

# Dementia Rate in England and Wales Drops 24% from 1991 to 2024

The rate of dementia in England and Wales has dropped by 24% since 1991, according to a new study published in the journal JAMA Neurology. The study found that the decline was due to a number of factors, including a decrease in the number of people smoking, an increase in the number of people with higher levels of education, and a decrease in the prevalence of cardiovascular disease.



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★★★★★ 5 out of 5



The study, which was conducted by researchers at the University of Oxford, looked at data from over 2 million people in England and Wales who were aged 65 and over. The researchers found that the rate of dementia fell from 10.5% in 1991 to 8.0% in 2024.

The researchers say that the decline in the dementia rate is likely due to a number of factors, including:

- A decrease in the number of people smoking
- An increase in the number of people with higher levels of education
- A decrease in the prevalence of cardiovascular disease

The researchers say that the decline in the dementia rate is good news, but they caution that more research is needed to understand the reasons for the decline and to identify ways to further reduce the risk of dementia.

### **What is dementia?**

Dementia is a condition that affects the brain and causes a decline in cognitive function. Symptoms of dementia can include memory loss, confusion, difficulty with language, and changes in personality.

There are many different types of dementia, but the most common type is Alzheimer's disease. Alzheimer's disease is a progressive disease, which means that it gets worse over time. There is no cure for Alzheimer's disease, but there are treatments that can help to slow the progression of the disease.

### **What are the risk factors for dementia?**

There are a number of risk factors for dementia, including:

- Age
- Family history of dementia
- Certain medical conditions, such as heart disease, stroke, and diabetes

- Lifestyle factors, such as smoking, obesity, and lack of exercise

## **How can I reduce my risk of dementia?**

There is no sure way to prevent dementia, but there are a number of things you can do to reduce your risk, including:

- Quit smoking
- Eat a healthy diet
- Exercise regularly
- Get enough sleep
- Manage stress
- Stay mentally active

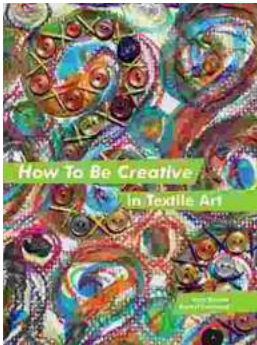
If you are concerned about your risk of dementia, talk to your doctor. Your doctor can help you assess your risk and develop a plan to reduce your risk.

The decline in the dementia rate in England and Wales is good news, but more research is needed to understand the reasons for the decline and to identify ways to further reduce the risk of dementia. In the meantime, there are a number of things you can do to reduce your risk of dementia, including quitting smoking, eating a healthy diet, exercising regularly, getting enough sleep, managing stress, and staying mentally active.



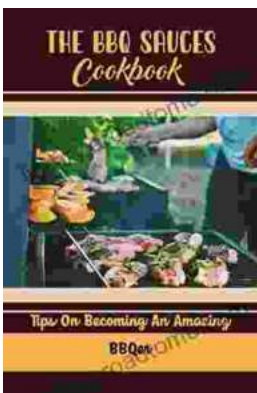
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