Final Report

Project Title

Protecting brain health via Dementia risk reduction activities: Knowledge transfer for diverse communities

Investigators

Lautenschlager, N., Ellis, K., Chong, T., Loi, S., Goh, A., Anstey, K., Kim, S., Cherbuin, N., Hosking, D., & Mortby, M.

Project Aim

To create online resources outlining dementia risk reduction activities for dissemination and knowledge transfer to the wider community.

Method

Analyses of relevant literature were conducted to identify dementia and cognitive decline risk reduction activities appropriate for promotion to the community, with a particular focus on research related to physical activity and vascular risk factors in dementia risk reduction in older adults. Following the literature analysis, text appropriate for two evidence briefs was drafted, and reviewed by the study investigators. The investigators for this study included experts in the field of dementia risk reduction, as well as early career researchers as part of capacity building and the collaboration between the University of Melbourne and the Australian National University. Once the text for each brief was finalised by the research team, text and presentation of the briefs were revised and formatted for public consumption. Following this, the briefs were published online for public access.

Outputs

The project resulted in the creation of two ‘evidence briefs’ designed for public consumption. One brief focused on the benefits of physical activity in older age for reducing one’s risk of cognitive decline. The second brief describes vascular risk factors (VRFs) which may increase the risk of dementia development/cognitive impairment in older age, and strategies for reducing one’s risk of developing these VRFs.

Dissemination Strategy

The University of Melbourne’s Academic Unit for Psychiatry of Old Age (AUPOA) created a ‘Healthy Ageing’ webpage on their website, on which the evidence briefs were published, alongside other links and resources for healthy ageing in older adults. Links to the AUPOA’s ‘Healthy Ageing’ webpage and the evidence briefs are also published on the Australian National University’s Centre for Research on Ageing, Health and Wellbeing (CRAHW) website. Once published, the briefs and webpage were promoted through the relevant university networks.
Acknowledgements

This project has been funded by the Dementia Collaborative Research Centre – Early Diagnosis and Prevention as part of an Australian Government Initiative.

Disclaimer

The views expressed in this work are the views of its author/s and not necessarily those of the Australian Government.