SURVEY AIMS:

MAIN AIM
dementia related research
facilitators
must have a research study and communities, this ethnic group are South Asian communities being the expected to increase by two

In the UK, the number of people with dementia is estimated at 850,000, it is suggested that the number is expected to increase by two-fold by 2026, with South Asian communities being the steepest increase.

Despite having higher dementia rates amongst the South Asian communities, this ethnic group are under-represented in dementia research study and not being targeted. Therefore, researchers must have a better understanding and consider the barriers and facilitators that influence their interests in participating diet and dementia related research.

MAIN AIM
To facilitate a roundtable discussion which can be used to address the following aims:

SURVEY AIMS:

Evaluate relationship between diet and dementia
Understand the barriers and facilitators for participating in research

Target population: South Asians residing in Newcastle Upon Tyne
Sample size: 28 participants joined the roundtable discussion

BACKGROUND
Dementia is a disease that affects one’s memory, problem-solving skills, speech, and more, impacting one’s ability to perform daily activities.

According to the Lancet Commission, there are 12 modifiable risk factors that could help prevent or delay the development of dementia. Modifiable risk factors like hypertension, diabetes, obesity, and excessive alcohol intake are all linked to diet.

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METHODS

Review of literature

• Main aims were:
  • To evaluate priorities for the South Asian community
  • To investigate the barriers and facilitators for research participation

Item Development

• An optional questionnaire was developed to collect personal information.

Piloting with PPI group

• Participants were separated into groups for the roundtable discussion

Data analysis

• 20 participants completed the questionnaire
  • Discussions were gathered from the 5 groups of people from the roundtable discussion
  • These data were then analysed qualitatively and quantitatively

Dissemination approach

• Data is presented in the ‘mindmap’ format to the public

RESULTS

General characteristics of the participants
Most individuals were aged in between 45- to 55-year-old. 12 participants were female, and 3 participants were male. 66% of the participants have a full-time job (n=10; 66%), 4 participants were unemployed (n=4; 26.67%), and 1 was retired (n=1; 6.67%).

Results from barriers of research participation
There were 10 barriers mentioned. However, barriers that were most mentioned were time (100%), costs (100%), advertisement (100%), and language barrier (80%).

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<thead>
<tr>
<th>Barriers</th>
<th>Definition</th>
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<tr>
<td>Time</td>
<td>Individuals may be working on a full-time job and have strict working routine. They may have insufficient time to travel to research centre and prepare healthy meals,</td>
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<tr>
<td>Cost</td>
<td>Individuals stated that cooking healthy meals will require a lot of ingredients and some ingredients can be expensive,</td>
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<tr>
<td>Advertisement</td>
<td>Individuals expressed that advertisement could increase public interest and involvement. If events were not being advertised, participants would not know or heard about about events,</td>
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<tr>
<td>Language barrier</td>
<td>Participants identified that advertimment that are in a different language instead of their mother tongue can be difficult to understand, particularly for the first-generation migrants.</td>
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Results from facilitators of research participation
There were 9 facilitators suggested. The key facilitators discussed were advertisement (100%), knowledge on research (100%), activities (80%), and education (60%).

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<tr>
<th>Facilitators</th>
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<tr>
<td>Advertisement</td>
<td>• Organise activities like charity events, picnics, educational lessons</td>
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<tr>
<td>Knowledge on research</td>
<td>• Share information around findings and results to participants</td>
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<tr>
<td>Activities</td>
<td>• Educate on portion size and recipe awareness</td>
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<td>Education</td>
<td>• Interactive and engaging</td>
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<td></td>
<td>• Can be advertised via social media</td>
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Limitations and strength
There was a small number of participants who attended the event; therefore, it is not generalizable to all South Asian immigrants in the UK. This study gathered most of the data from females, and we were unable to compare gender differences. Main strength is that the engagement event was taken place within the local community facility, where most South Asians lived in.

References