Culture and Dementia
From Diversity to Partnership

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Culture

The ideas, customs, skills, arts, etc. of a given people in a given period
Population Ageing

World Population --- 6.1 billion

- 80% live in developing countries
- Average life expectancy in developing countries: 41 years in 1950 → 62 in 1990 → 70 in 2020
- By 2020, no. of people aged 60 or above > 1000 million, 70% in developing countries
Europe --- 20% ≥ 60 years
25% by 2020
oldest region in the world
By 2020 --- Japan is “oldest country”, 31% ≥ 60 years
23% in N America
17% in East Asia
12% in Latin America
10% in S Asia
<table>
<thead>
<tr>
<th>Age Group</th>
<th>Nigeria</th>
<th>New Zealand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 15</td>
<td>44%</td>
<td>22.5%</td>
</tr>
<tr>
<td>65+</td>
<td>3%</td>
<td>11%</td>
</tr>
<tr>
<td>Life expectancy</td>
<td>52</td>
<td>77.8</td>
</tr>
</tbody>
</table>

Year 2000
Dementia – a Worldwide problem

In 2000, 18 millions have dementia.
In 2025, an estimated 34 millions, with over two-thirds in developing countries
Epidemiology

Jorm et al (1987) --- prevalence rate doubled every 5 years from age 60 onwards

Alzheimer’s Disease > Vascular Dementia in western countries

VaD>AD in Japan, China, Russia
Incidence of dementia

Jorm & Jolley 1998 – meta-analysis of 23 studies

- East Asian countries, lower incidence of dementia and AD than Europe
Developed versus Developing countries

10/66 Dementia Research Group, Prince, 2000 – trend for dementia prevalence in developing countries lower than those in EURODEMM

e.g. Studies in Nigeria (Hendrie et al, 1995) and India (Chandra et al, 1998) showed very low rates of dementia
Dementia in Nigeria

Hendrie et al, 1995, Ogunniyi et al, 2000

- Survey of 2 communities (Ibadan and Indianapolis) with the same research method
- Age-adjusted prevalence of dementia and AD, significantly lower in Nigeria Africans than African Americans
  AD > VaD
Hendrie et al, 2001

- FU after 2 years and 5 years
- Age-standardized annual incidence rates of dementia significantly lower among Nigeria Africans (1.35%) than among African Americans (3.24%) as well as for AD
No association between AD and ApoE4 in the Nigerians

Marginal association between AD and ApoE4 in African Americans

Lower cholesterol and other vascular risk factors in Nigerians

Environmental factors
Native Americans

- AD is rare in Cree elderly living on reserves in Manitoba (0.5%), versus 3.5% in Whites

(Hendrie et al, 1993)
China (Chiu & Zhang, 2000)

- VaD more prevalent in Northern regions
- AD more in Southern regions
- Reasons
  - stroke more common in the north
  - diet
  - other life style factors
Japan

Homma & Hasegawa, 2000
37 community surveys on dementia
Before 1990 VaD > AD
Over 70% of surveys done after 1990 showed that AD>VaD
Trend of ↑ in AD
Differences in prevalence rates of dementia across countries

- Definition of race and ethnicity
- Methodological issues
- Prevalence bias
- Genetic differences
- Environmental effects
Methodological issues

- Problems in assessment tools and procedures; educational level; linguistic issues; test-taking behavior etc.
- Diagnostic criteria, in particular diagnosis of Vascular dementia
- Other methodological problems
Prevalence Bias

High mortality rate in developing countries (e.g. Katzman et al, 1994)
Genetic Factors

APOE ε4

- Lower APOE ε4 =>

  ? Lower prevalence of AD in Chinese

- Lack of association in sub-Saharan Africa
Environmental Factors

- Diet
- Vascular disease and risk factors
- Infectious agents
- Chemical neurotoxin
- Lifestyle and behaviour
- Others
Culture and Dementia Care

- Value system
- Role of elderly in society
- Attitudes towards ageing and dementia
- Utilization of services
- Provision of care
- Carer stress
Value system and Ageing

The issue of independence

- In USA, emphasis on independence and individualism
- In China, dependency, reciprocity and obligation
- Chinese culture may provide an easier transition to a dependent role in old age
India

1 billion people
4% of population aged 65+
Life expectancy at birth 61 years
A country with huge diversity
1,652 dialects
Indian Tradition

- The Hindu culture prepares for old age with the disengagement theory.
- Give up one’s authority over family and property and devote to self-realization.
- Indian social norms – care of elderly by family.
- Now states of elderly and traditional care undermined.
India

Patel & Prince, 2001

- Dementia regarded as normal part of ageing not requiring medical care
- Primary health physicians rarely saw patients with dementia
- Family care less reliable than before
Japan

126 million
17% of population aged 65+
Life expectancy at birth 81
Japan

- Elderly people prefer to be looked after by relatives
- Eldest son providing care
- Reluctance to use public service
- Carers’ concern for others’ opinions => ↓ utilization of public service (Arai et al, 2000)
China

1.26 billion people
7% of population aged 65+
Life expectancy 71
Ancient history
Huge diversity
China

- Poor awareness of dementia
- Dementia sufferers frequently not receiving service
- Stigma of mental illness and dementia
- Tradition of family care and filial piety
- Low rate of admission to residential services
Hong Kong China

6.8 million people
10.5% of population aged 65+
Life expectancy 80
British colony for over 100 years
Returned to Chinese rule in 1997
Hong Kong

- ↓ in filial piety and respect for elderly
- trend of nuclear family
- crowded living area
  ⇒ high rate of admission to residential facilities
- high level of carer stress

Chung, 2000 –
Preference to use external events to explain occurrence of dementia
Caregiving Experience

Janevic et al, 2001

- 21 studies
- White caregivers more likely to be spouses
- White caregivers tend to report greater depression than African American caregivers
- Findings in other groups more mixed
Dementia Care – A Global Challenge

- Particularly in developing countries
- Rapidly rising elderly population
- Breakdown of traditional family support
- Lack of awareness
- Lack of services
- Large rural areas
- Low priority by government
Culture and Dementia -- Partnership

- Dementia assessment – harmonization
- Collaborative Research – clues to risk factors
  10/66 Dementia Research Group
- Training
- Dementia Care
- ADI
Courtesy : Helen Chiu