

# Dementia and Pacific peoples in Aotearoa

Etu Ma'u

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THE UNIVERSITY OF  
**AUCKLAND**  
Te Whare Wānanga o Tāmaki Makaurau  
NEW ZEALAND

**MEDICAL AND  
HEALTH SCIENCES**

# New Zealand



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2020

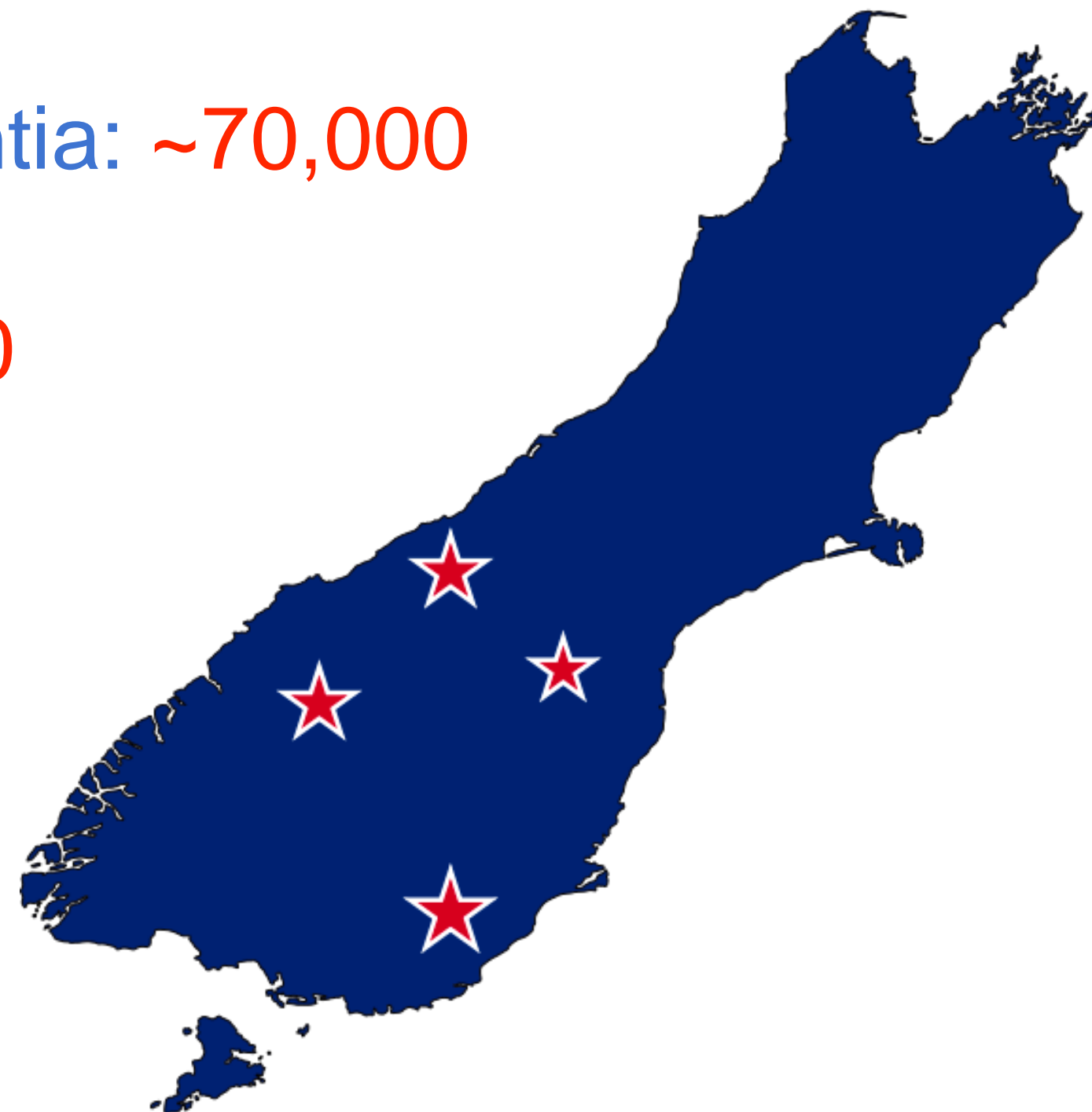
Pop: ~5,000,000

30-64: ~2,300,000

65+: ~800,000

Total Dementia: ~70,000

YOD: ~6,200



2040

Pop: ~6,000,000 (+20%)

30-64: ~2,600,000 (+14%)

65+: ~1,350,000 (+68%)

Total Dementia: ~135,000  
(+93%)

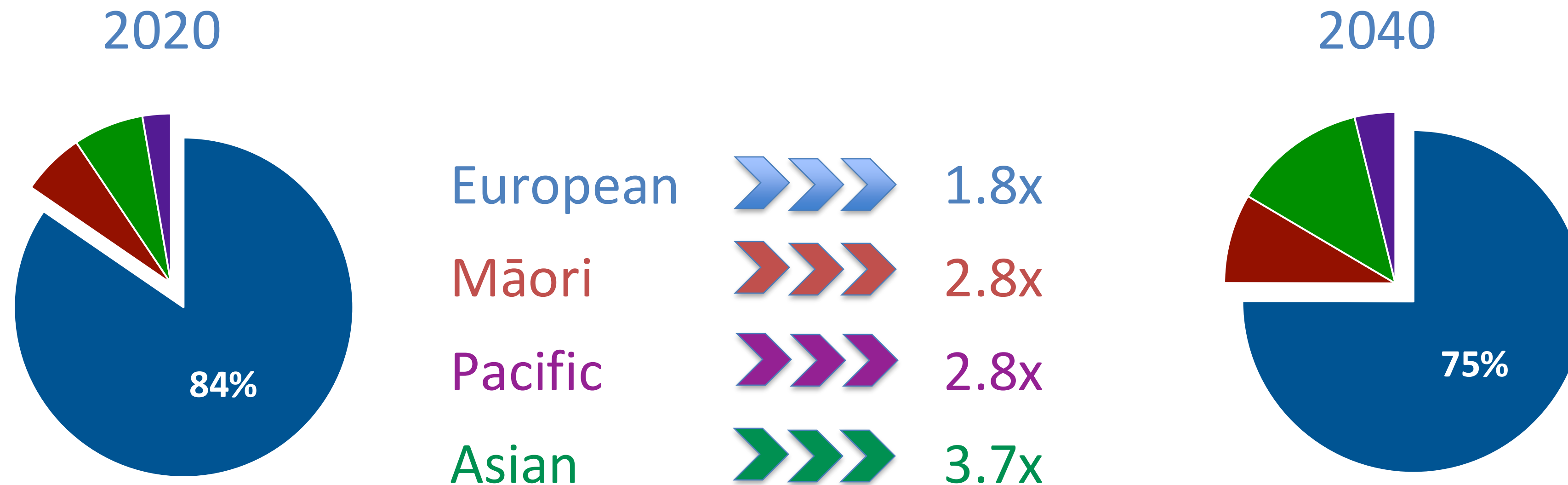
YOD: ~6,500 (+5%)

# Dementia Prevalence



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## Ethnic projections based on an ageing population



