



60 Years

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Atoms for Peace and Development

Importance of Nutrition in the Prevention and Management of Dementia

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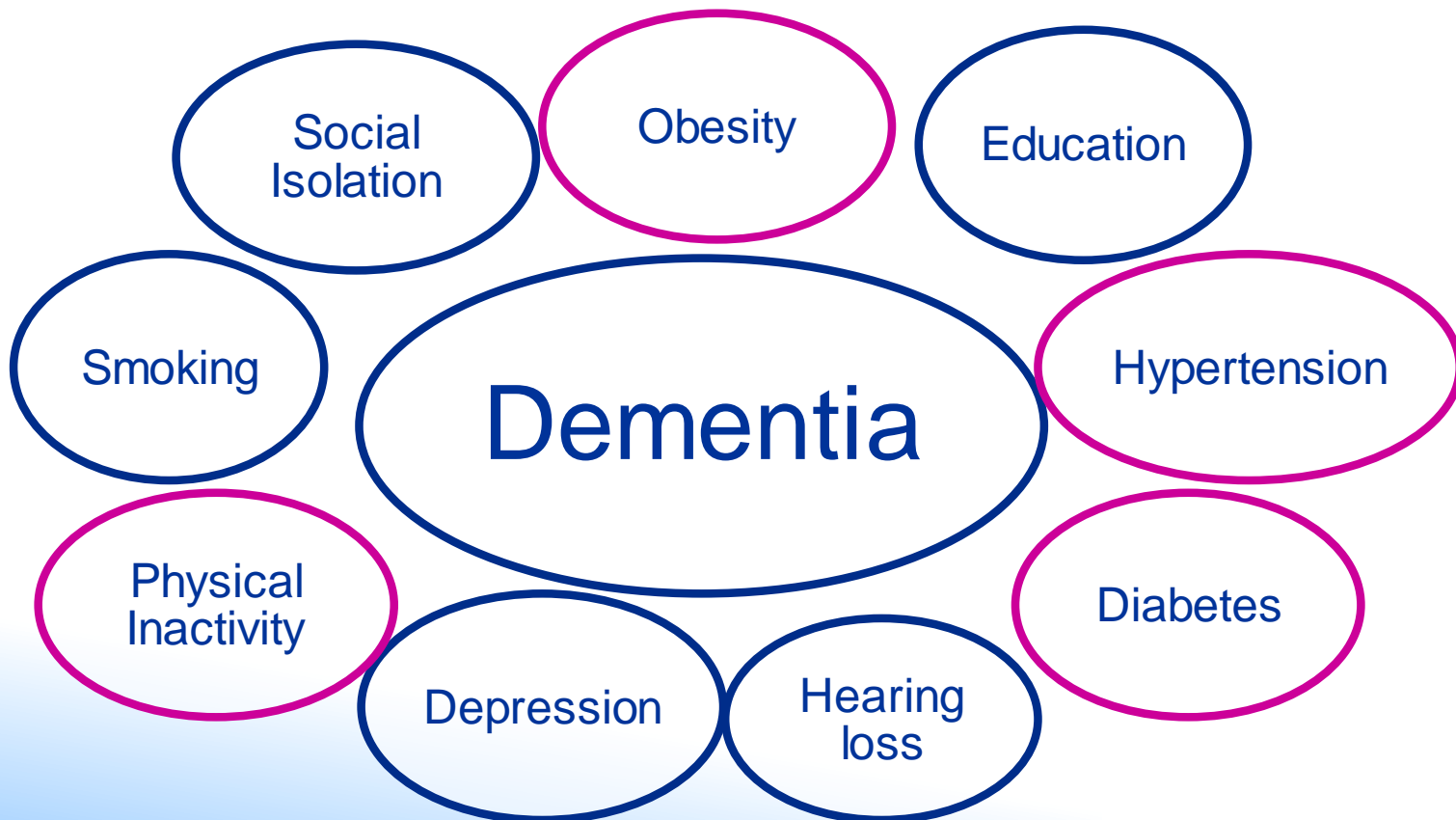


