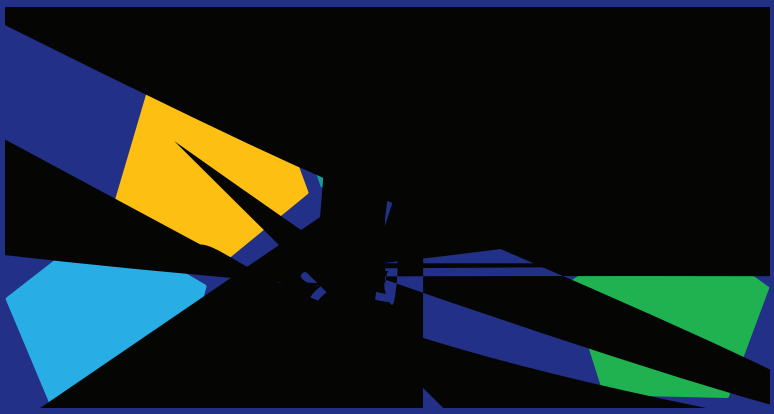

Dementia within minority ethnic communities

What we know

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25,000

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50,000

Dementia within minority ethnic communities

What we can do

Risk factors for minority ethnic communities

Risk factors

cannot

can

Risk factors for minority ethnic communities

Risk factors

Ways to reduce our risk:

Our traditional food and our community

Fun facts

Healthy eating for brain health

Our culture and brain health

Activities

Storytelling around the fire

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What are some of the benefits for brain health?

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Our culture and brain health

Activities

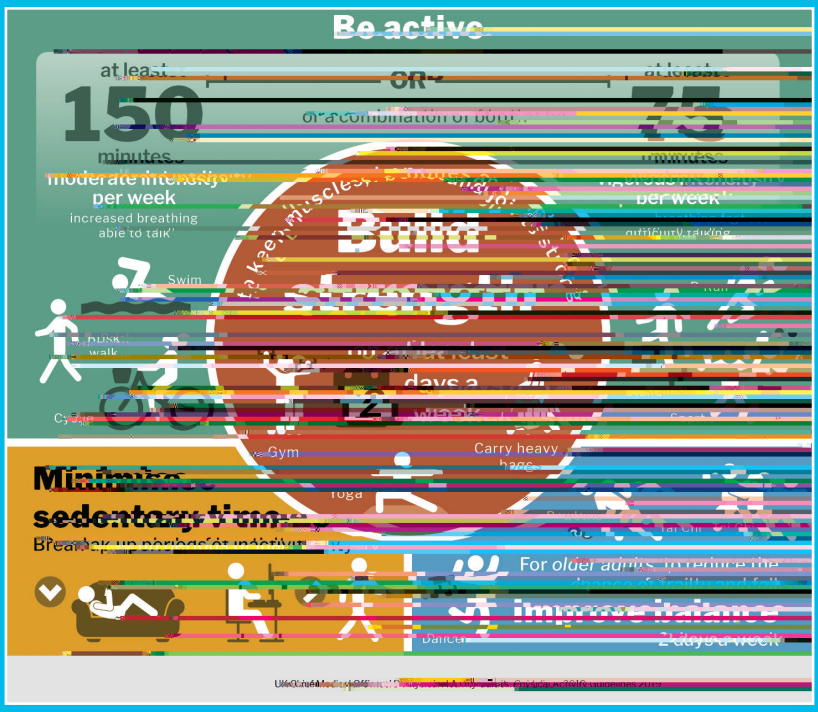
Our culture and brain health

Activities

Music, movement and mind – keeping active

What kind of dances can I do?

What can I do to keep active?



Our culture and brain health

Activities

Creating with our hands - expression through art

What are some of the benefits for brain health?

What types of art can I do?

Our culture and brain health

Activities

Stimulating the brain – keeping our brain active and young

How do we keep our brains active and healthy?

References

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www.alzheimers.org.uk/for-researchers/black-asian-and-minority-ethnic-communities-and-dementia-research