# YOD prevalence



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## Pacific peoples



**18%**

## European

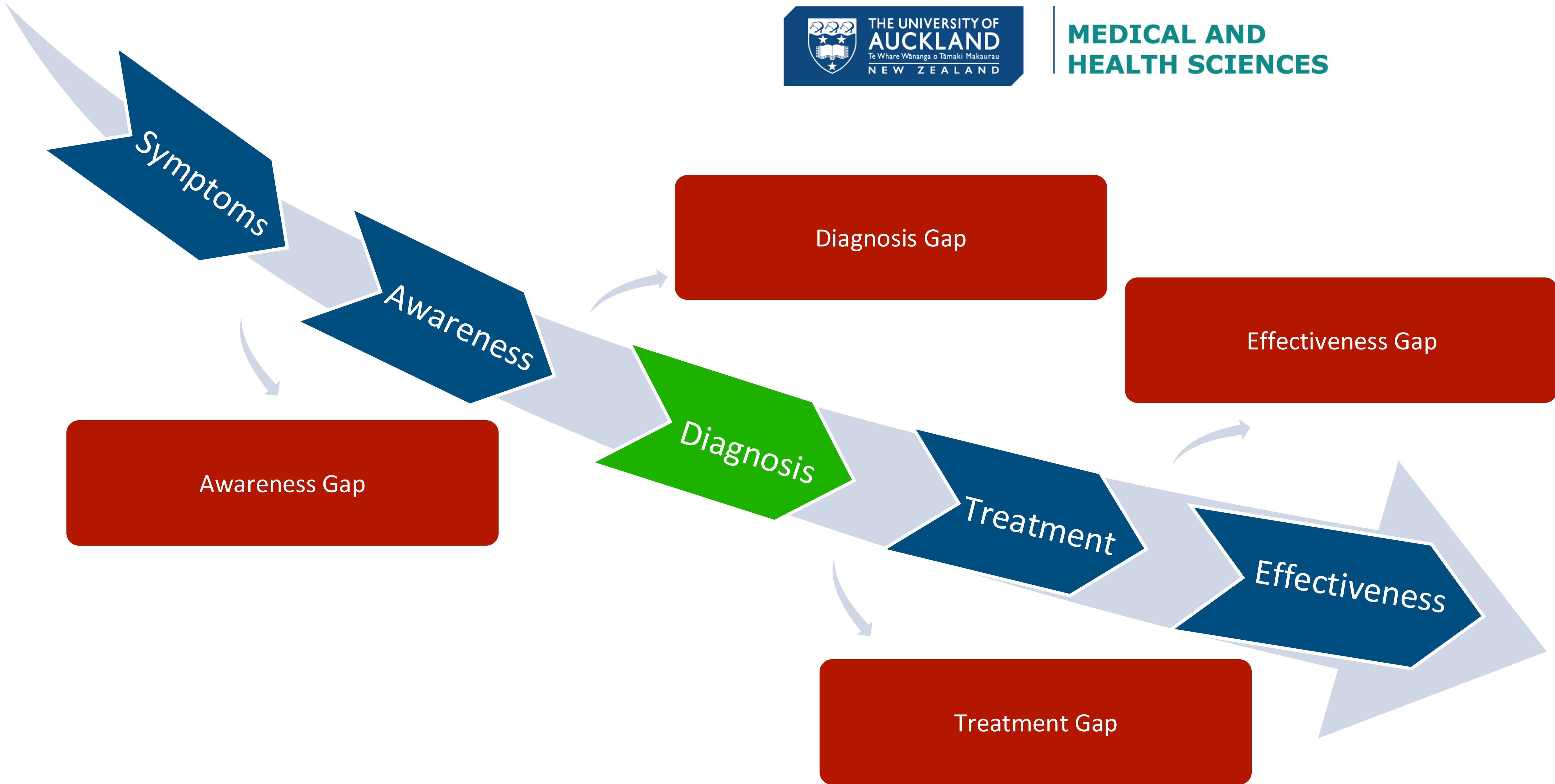


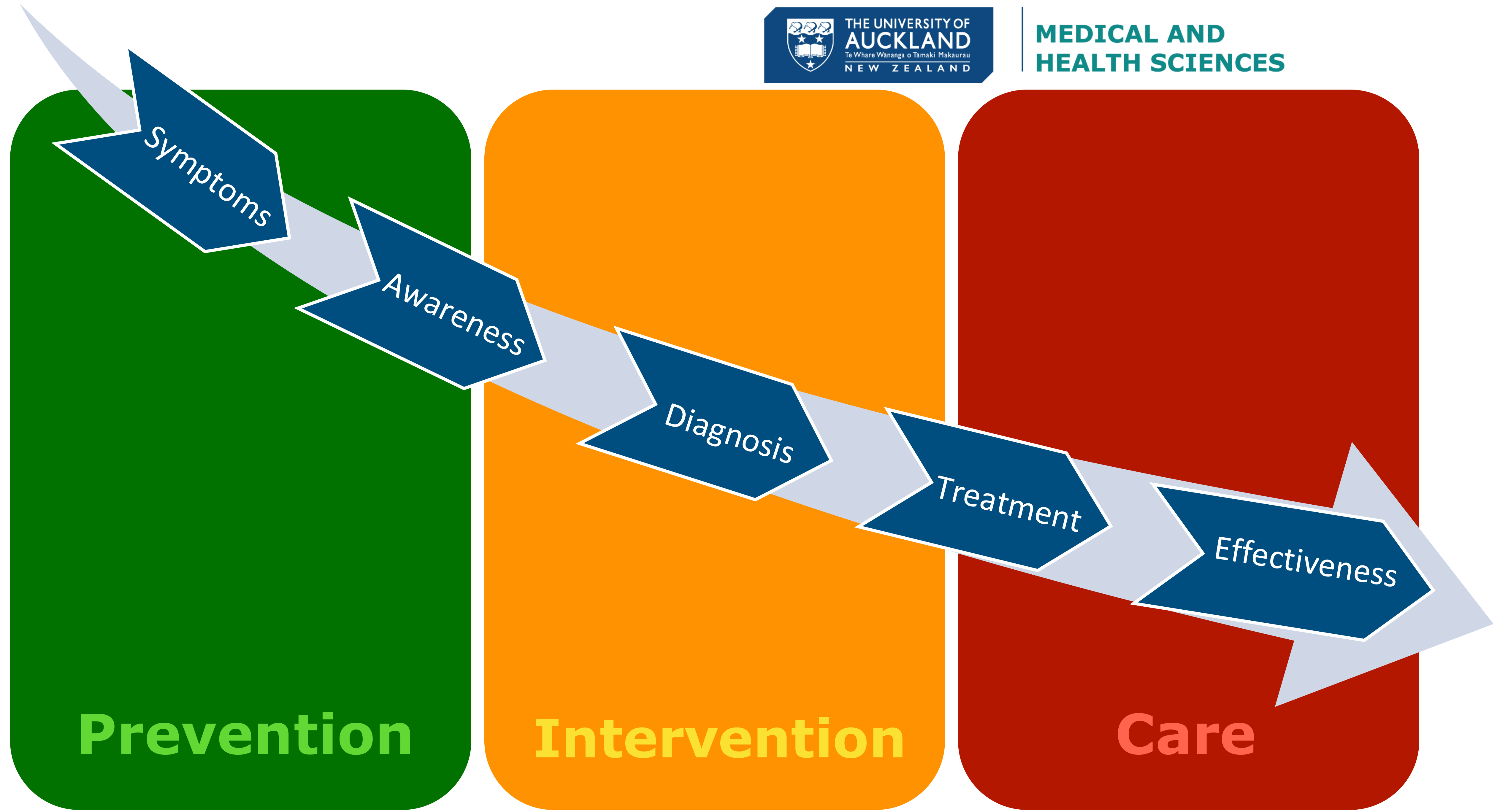
**8%**

# YOD Prevalence

## Ethnic projections based on population distribution





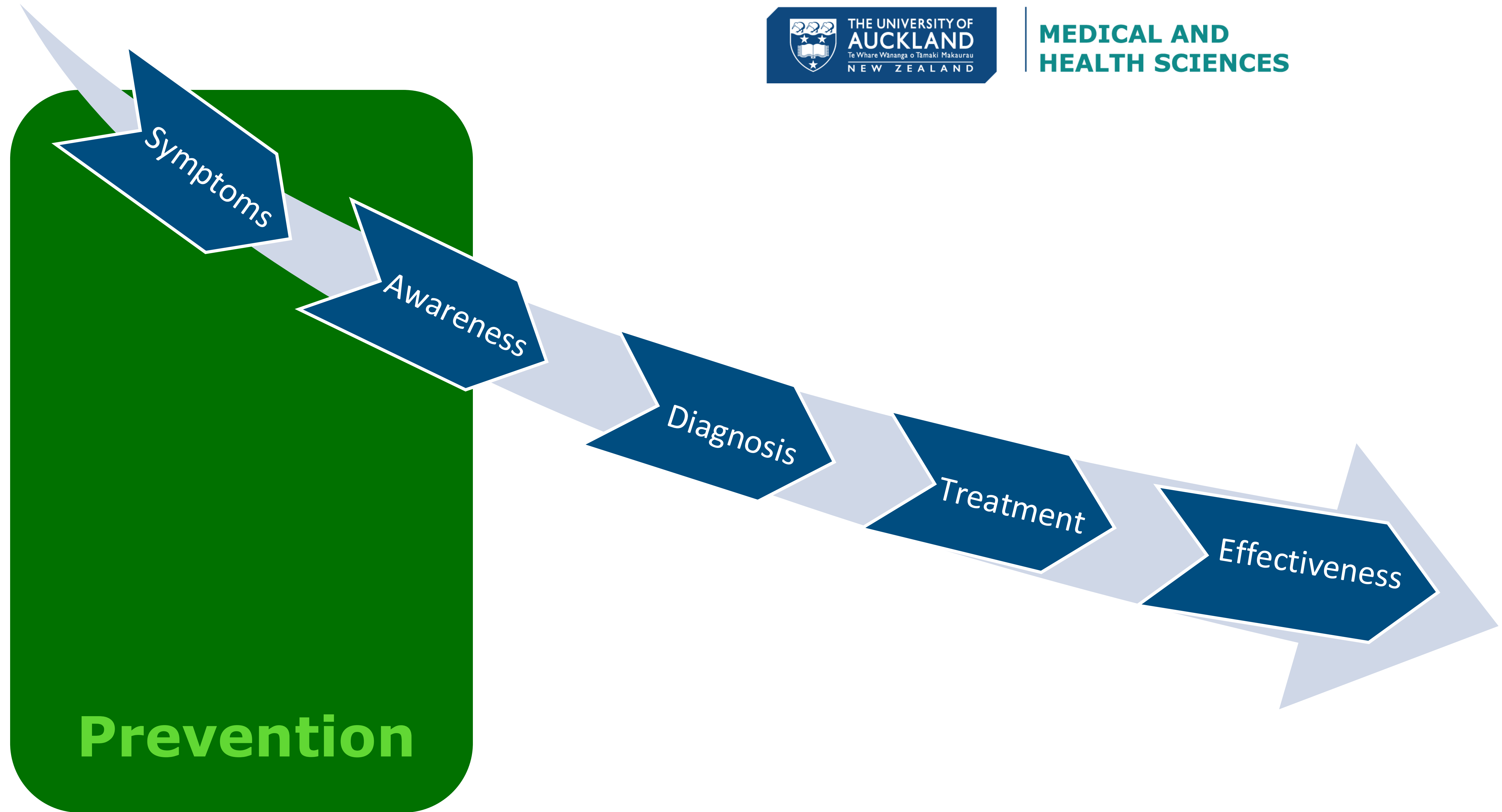


**Prevention**

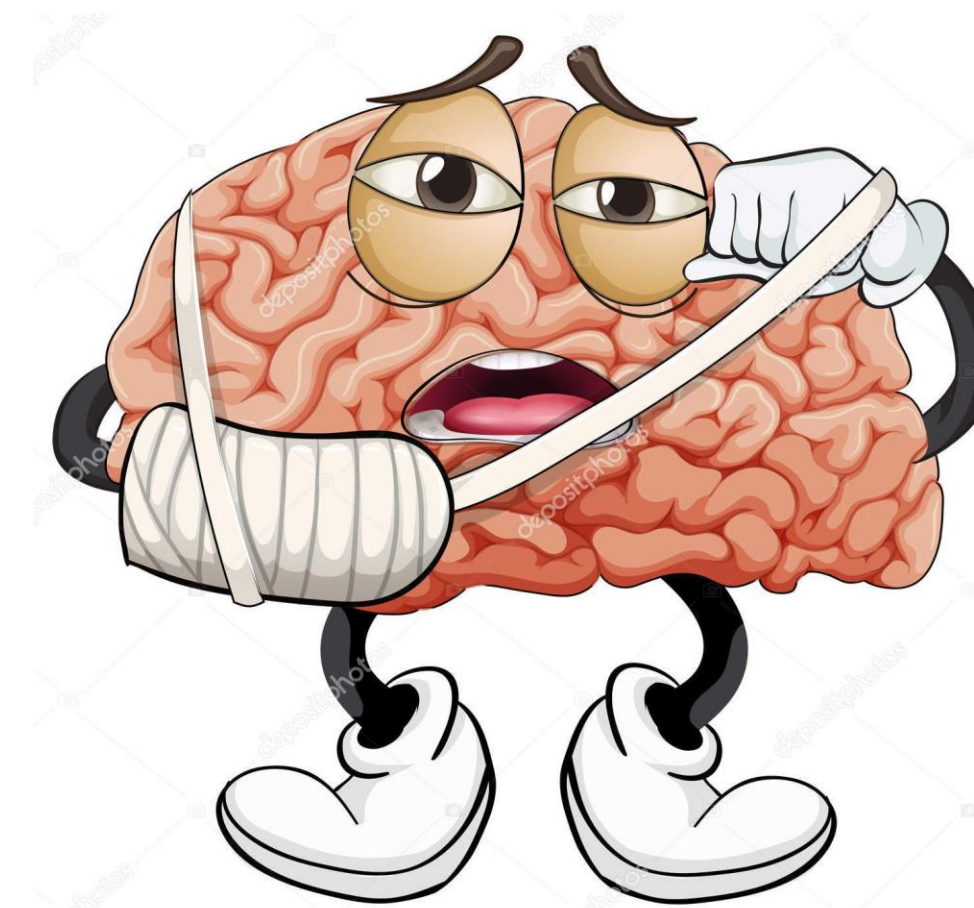
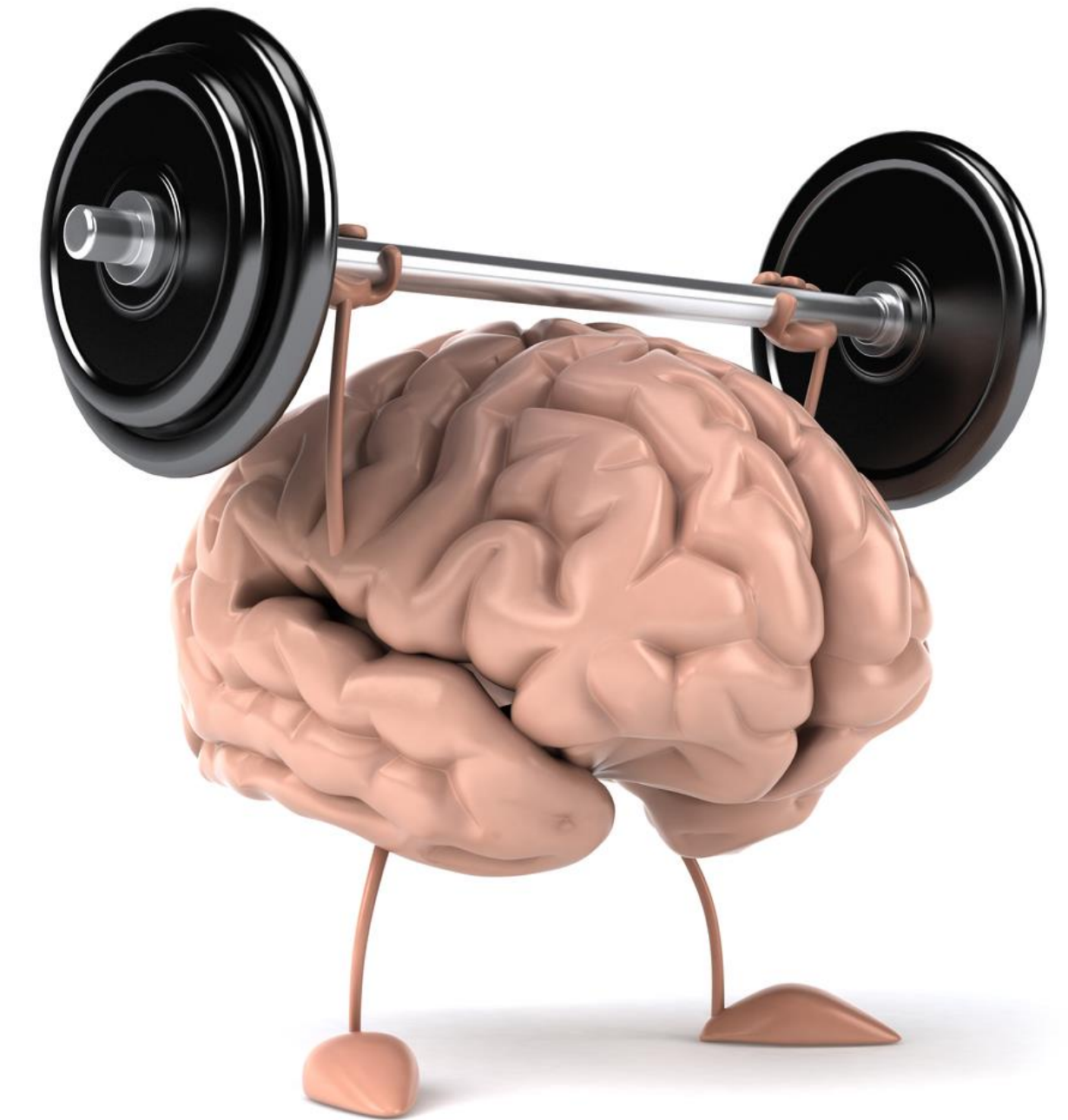
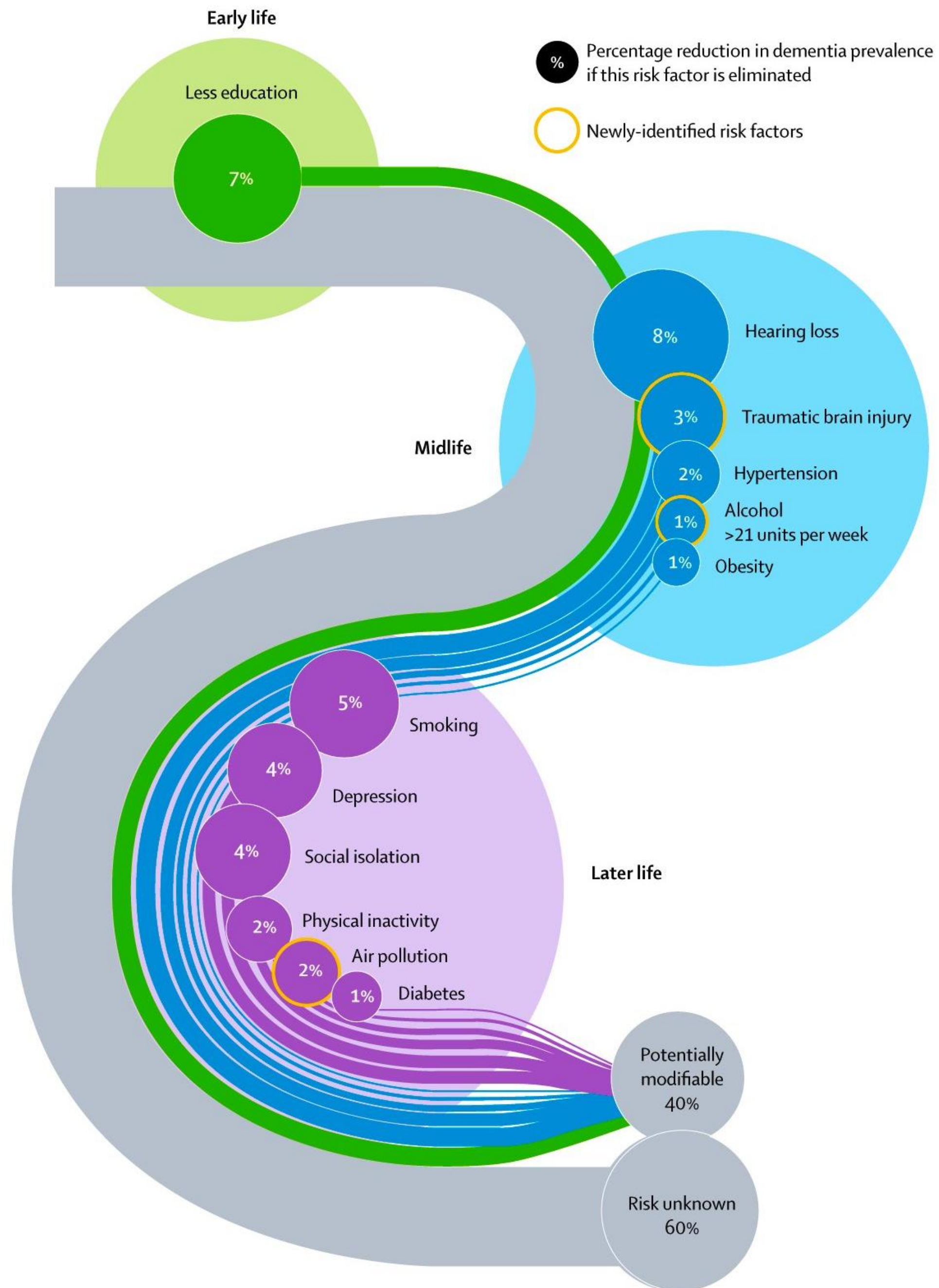
**Intervention**