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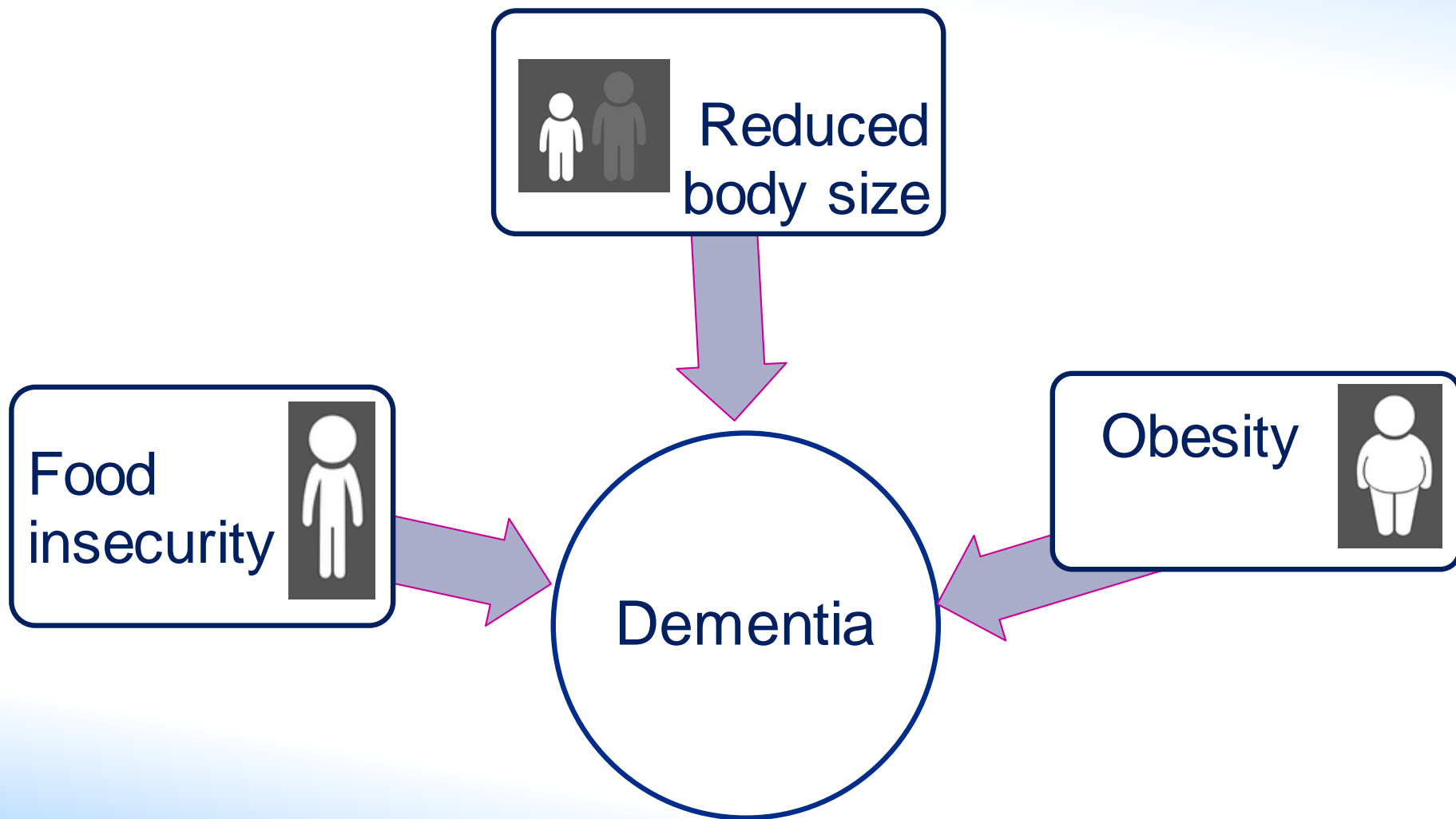
**Human
Health
Programme**

Risk factors for Dementia

- Lifelong disease process resulting from multiple risk factors
- 35% attributable to 9 modifiable risk factors



