AGE-REALTED DEMENTIA IN KAZAKHSTAN: ADAPTATION OF THE 10/66 DEMENTIA RESEARCH GROUP POPULATION-BASED STUDY PROTOCOL

A. Kaiyrlykyzy*, Sh. Adambekov, D. Alimbetov, Sh. Askarova

Center for Life Sciences, Nazarbayev University, Astana, Kazakhstan; aiym.kaiyrlykyzy@nu.edu.kz

Background. The prevalence of dementia is increasing worldwide as the population ages and affects 10 % of the population over 65 years old and 40 % of people over the age of 80.[1] In Kazakhstan, as well as in other countries around the world, the population of aged people has been increasing over the past decades. According to available statistics, by the end of 2013, the percentage of people aged 65 and older in Kazakhstan was 6.7% [2]. Given the fact that Kazakhstan's current population is about 17,221 million people [2], and based on data from the global statistics, it can be assumed that at least 115,000 elderly people could be suffering from age-related dementia. Nevertheless, such pathology is currently may not being diagnosed in Kazakhstan; consequently giving no accurate statistical data on the number of people suffering from this age-related pathology. Thus, the aim of this study is to estimate true prevalence of dementia and assess the risk factors associated with the disease.

Methods/design. Cross-sectional comprehensive one phase surveys will be conducted in Astana on randomly selected sample residents over the age of 65 and over with a sample size of 700. The study will use cross-culturally validated assessments (dementia diagnosis and subtypes, mental disorders, physical health, anthropometry, demographics, non-communicable disease risk factors questionnaires, disability/functioning, health service utilization, care arrangements and caregiver strain) developed by 10/66-dementia research group in the UK.[3] Data will be collected onto papers, entered by EpiData software, and extracted into statistical program for further analysis.

Discussion. Dementia is one of many health conditions in the developing world characterized by lack of awareness, stigma, limited help seeking, and few services. Our study will help to create an evidence base to empower advocacy, raise awareness about dementia, to estimate societal cost of dementia, as well as validate diagnostic procedure in Kazakhstan. Population-based studies on dementia have been successfully conducted in many low and middle-income countries using 10/66-dementia research protocol and revealed more relativity in establishing true population burden of the dementia syndrome. [3] Thus, adaptation of suggested protocol will be useful in estimating true prevalence of dementia in the country.

References.

1. Cohen, J.E., *Human Population: The Next Half Century*. Science, 2003. 302(5648): p. 1172-1175.

2. Смайлов, А., Предварительные *данные за 2013 год*. Статистический сборник 2014(Казак,стан Республикасы Статистика агентпп): p. 261.

3. Prince, M., et al., *The protocols for the 10/66 dementia research group population-based research programme*. BMC Public Health, 2007. 7(1): p. 165.