**Care**



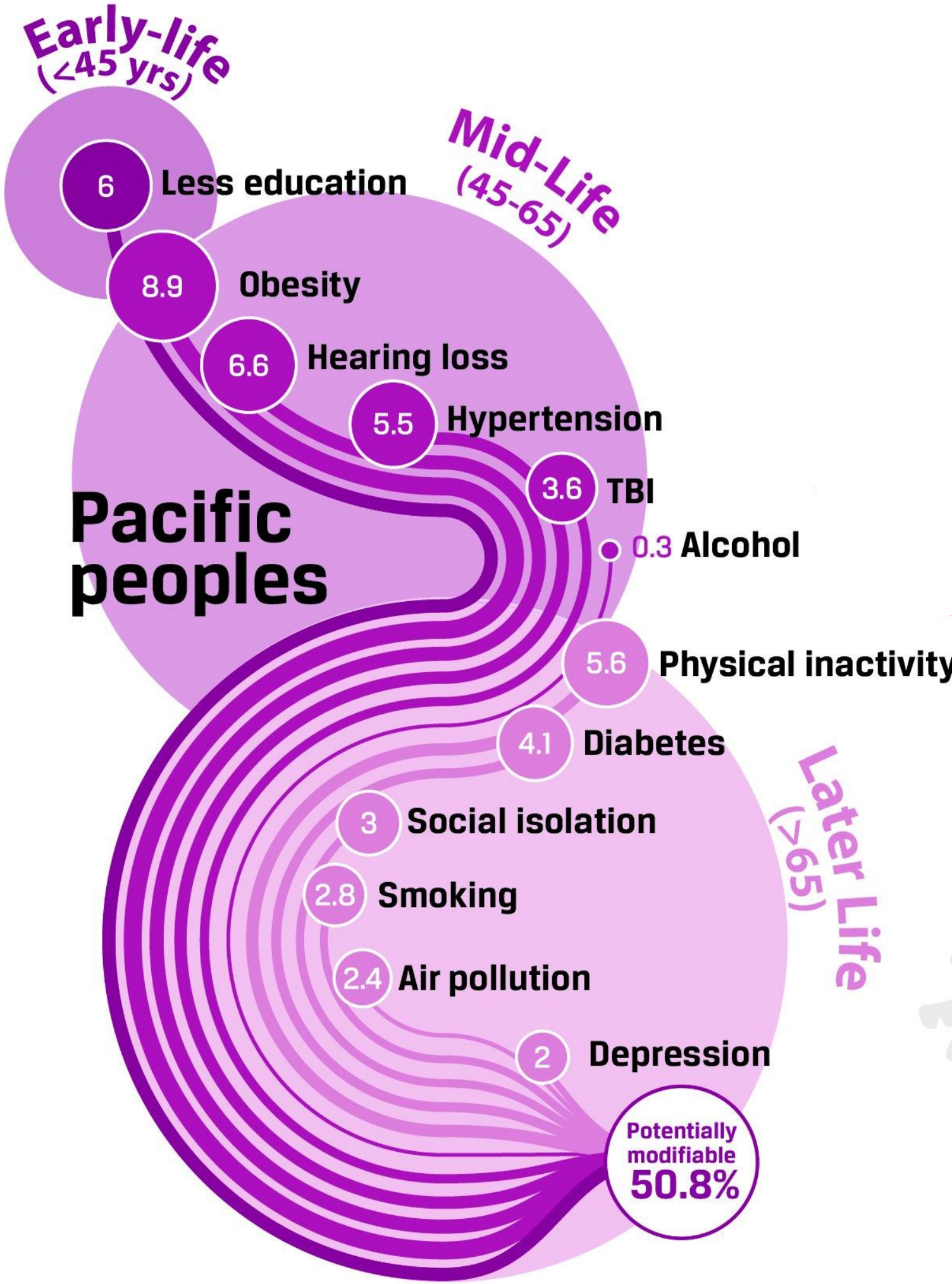






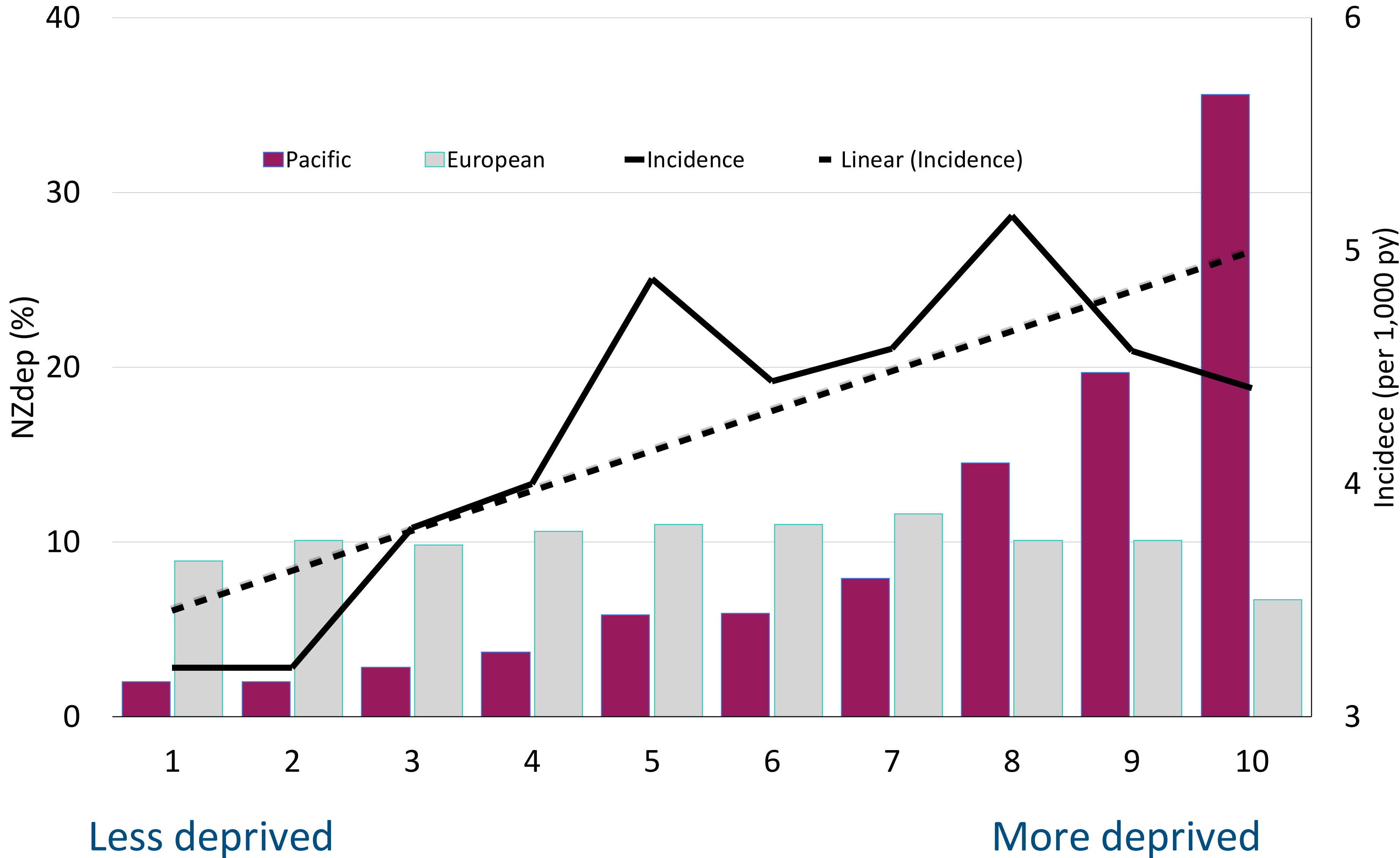


# Dementia prevention potential



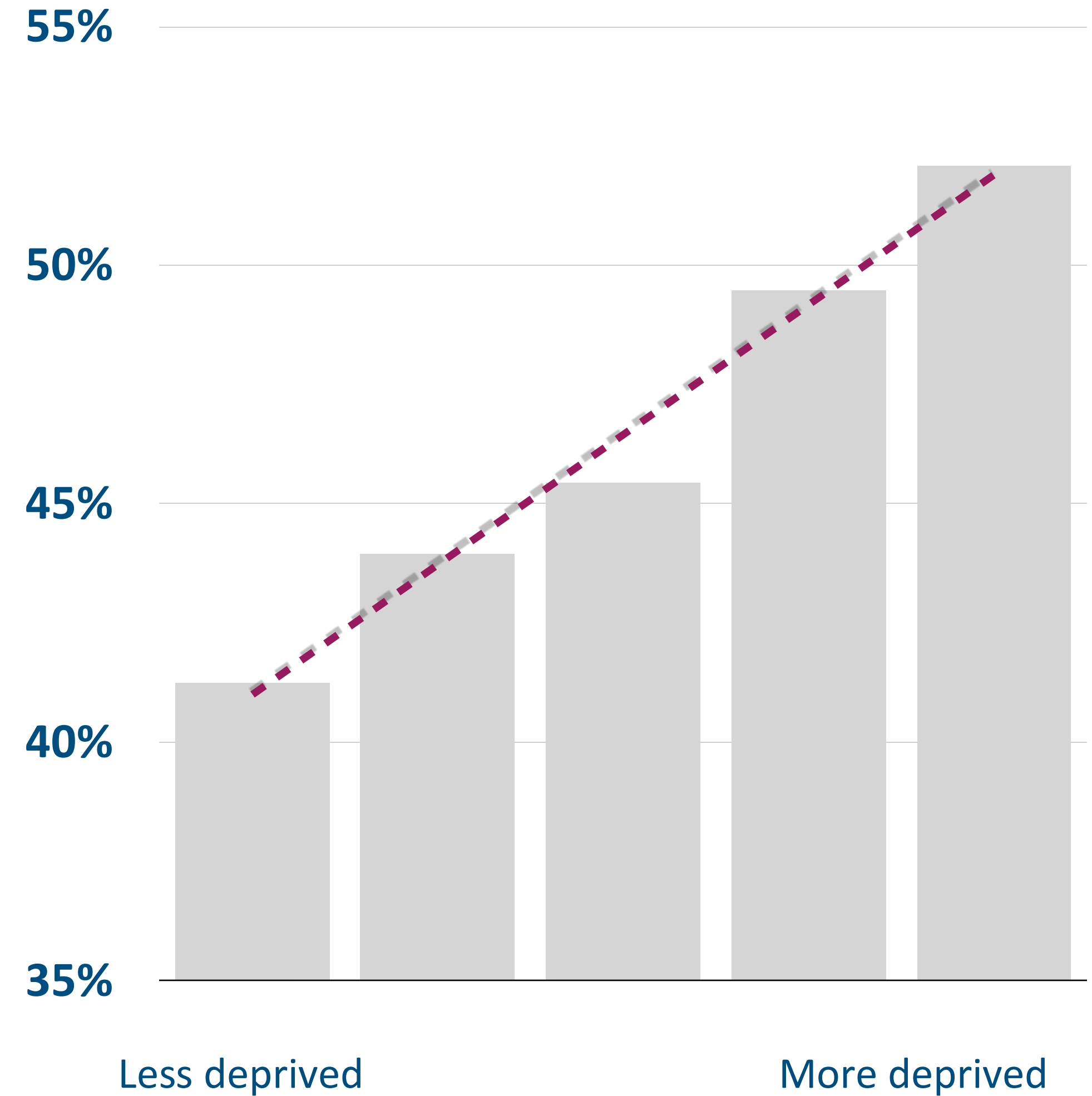
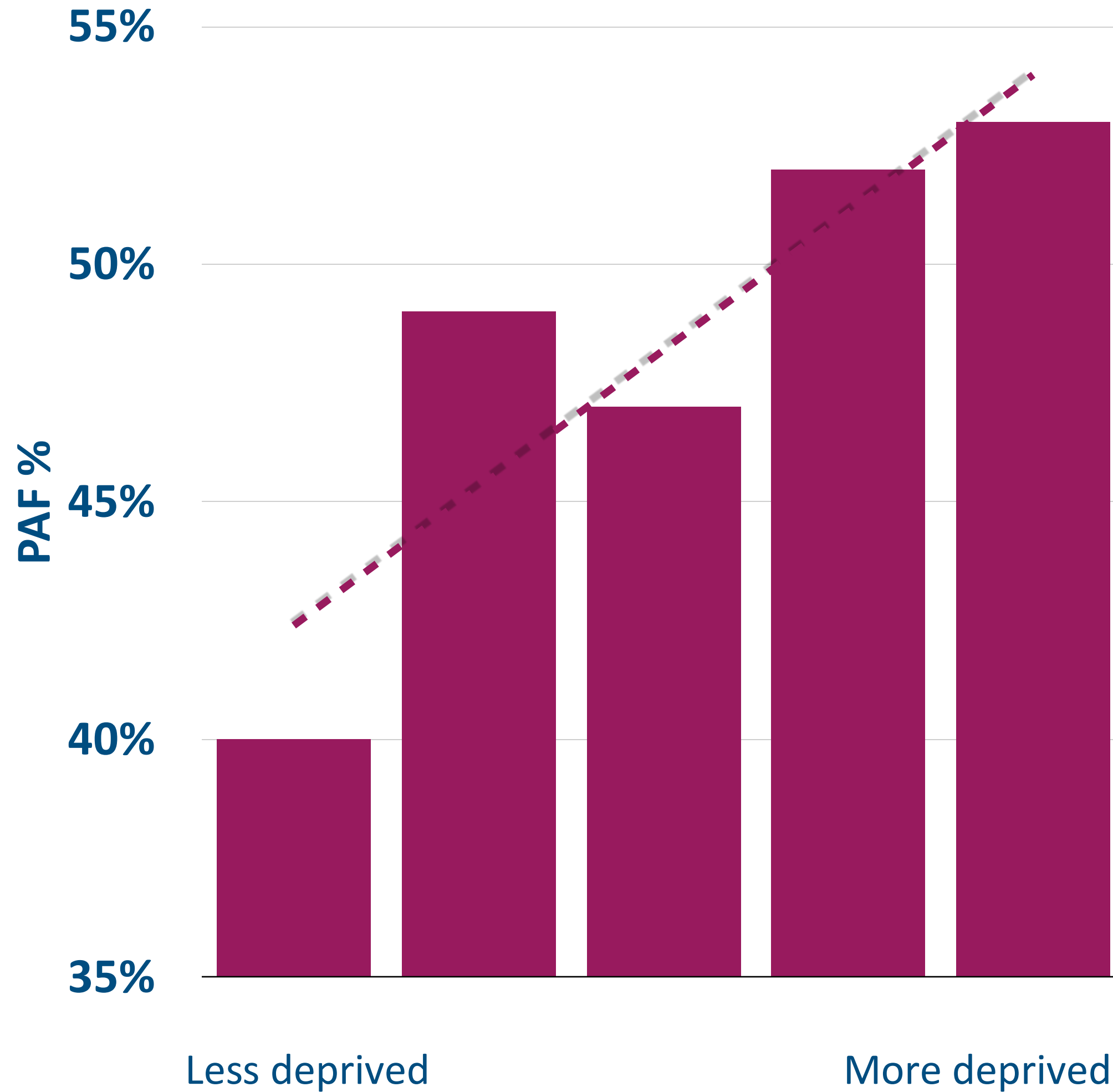
**50%**  
preventable

# Incidence

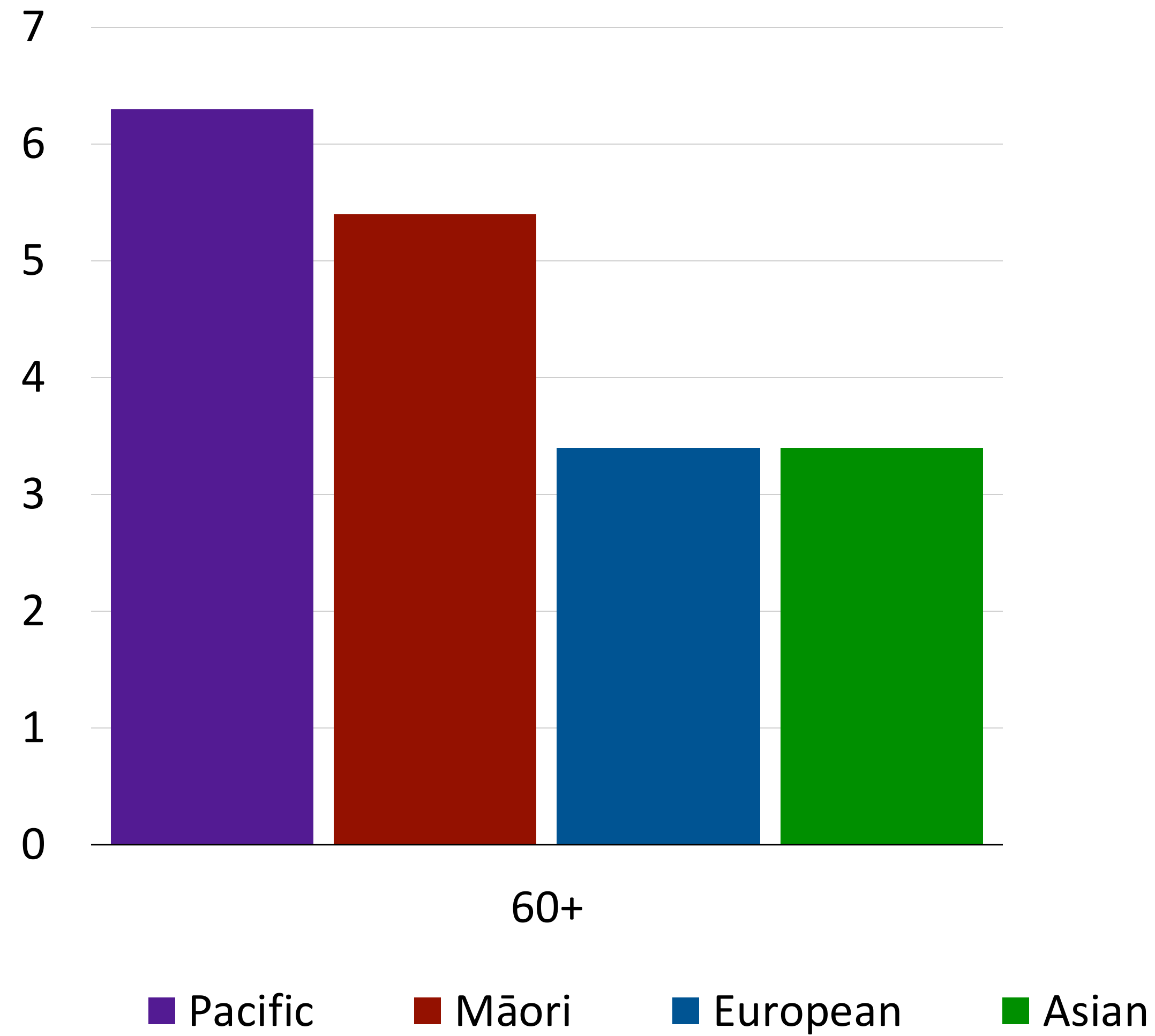