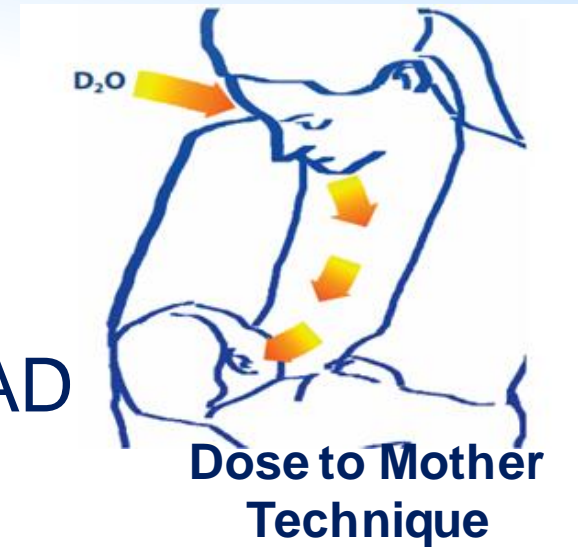
Early life Prevention Risk Factors



Early life Prevention - Nutrition

- Breastfeeding

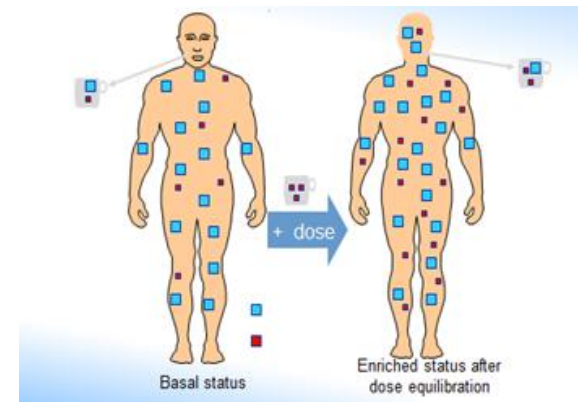
- ↓ obesity/↓stunting
- ↑ cognitive outcomes
- mothers who breastfeed have ↓AD



- Infant and young child interventions

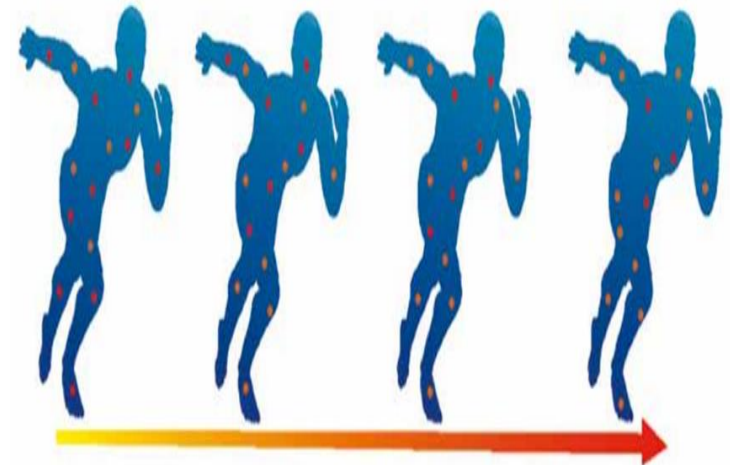
- ↓stunting
- ↓ obesity

**Body
Composition
by Deuterium
Dilution**



Early life Prevention – Physical Activity

- regular engagement in childhood activity
 - structural brain changes → ↑ cognitive development → ↑ cognitive reserve
 - ↑ adult physical activity



**Doubly labelled water to assess
total energy expenditure**

Midlife-Late Prevention

- Obesity in mid-life increases the risks of cognitive conditions by 60%
- ↑ Polyunsaturated fats - Omega-3 and 6

