Dementia in Kent and Medway and the role of physical activity

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Dementia in Kent and Medway



What we know



What can we do / are we doing

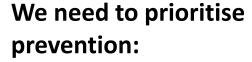


Role of physical activity for people living with dementia [and their caregivers]



Key messages





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%**

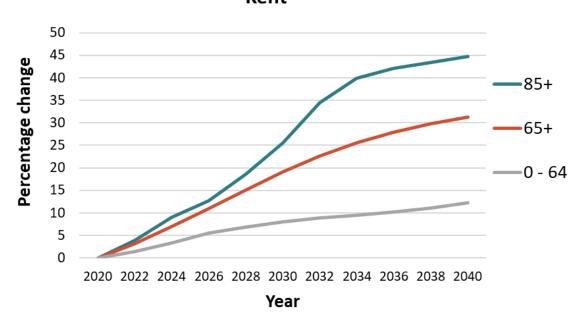


We should aim to prevent and delay dementia whilst also diagnosing early, adapting the home and neighbourhood environment to help people to live well and independently with dementia



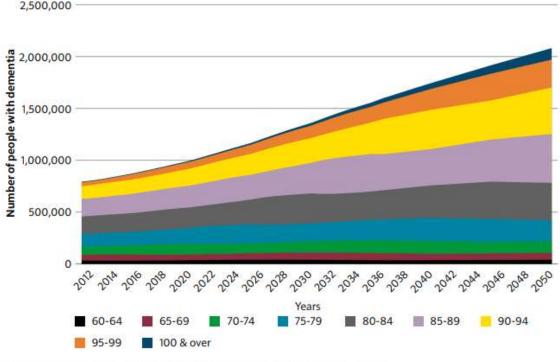
People are living longer in Kent and in future we will have an older age profile of people with dementia (move from 80s to 90s)

Projected percentage change in population for Kent



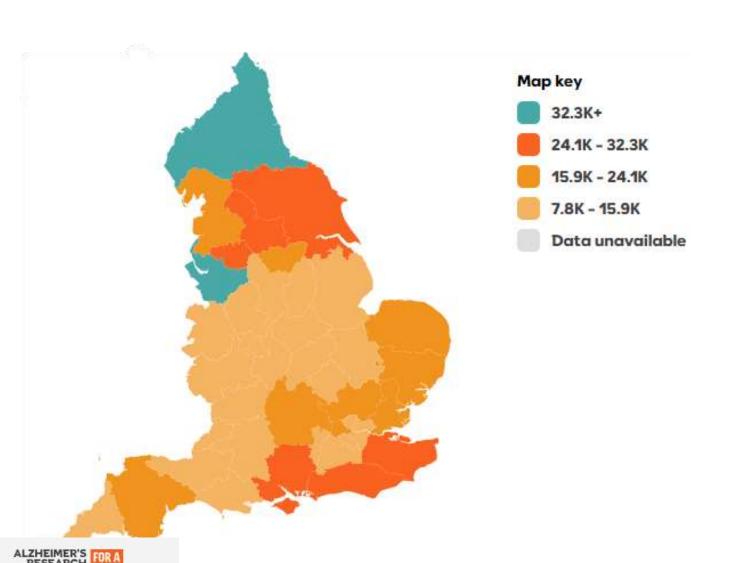
Source: KCC Housing Led Forecasts, KPHO

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



Source data: Prince M, Knapp M, Salimkumar D and others. Dementia UK: Update (2014)15

K&M Dementia Prevalence



Estimated number of people living with dementia

25,308

National average: 17,150

Ranking:#8

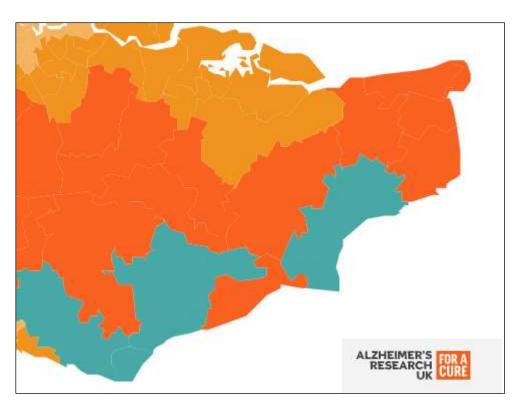
Total number of people living with a diagnosis of dementia