**50%  
higher**

# PAF & Deprivation



# Dementia prevalence



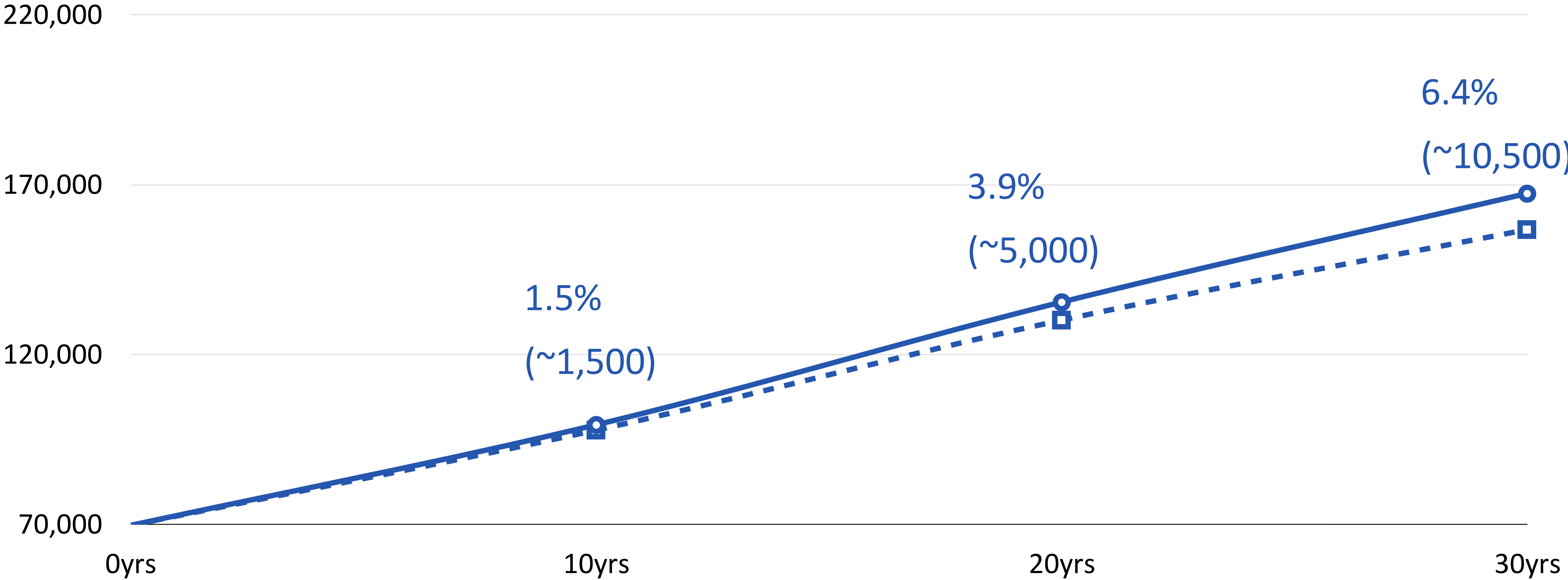
**50%**  
higher

# Projected prevalence



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## 25% reduction in risk factor prevalence in midlife (40-64 years)



