

Background

Dementia affects women more often than men, particularly ethno-culturally diverse immigrant women. We synthesized prior research on strategies used to raise awareness among immigrant women of how to reduce dementia risk.

Study characteristics

17 studies published from 2006 to 2021

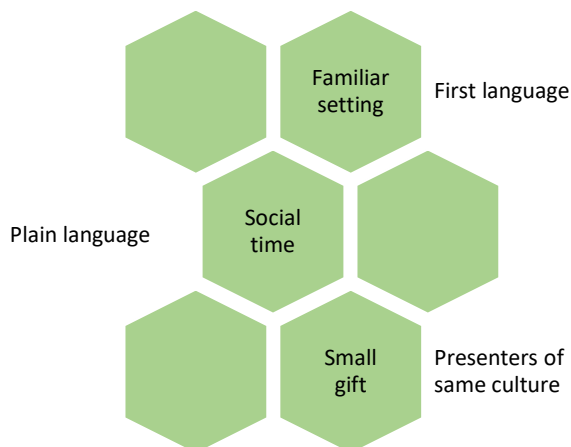
15 studies conducted in the United States

14 studies for African, Caribbean or Latin people

No studies focused solely on women

50% to 90% of study participants were women

Strategy cultural tailoring



Conclusions

- This review identified few studies and none focused on women
- Culturally-tailored community-based education can increase knowledge about dementia
- More research is needed to assess if similar education would encourage diverse women to prevent dementia or seek help for dementia
- Health care professionals can use these findings to develop public health programs

Methods

We searched for studies that promoted dementia risk reduction to ethno-culturally diverse women published up to April 2023 in a prior review and 9 databases. From those studies, we collected information on **strategy design, cultural tailoring and impact.**

Strategy design

Format included lectures, along with discussion, role-playing, videos and take-home information

Delivery was in-person group sessions by researchers, clinicians and lay health leaders

Timing ranged from 25 min to 4 hours / single or many times / over 3 weeks to 16 months

Strategy impact



Before sessions

- Participants knew little about dementia
- They thought dementia was a normal part of aging



After sessions

- Knowledge about dementia increased
- Concern about poor quality of life decreased



Satisfaction

- Participants were very satisfied with sessions
- They liked in-person learning over Internet, radio or TV

More information

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