

RISK REDUCTION OF COGNITIVE DECLINE AND DEMENTIA

WHO GUIDELINES



**World Health
Organization**

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Suggested citation. Risk reduction of cognitive decline and dementia: WHO guidelines. Geneva: World Health Organization; 2019. Licence: CC BY-NC-SA 3.0 IGO.

Cataloguing-in-Publication (CIP) data. CIP data are available at <http://apps.who.int/iris>.

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Design and layout: Erica Lefstad

Printed in France

CONTENTS

FOREWORD	v	4. IMPLEMENTATION CONSIDERATIONS	46
ACKNOWLEDGEMENTS	vi	5. PUBLICATION, DISSEMINATION AND EVALUATION	48
ACRONYMS	viii	5.1 Publication and dissemination	49
EXECUTIVE SUMMARY	x	5.2 Monitoring and evaluation	50
1. INTRODUCTION	xiv	5.3 Implications for further research	50
1.1 Background and rationale for these guidelines	1	5.4 Future review and update	51
1.2 Related WHO guidelines and tools	3	REFERENCES	52
1.3 Target audience	4	ANNEX 1: GUIDELINE DEVELOPMENT GROUP MEMBERS	60
1.4 Goals and objectives	4	ANNEX 2: ASSESSMENT OF CONFLICT OF INTEREST	62
1.5 Guiding principles	5	ANNEX 3: SCOPING QUESTIONS	67
2. GUIDELINE DEVELOPMENT PROCESS	6	ANNEX 4: EVIDENCE REVIEW METHODOLOGY	72
2.1 Guideline development group	7	WEB ANNEX: EVIDENCE PROFILES (WHO/MSD/MER/19.1); https://www.who.int/mental_health/neurology/dementia/ guidelines_risk_reduction/en/index.html	
2.2 Declarations of interest by the GDG members and external reviewers	7	GLOSSARY	77
2.3 Collaboration with external partners	8		
2.4 Identifying, appraising and synthesizing available evidence	8		
2.5 Decision-making during the GDG meeting	10		
2.6 Document preparation and peer review	11		
3. EVIDENCE AND RECOMMENDATIONS	12		
3.1 Physical activity interventions	13		
3.2 Tobacco cessation interventions	16		
3.3 Nutritional interventions	18		
3.4 Interventions for alcohol use disorders	22		
3.5 Cognitive interventions	25		
3.6 Social activity	27		
3.7 Weight management	29		
3.8 Management of hypertension	32		
3.9 Management of diabetes	35		
3.10 Management of dyslipidaemia	38		
3.11 Management of depression	40		
3.12 Management of hearing loss	43		

FOREWORD

Dementia is a rapidly growing public health problem affecting around 50 million people around the world. There are nearly 10 million new cases every year and this figure is set to triple by 2050. Dementia is a major cause of disability and dependency among older people and can devastate the lives of affected individuals, their carers and families. Additionally, the disease inflicts a heavy economic burden on societies as a whole, with the costs of caring for people with dementia estimated to rise to US\$ 2 trillion annually by 2030.

While there is no curative treatment for dementia, the proactive management of modifiable risk factors can delay or slow onset or progression of the disease. In May 2017, the Seventieth World Health Assembly endorsed a *Global Action Plan on the Public Health Response to Dementia 2017–2025*, urging Member States to develop, as soon as feasible, ambitious national responses to address this challenge. Dementia risk reduction is one of the seven action areas in the global action plan.

These new WHO guidelines provide the knowledge base for health care providers, governments, policy-makers and other stakeholders to reduce the risks of cognitive decline and dementia through a public health approach. As many of the risk factors for dementia are shared with those of non-communicable diseases, the key recommendations can be effectively integrated into programmes for tobacco cessation, cardiovascular disease risk reduction and nutrition.

I urge all stakeholders to make the best use of these recommendations to improve the lives of people with dementia, their carers and their families.

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ACKNOWLEDGEMENTS

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