*Ma'u (unpublished)*

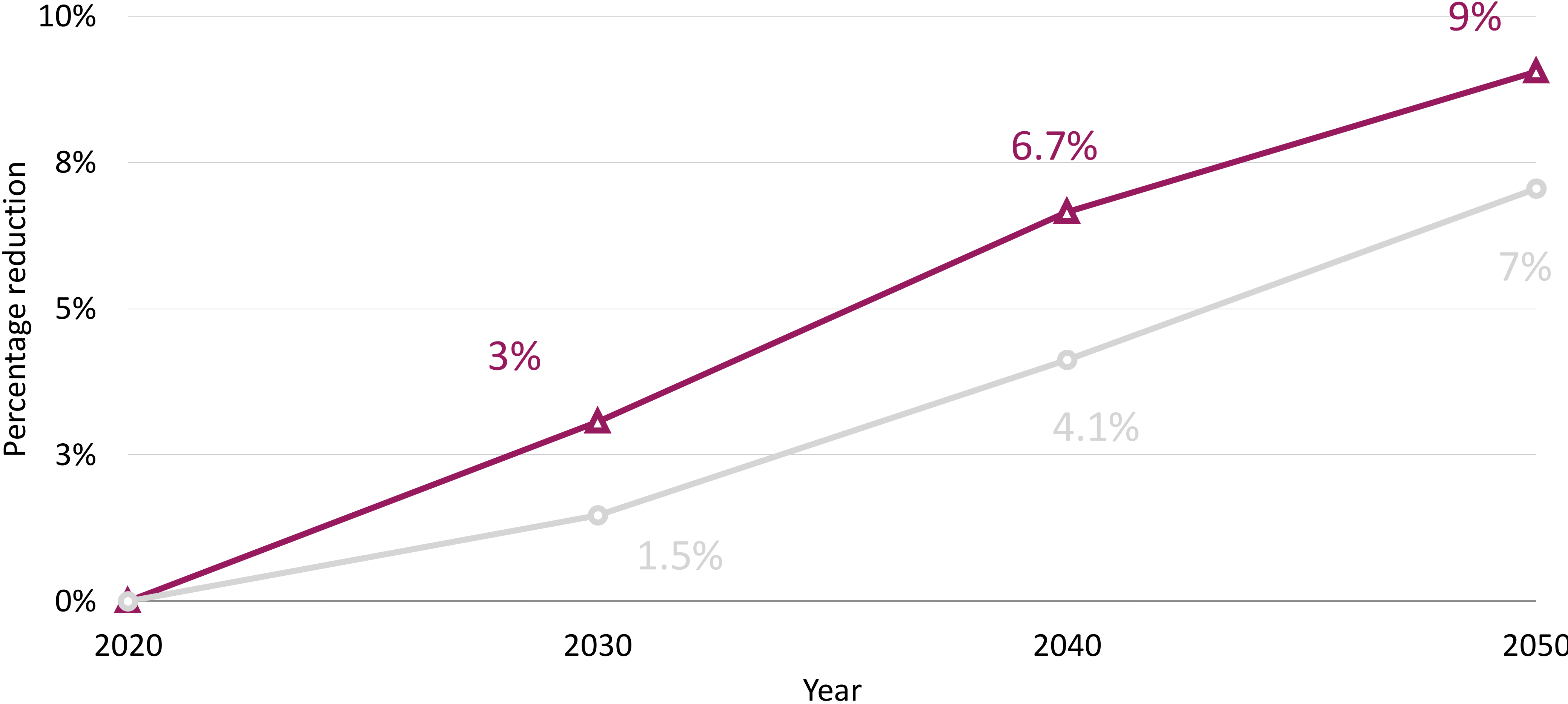


# Projected prevalence



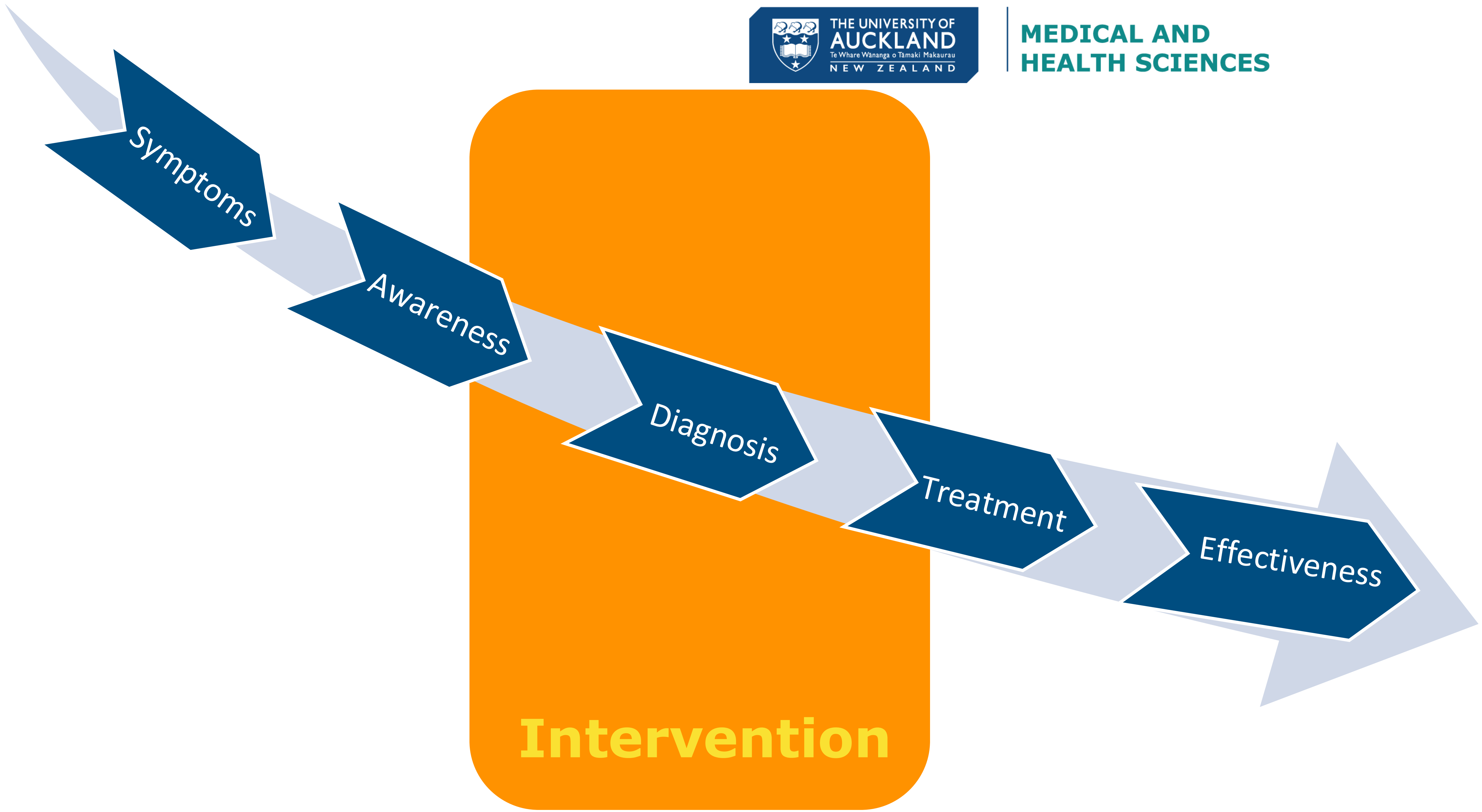
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## 25% reduction in risk factor prevalence in midlife (40-64 years)



*Ma'u (unpublished)*





Symptoms

Awareness

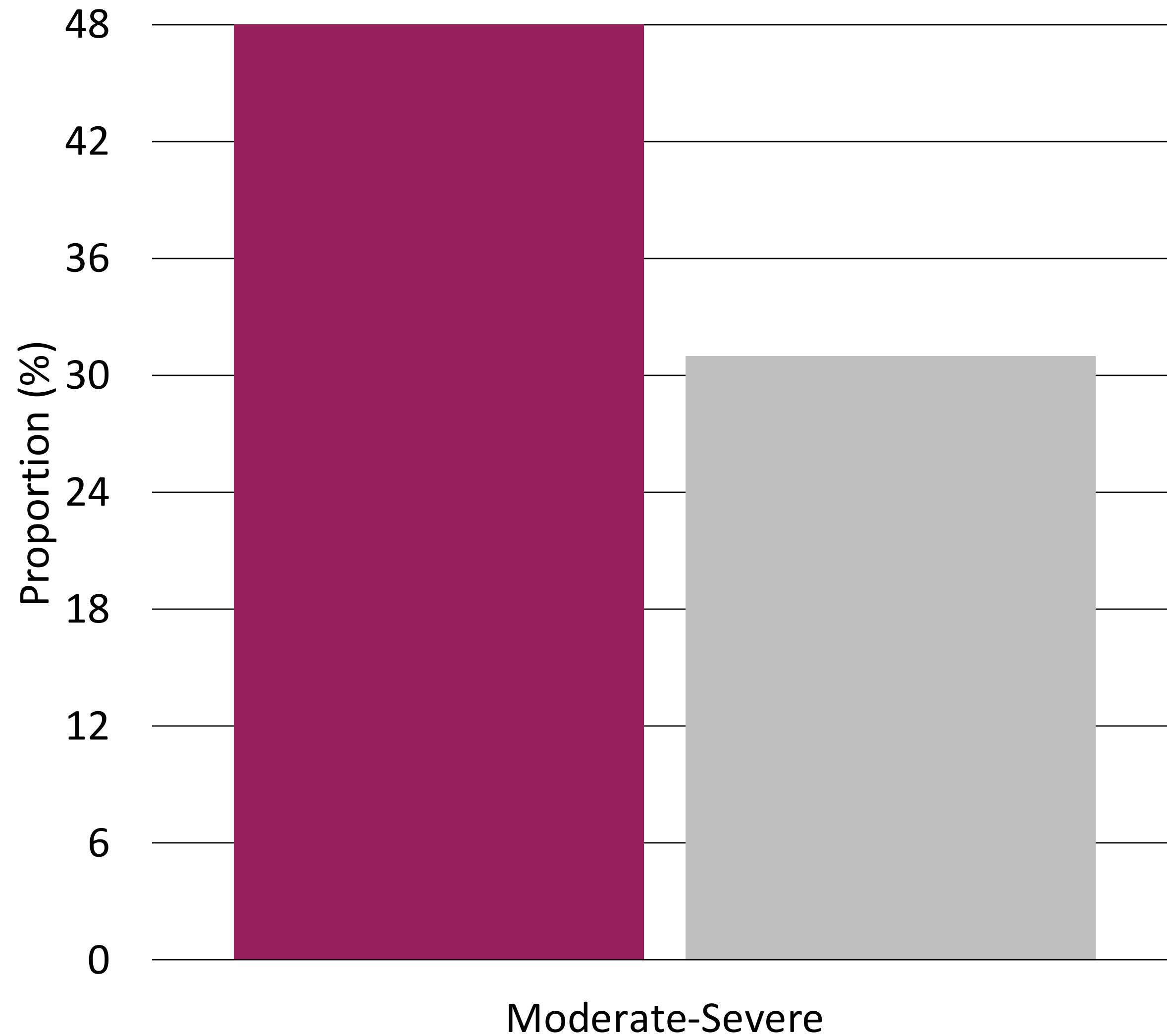
Diagnosis

Treatment

Effectiveness

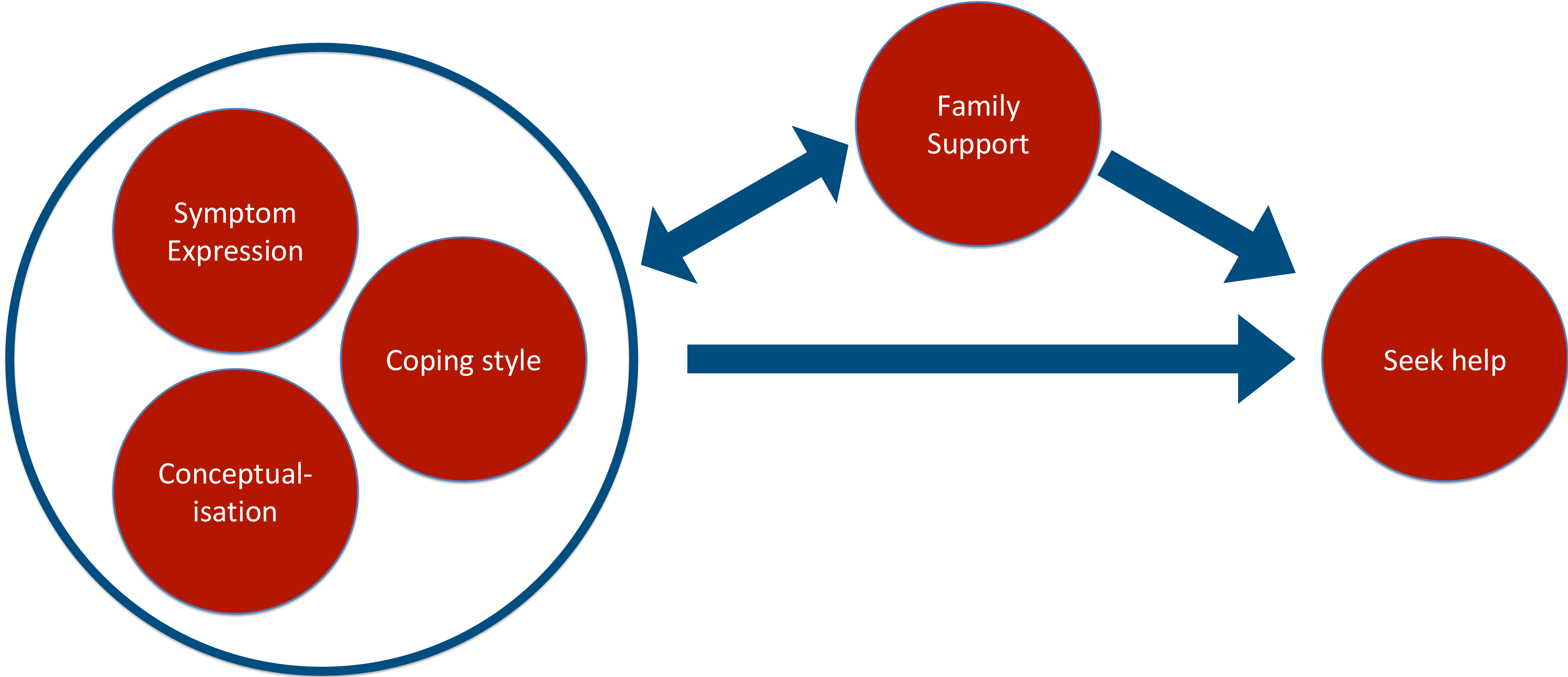
**Intervention**

# Severity at diagnosis



**50%**  
**Mod-sev**

# Health awareness



# Awareness



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*“you expect to lose your memory as you age past 70 years”*

