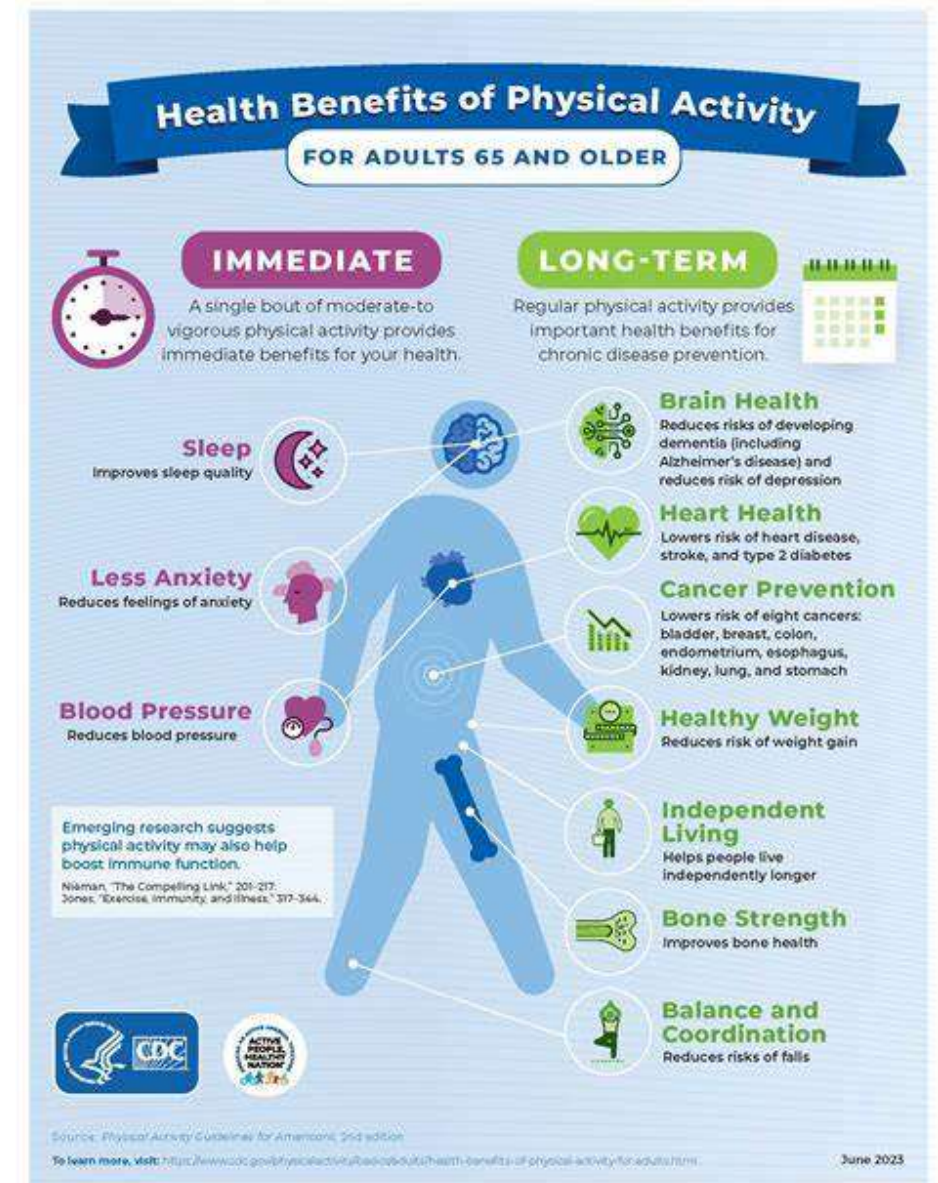
Age is the biggest risk factor for developing dementia and can't be modified. However:

- 40% of dementia cases could be avoided by removing these risk factors
- The largest impacts are made by hearing loss, education and smoking
- Tackling social isolation and depression also significant

