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| **INNOVATIVE PRACTICE** | |
| Event Code: LEE22-00523  World Mental Health Congress London Mental Health a Global Priority, London, UK  28/06/2022-01/07/2022 | |
| **Your details (presenter 1)**  (as you want them listed in the programme) | Carlos Augusto de Mendoca Lima |
| **Your details (presenter 2)**  (as you want them listed in the programme) | Yueqin Huang, professor of psychiatric epidemiology, The Sixth Hospital of Peking University |
| **Date and time of your innovative practice session** | Tuesday 28 June 2022  13:30-14:00 hrs |
| **Duration** | 30 mins workshop |
| **Proposed title**  (please complete) | Innovative practice dementia  A 15-year follow-up study of dementia in Beijing |
| **Learning Objectives**  (please complete) | It should be understood that dementia is a serious problem in developed countries. Depression, behavioural and psychological symptoms, frailty defined by PFI and frailty defined by MFI increased the risk of dementia, and regular consumption of fish reduced the risk of dementia. |
| **Abstract**  (max 500 words) | 【Objective】  With the acceleration of ageing process in China, dementia has become a prominent public health issue. The first aim of this study was to describe incidence of dementia and its distribution in the community cohort of permanent residents aged 65 and over in urban and rural areas of Beijing. The second aim was to explore risk factors of dementia and evaluate the influence of various risk factors on incidence of dementia.  【Methods】  A total of 2022 non-dementia participants aged 65 and over were followed up at the end 15-year follow-up by one-stage face-to-face interview in Xinjiekou Street of Xicheng District and Yufa Town of Daxing District. Dementia was diagnosed using the set of 10/66 dementia instruments. Based on the data o baseline survey in 2004 and the follow-up survey from 2008 to 2009. Based on the data of baseline survey in 2004 and the follow-up survey from 2008 to 2009 and from 2016 to 2019, the 15-year cumulative incidence, average annual incidence and incidence density of dementia were calculated, and the distribution of cumulative incidence by region and population was analysed. The relative risks of risk factors of dementia were calculated.  【Results】  By the end of the follow-up, a total of 302 participants suffered from dementia. The 15-year cumulative incidence of dementia was 14.94%, the average annual incidence rate was 1.07%, and the incidence density was 25.02/1000 person-years. Before the age of 85 years, the incidence increased with age. The cumulative incidence of dementia in the 80-85-year-old group was the highest (24.73%), and the difference was significant (χ 2=58.38, P < 0.0001). The incidence of dementia in men was lower than that in women (χ 2=5.25, P < 0.0220), and the incidence of dementia in the urban area was lower than that in the rural area (χ 2=7.37, P =0.0066). The participants with high education have lower incidence of dementia than low education (χ 2=19.77-0.0002).  Adjusted age, gender, education level, region, marital status and other factors, the behavioural and psychological symptoms (RR=2.247, 95% CI:1.500-3.151), depression (RR=2.110, 95% CI: 1.365-3.038), frailty defined by PFI (RR=1.514, 95% CI:1.123-1.997) and frailty defined by MFI (RR=1.669, 95% CI:1.312-2.059) were risk factors of dementia, and fish consumption was a protective factor of dementia (RR=0.749,95% CI:0.574-0.970).  【Conclusion】  The incidence of dementia in urban and rural cohorts in Beijing was higher than that of previous surveys in China, and similar to those of developed countries. Depression, behavioural and psychological symptoms, frailty defined by PFI and frailty defined by MFI increased the risk of dementia, and regular consumption of fish reduced the risk of dementia. |
| **Key references or resources**  (maximum five) | 1)Li M, Huang Y, Liu Z, et al. The Association between Frailty and Incidence of Dementia in Beijing: Findings from 10/66 Dementia Research Group Population-Based Cohort Study. BMC Geriatrics, 2020, 20(1): 138. DOI:10.1186/s12877-020-01539-2.  2)WANG Y, HUANG Y, LIU Z, et al. A five-year community-based longitudinal survival study of dementia in Beijing, China: a 10/66 Dementia Research Group population-based study. Int Psychogeriatr, 2010, 22(5): 761-768. |