*“I think it’s like .. **thinking too much and worried**. On top of it that doesn’t help is how you look after yourself ... like your diet and stuff like that ... cause he drinks a lot of kava obviously ... if you don’t eat proper food or drink a lot of water ...”*

*“I don’t know for a fact whether it is right or not but to me I’ve been thinking about it, so the **Dementia** comes with **great loss**, without grieving, without bringing things out into the open, without talking about things and you know they just bottle it all up...”*

*“it’s an illness caused by a restless mind”*

*Kautoke et al (unpublished data)*

# Awareness



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*I think this thing ... you know, like a shock to the brain when someone you love suddenly[is] gone without a warning ... and some people did not want to recover from that shock.*

*Getting old is the end of one's life journey, we complete our duties and what we needed to do, there is nothing else left for us; hence, the changes in our strength and life as human beings*

*There is no Samoan word for this palagi illness. Forgetfulness is a sign of old age.*



# Stigma



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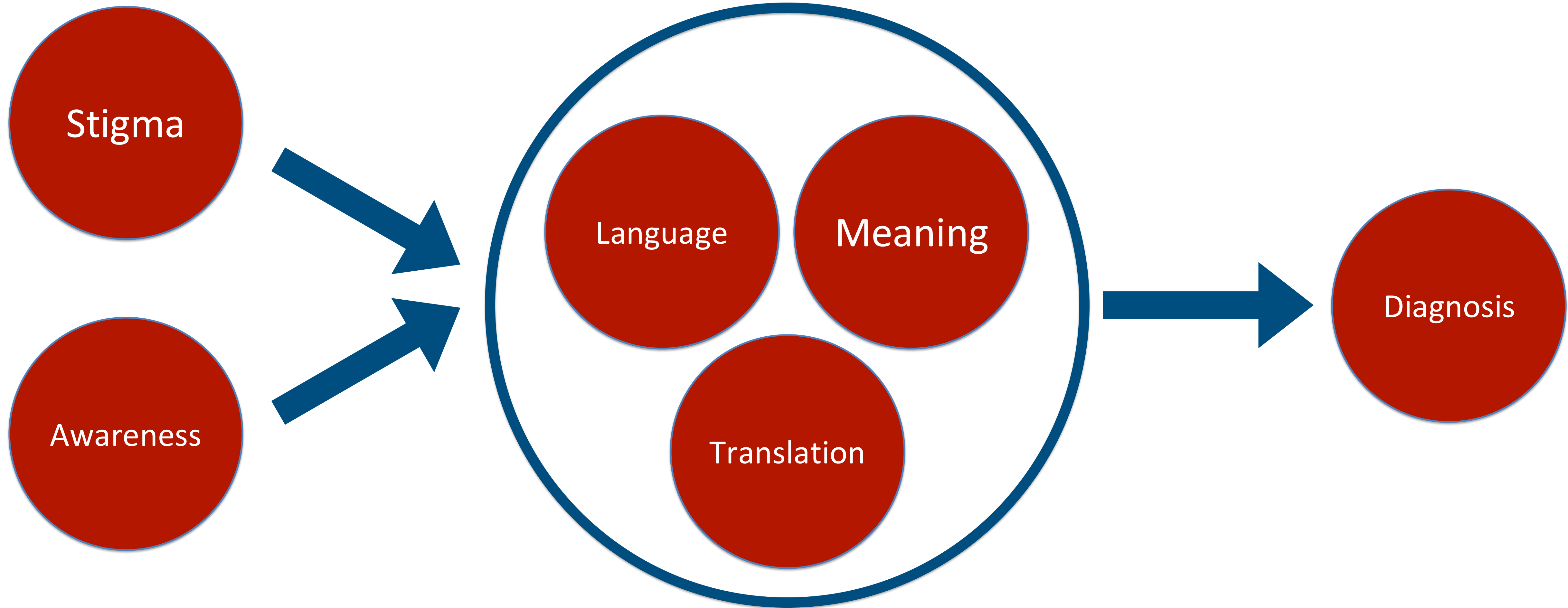
*“I don’t believe we should keep them at home all the time so I still take her to church but I make sure we don’t stay long after church, when it’s finished we leave straight away. I do this to protect her...we know what [Tongan people] are like..”*

*“Palangi people respect their elderly but our people mock them...”*

# Consultation



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# Communication



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	<b>Prose</b>	<b>Document</b>	<b>Numeracy</b>
<b>European</b>	64	64	56
<b>Maori</b>	37	36	25
<b>Pacific</b>	<b>21</b>	<b>24</b>	<b>14</b>
<b>Asian</b>	34	43	39
<b>Total</b>	56	57	49

## **Symptoms**

*Loto Ngalongalo*

*Ngalongalo*

## **Transliteration**

*Timenisia (Dementia)*

*‘Alasaima (Alzheimer’s)*

# **What’s in a name?**

## **Decline**

*Hoholo kovi*

*Hoholo tamaki*

## **Pejorative**

*Fakasesele (crazy)*

*‘Atamai vaivai*

*(intellectually disabled)*



# Māngalo

## Conceptual

*Fangailupe (setting sun)*

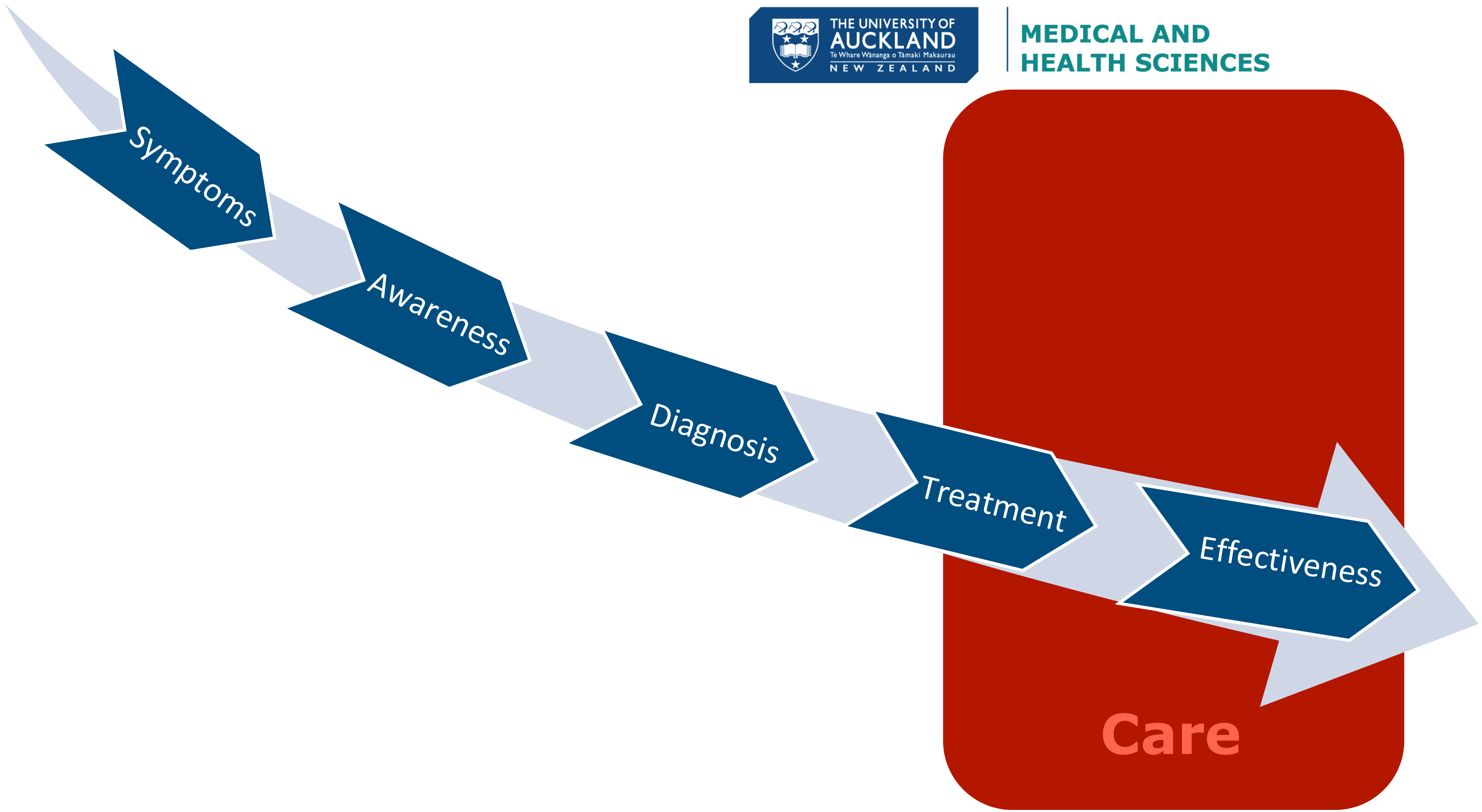
*Huelo (rays of light)*

*Māngalo*

*“to have almost disappeared (for example, of a boat in the distance moving further away) to be nearly out of sight or memory”*