Figure 7: Population attributable fraction of potentially modifiable risk factors for dementia

# Benefits of physical activity

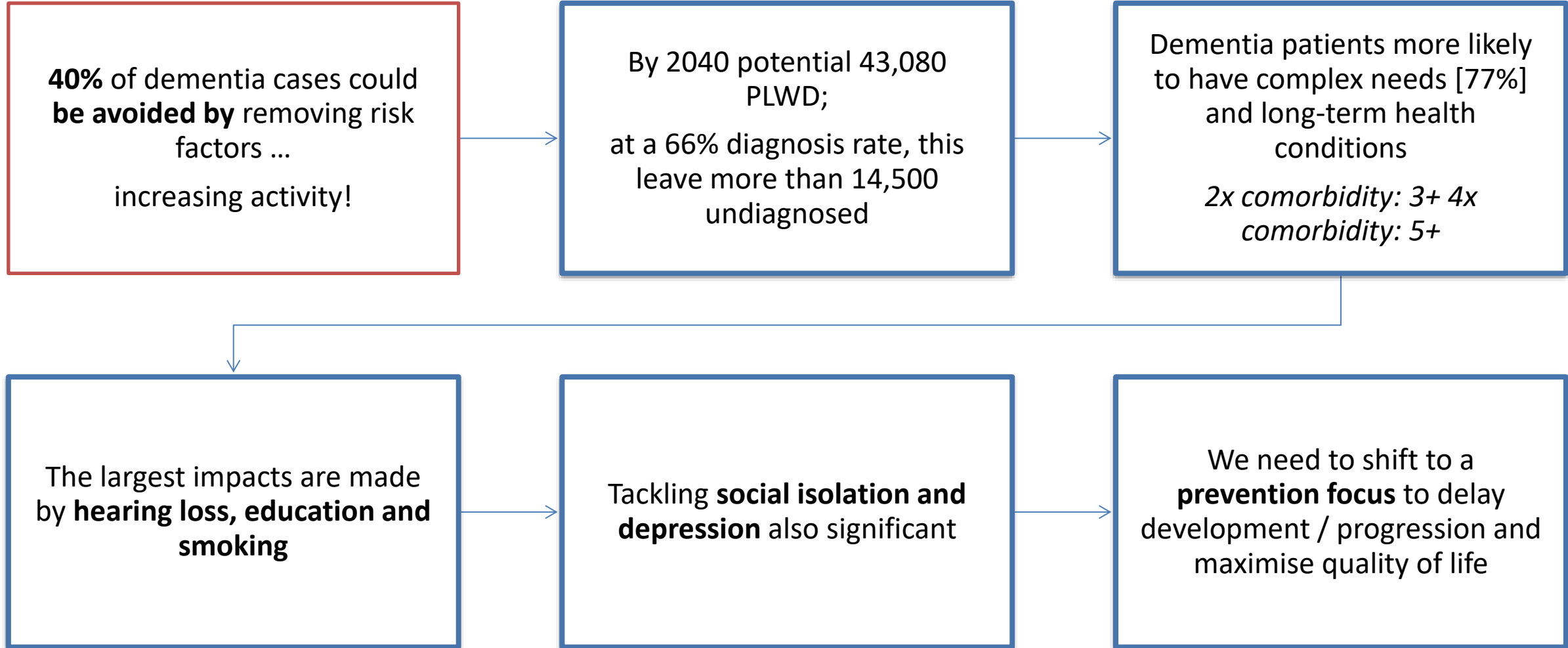
- May be up to 20% less likely to get dementia if you are active\*
- Keeping active in middle age seems to have the best effect to reduce risk
- All the physical, mental and wellbeing benefits associated with being active



\* 58 combined studies: Exercise types and ideas for people with dementia | Alzheimer's Society ([alzheimers.org.uk](http://alzheimers.org.uk))



# Summary







*Thank you for your  
attention!*