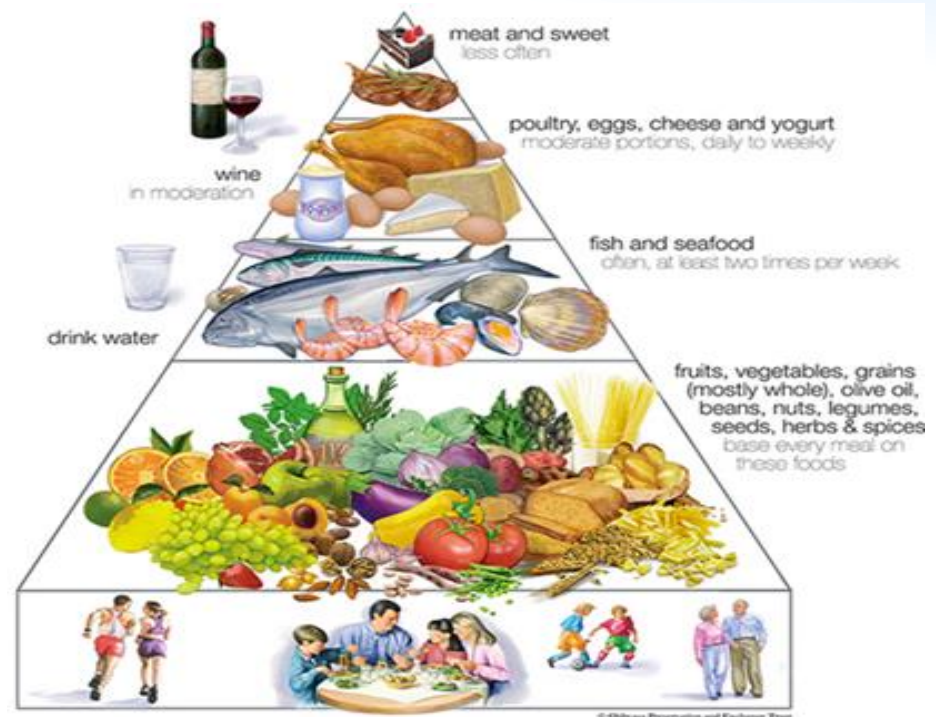


- ↑ Antioxidants - Vitamin B, C, E



Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND)

- ✓ vegetables
- ✓ nuts
- ✓ berries
- ✓ beans and lentils
- ✓ wholegrains
- ✓ seafood
- ✓ poultry
- ✓ olive oil
- ✓ wine