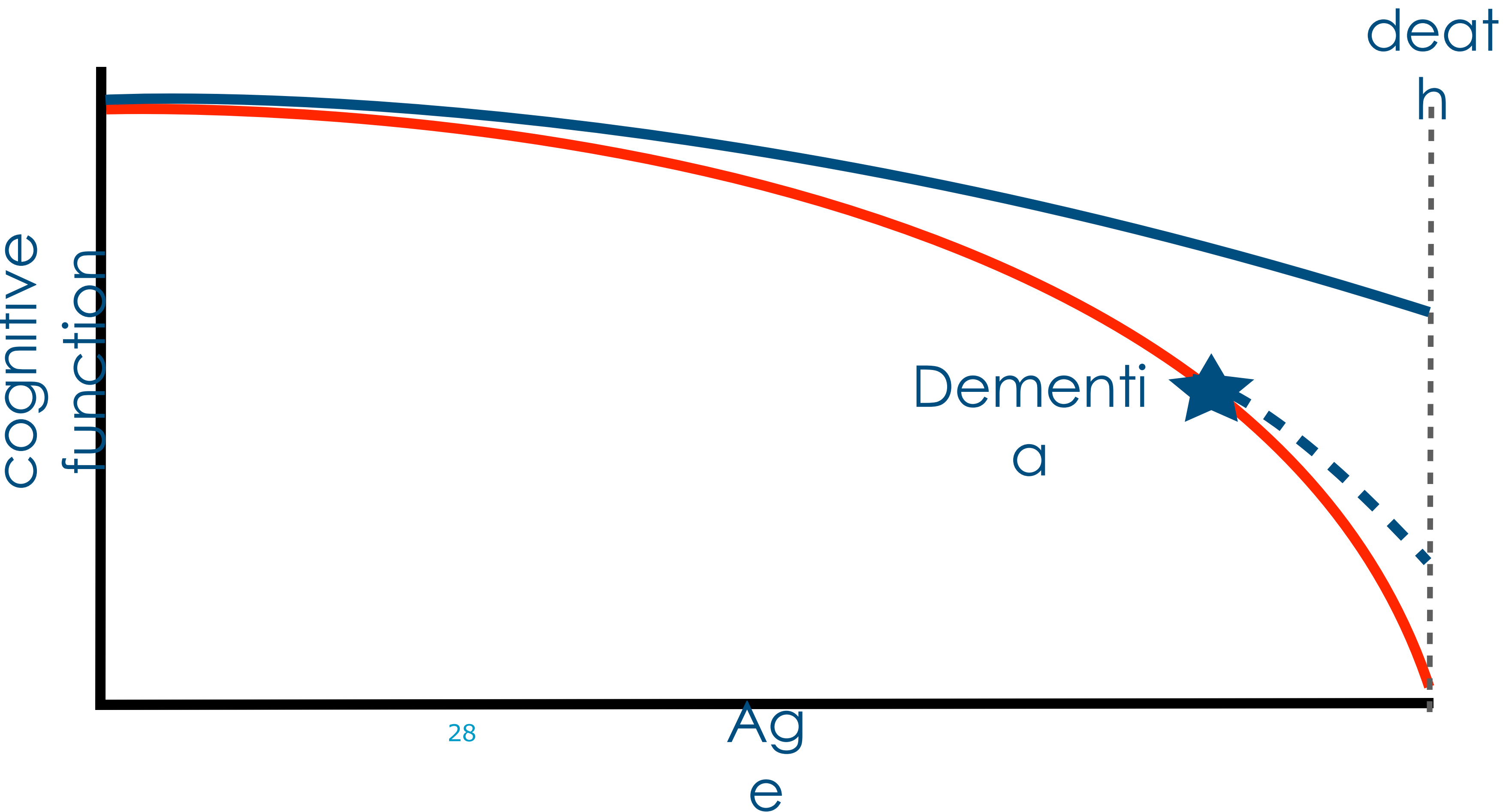
*Vungamoeahi (unpublished)*







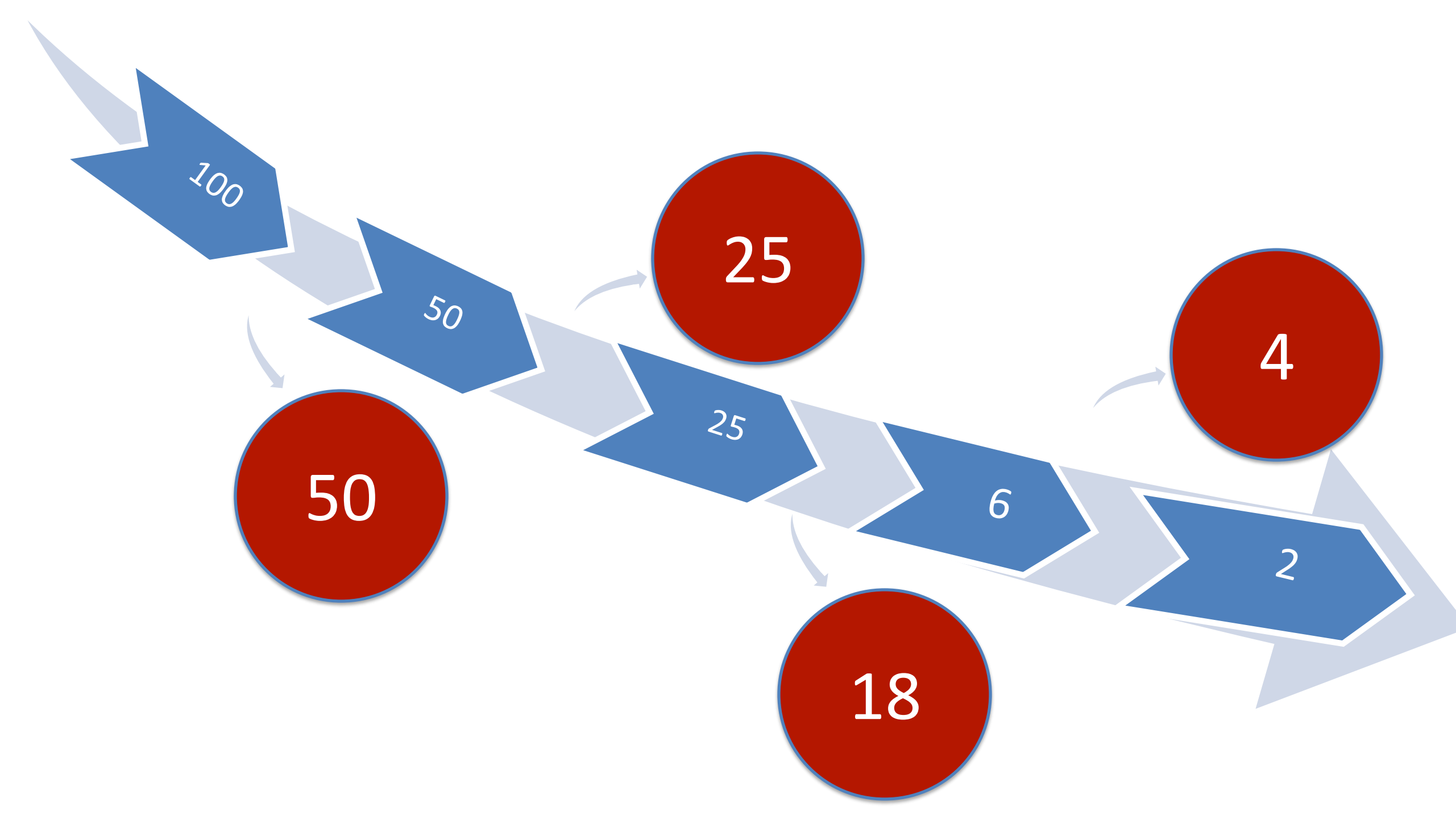
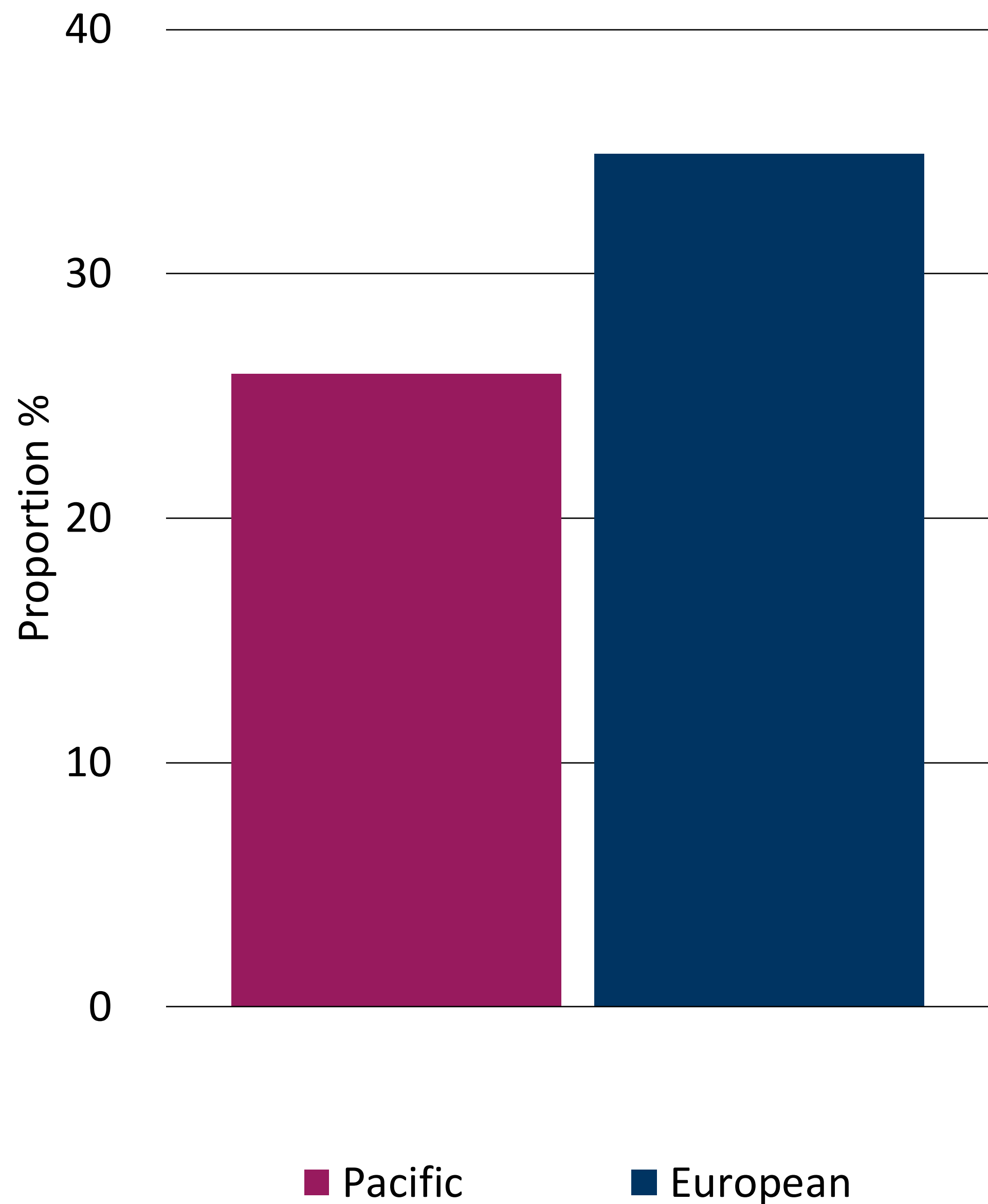
# Early intervention



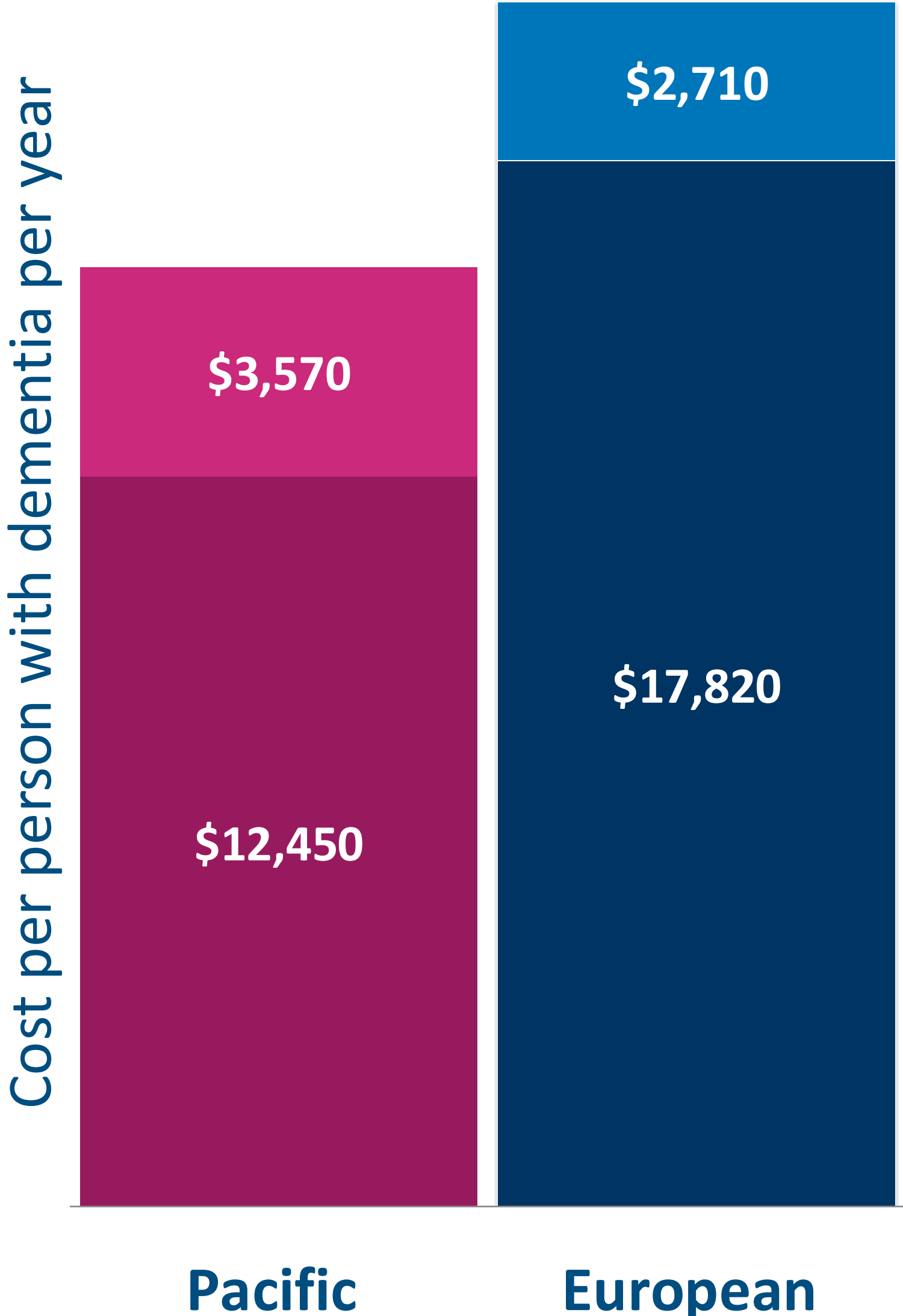
# Dementia medications



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# Access to care



**\$4,500**  
Less per  
person



# Dementia Impact



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*“So I’m averaging everything between 2, 3, 4 hours sleep in a day and that’s not good for my diabetes”*

