

## **A Study of Using Multiple Health Promotion Strategies to Prevent Dementia among Community-dwelling Elderly**

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### ➤ **Introduction**

Epidemiological studies showed that 1 in 13 Taiwanese elders over 65 year-old had dementia, indicated the importance of prevention and delay of dementia. The risk factors for dementia include hypertension, hyperglycemia, hyperlipidemia, lack of exercise and depression. On the contrary, physical activities, cognitive behaviors and healthy diet are the protective factors for dementia. Therefore, the present study used multiple strategies included improved health-enhancing behaviors and living environment to prevent dementia in community elderly.

### ➤ **Methods**

We conducted 2-year dementia prevention project using multiple health promotion strategies which based on the Ottawa Charter: 1.Cooperated with borough chief to achieve age-friendly community and build health promotion public policy. 2.Arranged home safety inspection and improved living conditions to create supportive environment. 3.Organized physical fitness test for community-dwelling elderly. 4.Provided series of 8-week education programs to develop personal skills. 5.Transferred the potential dementia elder to a specialist by using AD-8 dementia screening scale.

### ➤ **Results**

48 residents of Xindian District Guofeng community were participated in this study (14 males, 34 females, with mean age: 71.13). The living condition of 8 participants were improved through falls prevention program after home safety inspection. Participants were asked to fill the health behavior questionnaire before and after dementia prevention programs, included self-assessments of physical activities, diet, cognitive behaviors and mental condition. Results showed that after prevention programs, the participants were significantly increased cognitive and physical activities in paired t-test.

### ➤ **Conclusion**

Dementia is a serious situation in aging society, therefore, prevention, intervention and care for dementia are necessary. However, there is no single cause or cure for dementia. It's better to use multicomponent perspective in intervention and prevention, such as diet, environment, physical and cognitive activities. Our studies demonstrated that using multiple health promotion strategies can improve health-enhancing behaviors and cognition of elderly, which potentially prevent elderly from dementia. Moreover, it's better to execute the program from local communities.



Home safety inspection and improvement



Physical activity



Doing healthy dishes :  
Tofu salad



Playing board game : Blokus