

Dementia Prevention

Fight Poverty. Protect Minds.

LEAST
DEPRIVED



MOST
DEPRIVED



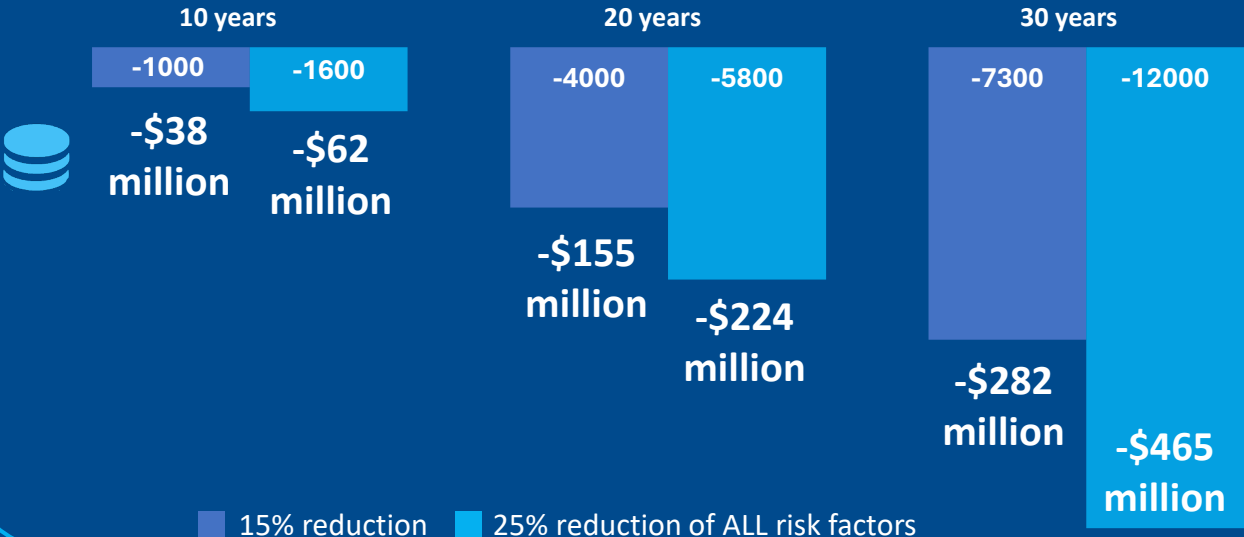
For every 10 people in the most deprived areas who develop dementia, only 6.5 do in the least deprived areas



50% of dementia risks are modifiable



Number of dementia cases and associated costs will reduce if we start **PREVENTION NOW**



Dementia Prevention

Dementia risk increases stepwise with rising deprivation. People living in New Zealand’s most deprived areas have up to a 53% higher risk compared to those in the least deprived areas. This means for every 10 people who develop dementia in the most deprived areas, only about 6 to 7 do so in the least deprived areas.

New Zealand’s research shows dementia prevention must be diverse, culturally grounded, and cost-effective to truly reduce future burden.

14 modifiable risk factors for dementia. (Livingston et al., 2024) Blue: lifestyle and health-related factors; Yellow: social connection and psychological factors; Red: environmental and sensory factors. (Adapted from Alzheimer's New Zealand)

Tailored prevention potential **varies by ethnicity, guiding targeted interventions.** (Ma’u et al., 2021)

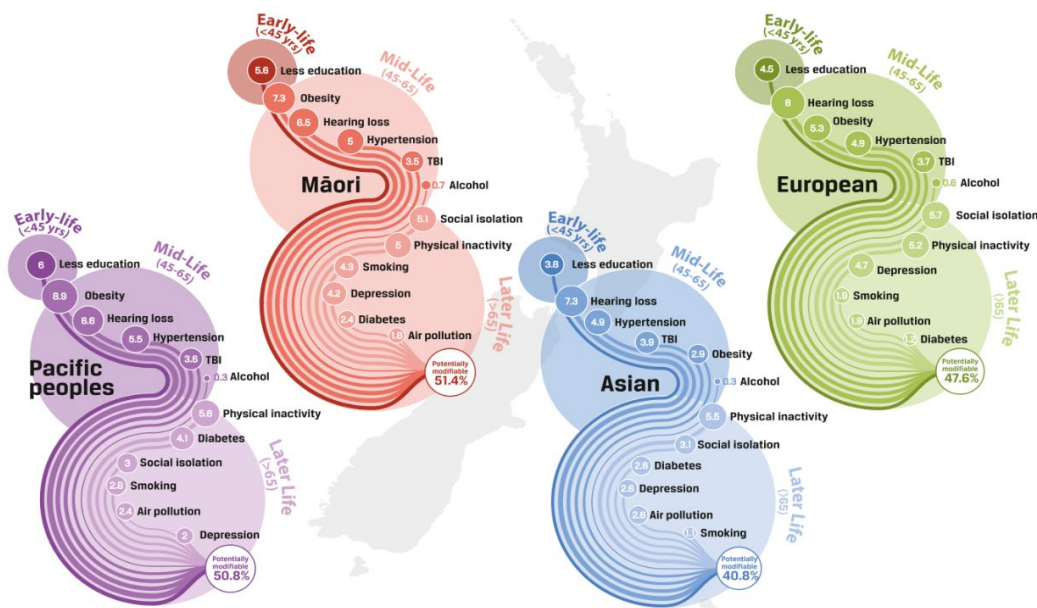


Figure: Relative population attributable fraction (PAF) contributions of each risk factors across four ethnic groups in New Zealand. (Ma'u et al., 2021)

Up to **50% of dementia cases are modifiable** through timely intervention on modifiable risk factors.

Risk factor modification could significantly reduce projected dementia cases:

Years	15% reduction in risk factors		25% reduction in risk factors	
	Cases	Costs	Cases	Costs
10	-1,000	-\$38.7 million	-1,600	-\$62 million
20	-4,000	-\$154.8 million	-5,800	-\$224.8 million
30	-7,300	-\$282.8 million	-12,000	-\$465 million

If **no preventive action is taken**, dementia cases may exceed **170,000** in 30 years. **Let’s act now with data, equity, and cultural insight at the heart of dementia care in Aotearoa New Zealand.**

Dementia prevention references

- Livingston et al. Dementia Prevention, Intervention, and Care: 2024 Report of the Lancet Standing Commission. The Lancet (British Edition), 2024;404(10452):572–628.
- Ma’u, E., Cullum, S., & Cheung, G. (2024). Navigating ethnic diversity: Rethinking dementia prevention in Aotearoa New Zealand. Australian and New Zealand Journal of Psychiatry, 58(5), 381–384.