*“If I need to go anywhere, he has to come along with me”*

*“I gave up work all together and everything, well the business and everything and stayed home and looked after them.”*

*“my little sister has dropped out of her studies to stay home with them...”*

# Filial Piety



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*“we have to look after mum because it is our responsibility as the kids to make sure that she is well looked after. It is quite overwhelming but between us we can make it work”*

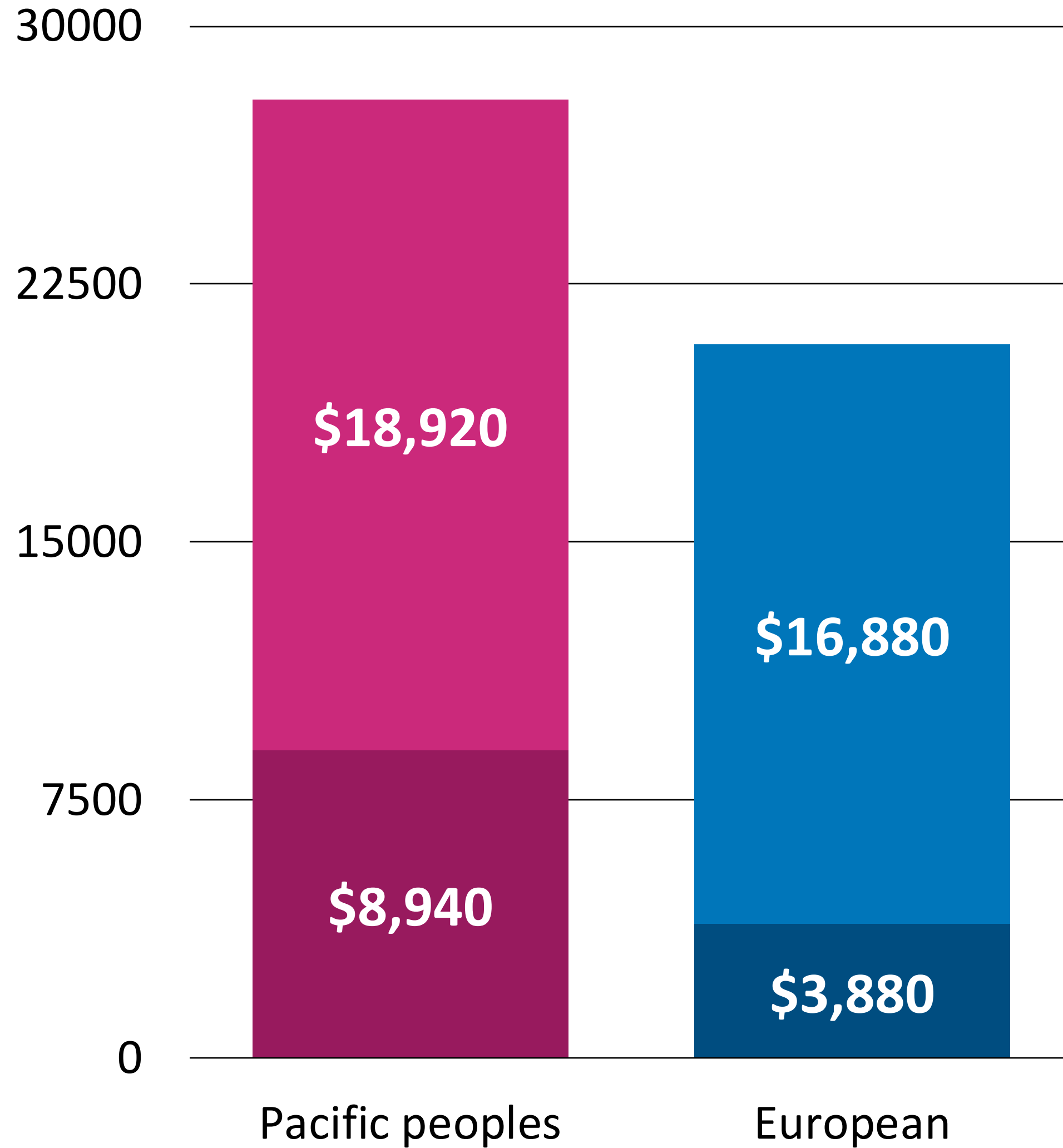
*It is very hard now, but as kids, we must put a plan in place to take care of our parents, especially mum. It is our duty, but it is also challenging because we need to work and provide for our families*

# The cost is inequitable



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## Non-Europeans are doubly disadvantaged



**\$7,000**  
more per  
person

# The cost is inequitable



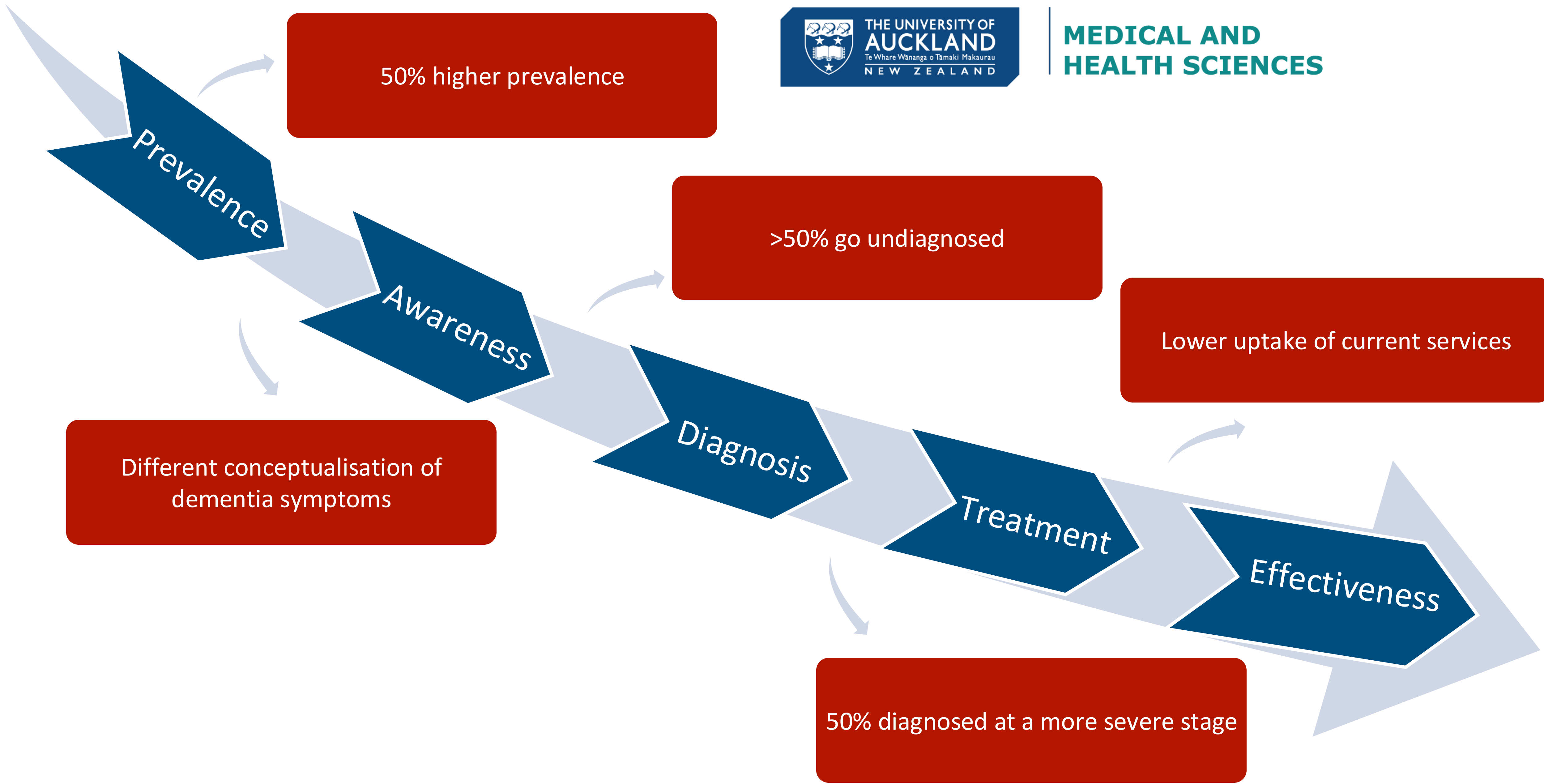
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**\$5,000**  
productivity

**\$2,000**  
unpaid care

**\$4,500**  
social care

**\$11,500**  
more per person with  
dementia per year  
compared to Europeans





# Tailored services



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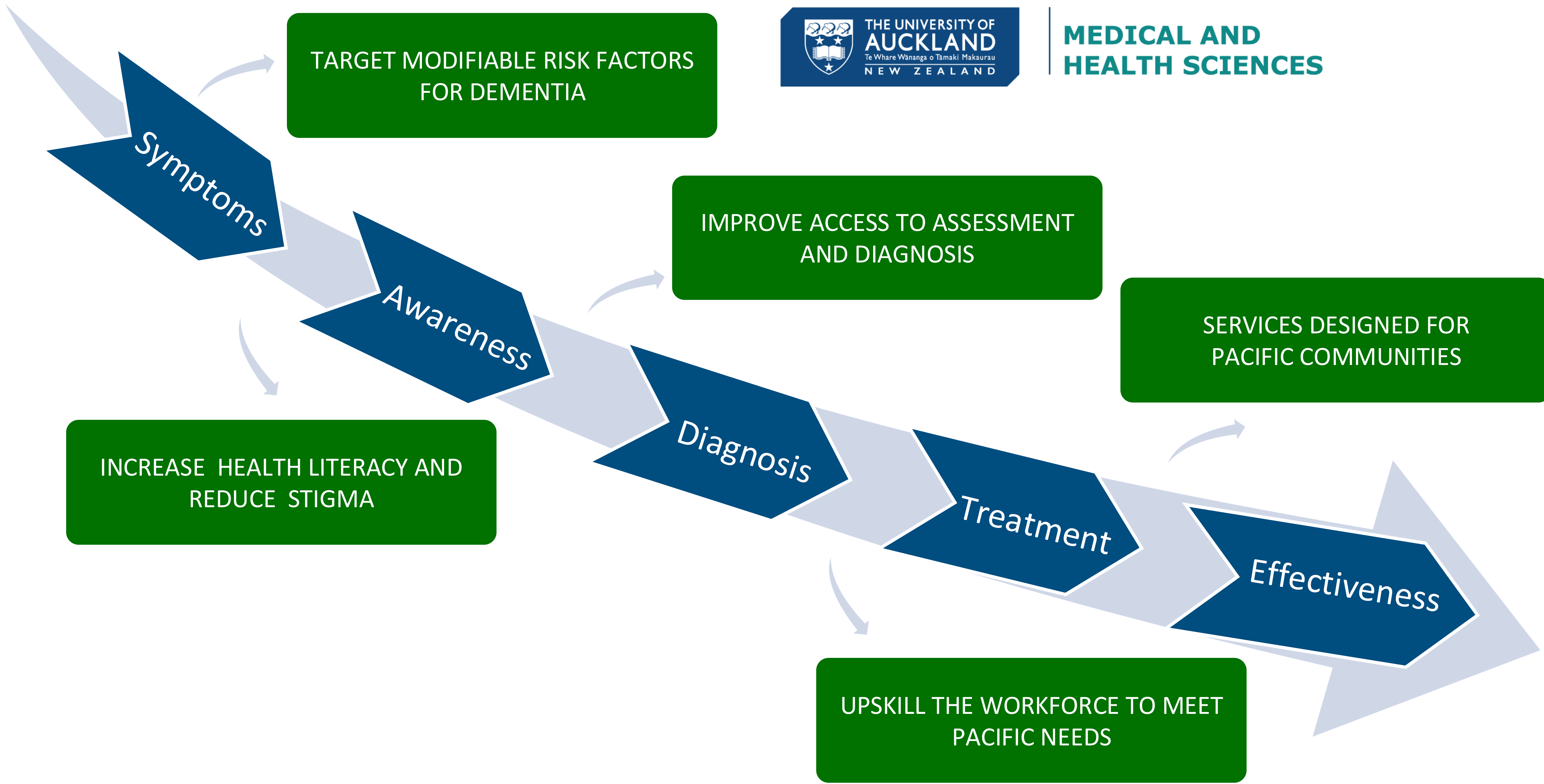
*Akihehu*

**PACIFIC DEMENTIA**

*Māngalo*







TARGET MODIFIABLE RISK FACTORS FOR DEMENTIA

IMPROVE ACCESS TO ASSESSMENT AND DIAGNOSIS

SERVICES DESIGNED FOR PACIFIC COMMUNITIES

INCREASE HEALTH LITERACY AND REDUCE STIGMA

UPSKILL THE WORKFORCE TO MEET PACIFIC NEEDS



# Thank you

**University of Auckland**

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**Jade Tamatea**

**University College London**

**Gill Livingston**

**Naaheed Mukadam**

**Daniel Davis**



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