

# New survey: half of Quebecers are aware that their lifestyle has an impact on their risk of developing Alzheimer's disease, but few know which habits to adopt

Montreal, January 4, 2023: In keeping with this Alzheimer's Awareness Month, a recent Léger survey commissioned by [Lucilab](#)\* shows that half (52%) of Quebecers between the ages of 45 and 70 recognize that their lifestyle has an impact on their risk of developing Alzheimer's disease, and many of them (49%) intend to take action soon on this area of their lives. However, only one third of them (33%) know concretely which habits to act on. These results highlight a significant need for raising awareness and educating the population about the risk and protective factors for the brain. Given that the incidence of major neurocognitive disorders (MND) will increase by 145%, affecting 360,000 people in Quebec, by 2050,<sup>1</sup> and in the absence of a cure, prevention remains the most promising path forward.

## A critical need for raising awareness and offering support

Recent scientific data show that up to 40% of cases of Alzheimer's disease and other forms of MND can be attributed to modifiable risk factors,<sup>2</sup> most of which are related to lifestyle. As Dr. Isabelle Lussier, a cognitive neuroscience expert and the Research and Intervention Director at Lucilab, explains: ***"We can improve our odds for maintaining the health of our brain as we age. Doing a variety of intellectually stimulating activities, being physically active and eating well are three examples of what we can do to take preventive action."***

Despite the protective potential that adopting healthy lifestyle habits can have on the brain, a large proportion of adults and seniors in Quebec do not meet health recommendations. For example, only 37% of adults aged 45 to 64 are considered "active" in terms of transportation and physical activity,<sup>1</sup> and more than 80% of people aged 51 and older do not regularly consume the minimum number of fruit and vegetable servings recommended for their age group.<sup>2</sup>

*"The survey results are encouraging, in that half of Quebecers seem motivated to improve their lifestyle habits to reduce their risk. Yet, with only one third of respondents knowing what to do in concrete terms, achieving sustainable behaviour change may be more difficult if people are not better supported in their efforts,"* says Connie Ann Ramos, a registered dietician and the Intervention Program Manager at Lucilab.

For Lucilab, this is a reminder of the relevance of working to ensure public awareness when it comes to risk and protective factors for the brain, as well as the need to put in place solutions and tools to encourage the adoption of healthy lifestyle habits. In this regard, more than half (56%) of survey respondents expressed interest in taking part in a personalized support program that could help them improve their lifestyle habits to reduce their risk of developing Alzheimer's disease.

## A preventive program developed in Quebec

Lucilab, a Quebec organization with a societal mission, and its Luci intervention program, are one of the solutions available. Based on science and accessible through a web app, Luci offers access to an extensive library of educational articles and practical information sheets. It also invites adults aged 45 to 70 to take stock of their current habits by completing a health questionnaire and to receive free support from advisors in adopting habits that support cognitive health. The areas of physical activity, healthy eating and intellectual stimulation in particular are discussed.

This preventive approach is already generating interest. In 2022, as Lucilab was conducting a scientific validation study alongside its program that is available to the general public, the platform attracted more than 13,000 users, enabled more than 4,500 meetings between participants and advisers and led to the creation of more than 2,800 personalized goals. This year, the Lucilab team will be building partnerships to make the Luci program even more accessible to the province's adults and seniors, in the hopes of helping to reduce the risks of Alzheimer's disease.

*\* The survey was done in December 2022 by Léger with 1,521 Canadians. The maximum margin of error for a sample this size is  $\pm 2.51\%$ , 19 times out of 20.*

## References

- 1- Alzheimer Society of Canada (2022). *The Landmark Study Report #1: Navigating the Path Forward for Dementia in Canada*.
- 2- Livingston et al. (2020). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *The Lancet*. Aug. 2020, 8:396(10248):413–46.
- 3- Camirand, H el ene, Issouf Traor e, and Jimmy Baulne (2016). L'Enqu ete qu eb ecoise sur la sant e de la population, 2014-2015: pour en savoir plus sur la sant e des Qu eb ecois. R esultats de la deuxi eme  dition [Results from the second Qu ebec Population Health Survey 2014–2015]. Institut de la statistique du Qu ebec. 208 p.
- 4- Plante, C, Blanchet, C, and Rochette, L. (2019). La consommation des aliments chez les Qu eb ecois selon les recommandations du Guide alimentaire canadien [Food consumption among Quebecers based on the recommendations of Canada's Food Guide]. Collection : Regard sur l'alimentation des Qu eb ecois. Num ero 3. Institut national de sant e publique du Qu ebec. 35 p.

## ABOUT LUCILAB

Supported by a scientific committee made up of six experienced researchers, Lucilab is putting science into practice with the Luci online program. Through its web app, Luci offers free support to people between the ages of 45 and 70 to help them adopt lifestyle habits that promote brain health. The program focuses on three areas: healthy eating, physical activity and intellectual stimulation. Using behaviour change theory, it allows participants to identify their motivations and barriers to change and come up with personalized goals to help reduce their risk of cognitive decline.

- **For more information**, visit [lucilab.ca](https://lucilab.ca)
- **To request an interview**, please contact Karine Casault at [kc@nacelles.co](mailto:kc@nacelles.co) or (514) 924-3391