15,011

National average: 11,107

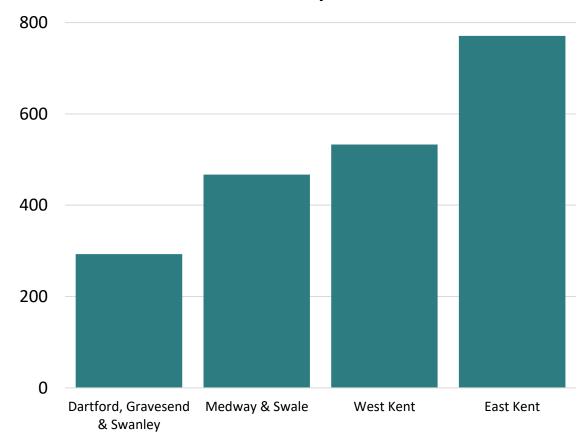
Ranking:#9

Variation in need across Kent: F&H / East Kent Rural and coastal areas are ageing faster than urban areas

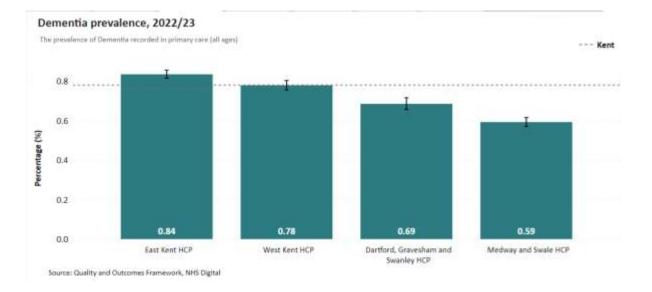


2,018 patients with a dementia diagnosis in Folkestone and Hythe in 2023, 15th highest in the UK.

Potential life years lost



Kent & Medway Prevalence



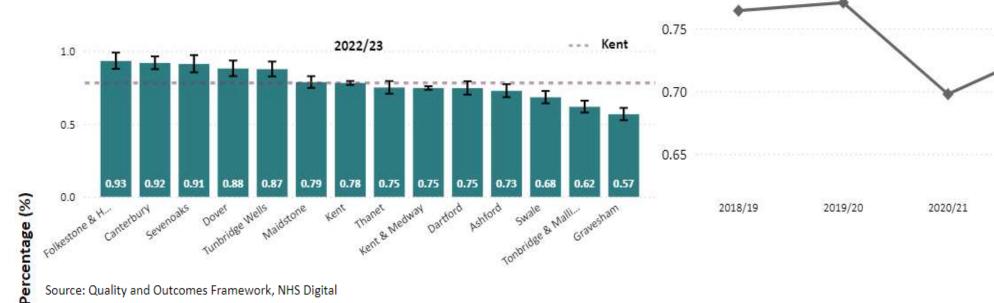
♦ Kent & Medway

2021/22

2022/23

Dementia prevalence

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



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



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

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

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

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

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

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 Commission³

| Recommendations for the prevention of dementia identified in the 2020 Lancet Commission ⁴ | |
|---|----------------------------------|
| 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 |

Early life Percentage reduction in dementia prevalence Less education Hearing loss Traumatic brain injury Midlife >21 units per week Depression Social isolation Later life Physical inactivity Potentially modifiable Risk unknown

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

The risk of dementia can be modified

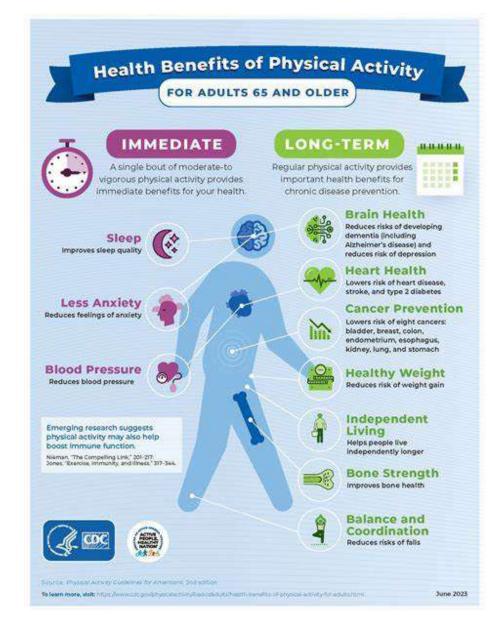
Age is the biggest risk factor for developing dementia and can't be modified. However:

- 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

Benefits of physical activity

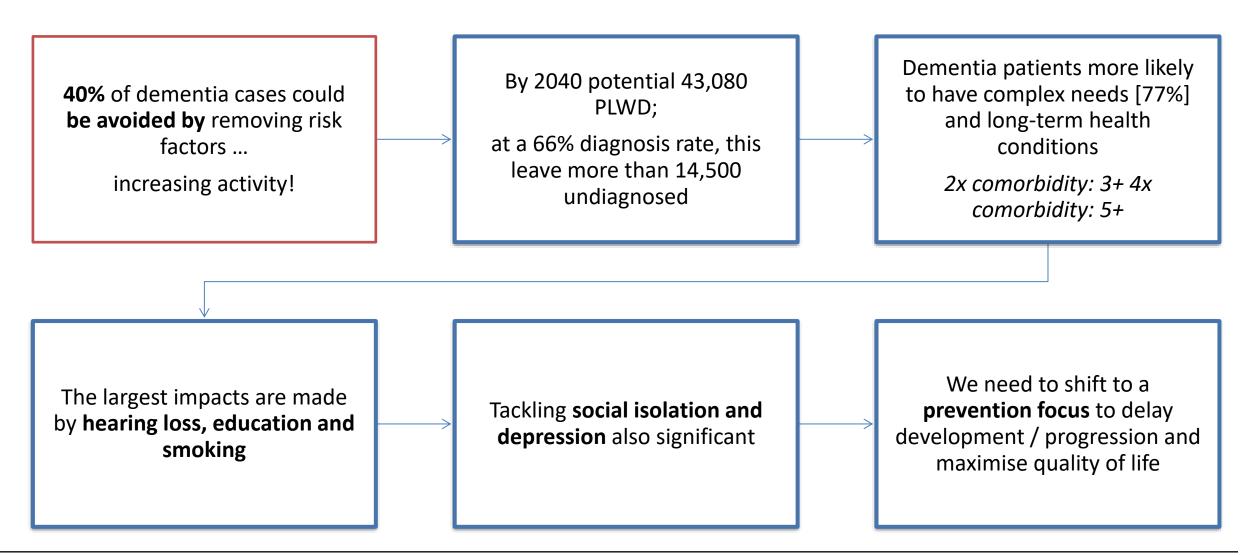
- May be up to 20% less likely to get dementia if you are active*
- Keeping active in middle age seems to have the best effect to reduce risk

 All the physical, mental and wellbeing benefits associated with being active





Summary





Physical activity resources, support and ideas for people with dementia

- Alzheimer's Scotland produce a wide range of information about dementia, including a booklet called 'Just Move: Physical Activity and exercise ideas for people living with dementia' created in partnership with the NHS and the Chartered Society of Physiotherapy
- Dementia Adventure is a charity that organises short breaks and holidays for people living with dementia and their family and friends
- <u>Dementia Toolkit</u> is a collection of research and evidence-based resources for people with dementia and their carers
- Keep Fit Association offers people the opportunity to meet in a spirit of fun to exercise together. It offers a range of classes, including dedicated classes to people over 50, across the UK
- The Sporting Memories Foundation is a charity dedicated to sports reminiscence and physical activities
- We Are Undefeatable is a campaign that supports people with a range of long-term health conditions. It has been developed by 15 leading health and social care charities, including Alzheimer's Society.

- Less intensive
 - E.g., Pilates, seated exercises, indoor bowls
- Moderate
 - Gardening, housework, gym, swimming, golf, tennis
- Vigorous
 - Dancing, cycling, team sports, jogging







Thank you for your attention!