30% to 35% lower risk of cognitive impairment during aging

Midlife-Late life Prevention

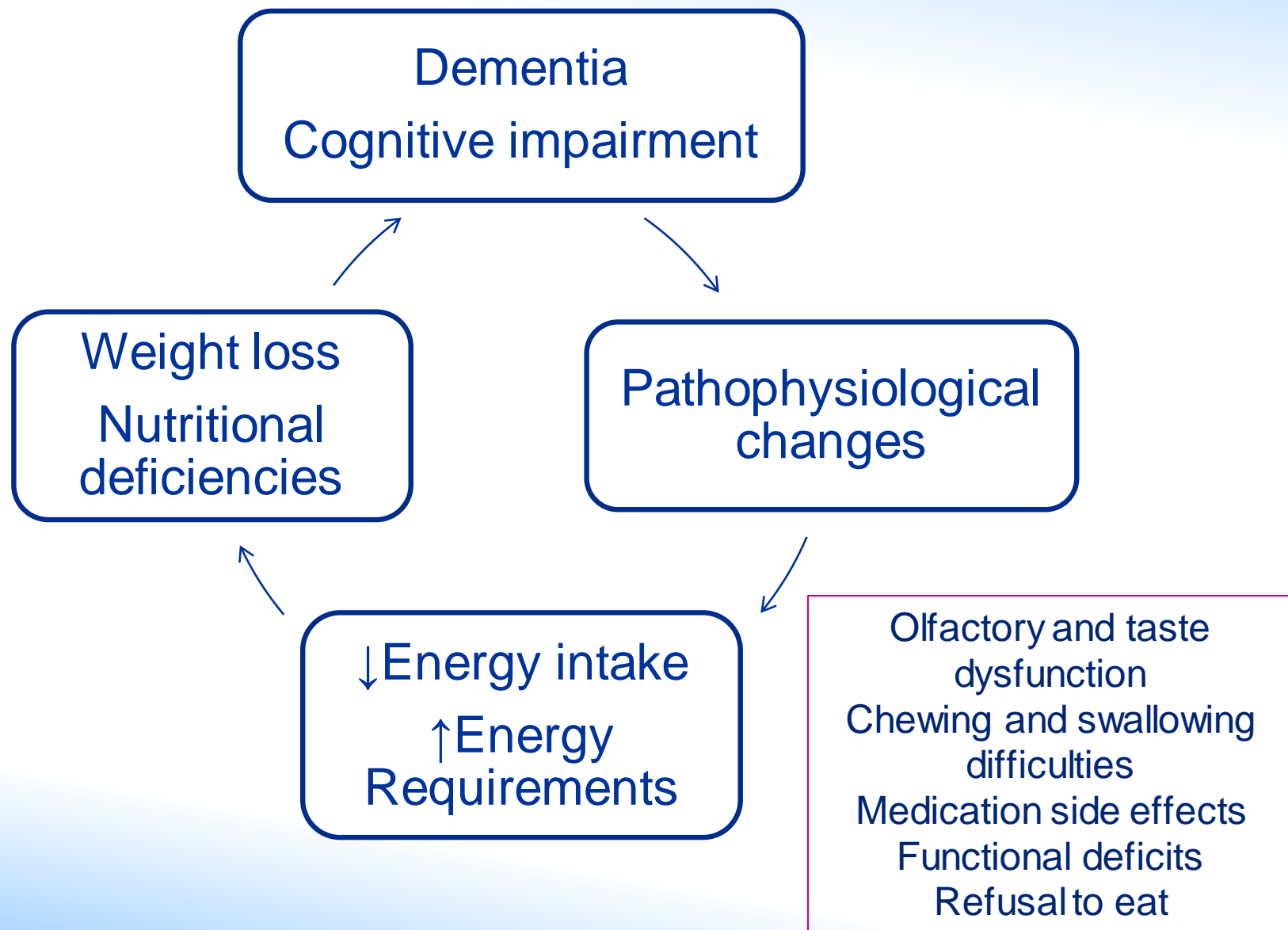


Midlife-Late life Prevention

- 45 minutes of intensive exercise 3/week
 - any exercise leaving you breathless
 - both aerobic and resistance-type training
- Tai Chi and Yoga
 - significantly increases brain volume and cognitive ability

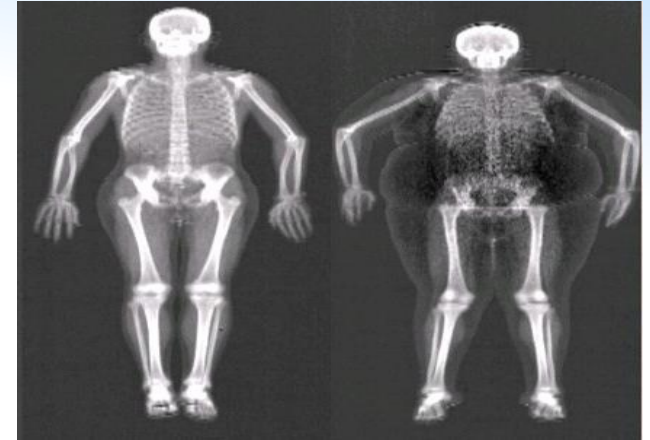


Malnutrition and Dementia



Nutrition care in Dementia

- Screen and closely monitor body composition



- Encourage positive eating environment
- Avoid dietary restrictions
- Use oral nutrition support



Management – Physical Activity

- Physically active patients → ↓mortality
- Physical Options
 - Carer-delivered home based program
 - Resident care group activity
 - Multi-sensory exercise, which includes exercise with imagery, cognitive activities and music





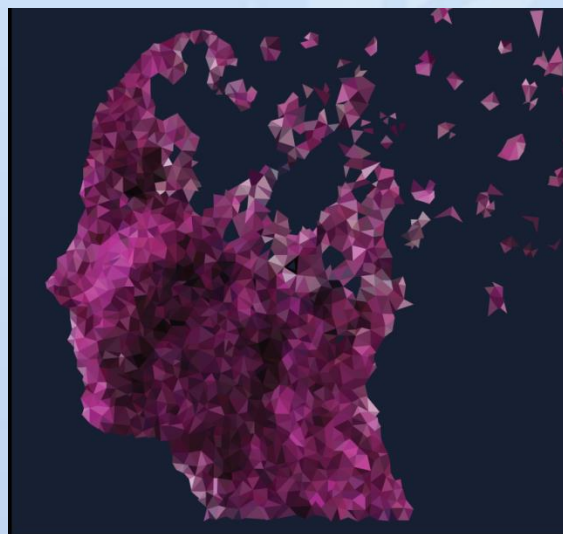
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Nutrition

**Prevention
through
life**



**Management
through
progression**

Thank you!

<https://www.iaea.org/topics/nutrition>