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# **Healthy Minds for Future Generations: Promoting Dementia Risk Reduction Evaluation Summary Report**

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## **Contents:**

Introduction	3
Overview of presentations	3
Parallel Sessions	4
Attendance Numbers and Organisations / Sectors	5
Mentimeter	5
Evaluation Form	5
Further information	7

## **Introduction**

Public Health Network Cymru is required to organise three seminars and one conference annually. Our Network Members determined the theme of these events after we asked them to participate in a Facebook poll to vote on their preferred topics. Dementia was one of the top three in the results of this poll. As a result, a seminar was organised by Public Health Network Cymru, which aimed to raise awareness and understanding of Dementia Risk Reduction and what we can all do in our everyday lives to contribute to this.

The seminar was Chaired by Daisy Cole, Director of Wellbeing and Empowerment at Older Peoples Commissioner for Wales and was held on 14 December 2017 at the All Nations Centre, Cardiff.

Daisy introduced herself, set the scene for the day and introduced our guest speakers.

## **Overview of Presentations**

Professor Peter Elwood OBE, a researcher at Cardiff University, delivered the first presentation. Peter's presentation was entitled 'Predictors of Dementia – Reducing the Risk'. The presentation focused on the work that he and the Division of Population Medicine at Cardiff University had undertaken on the Caerphilly Cohort Study. This covered a variety of predictive factors, and included mention of the Wellbeing of Future Generations (Wales) Act 2015 and the Older People's Commissioner for Wales. He affirmed that the correct lifestyle choice plays a vital role and is more effective than any pill could be.

Following this, Phill Chick, Assistant Director of the Mental Health Delivery Unit within Abertawe Bro Morgannwg University Health Board (ABMUHB), presented 'Making Dementia Risk Reduction a Priority for Wales'. Phill's presentation included risk reduction and why it should be a priority, for whom and what had been done to date. He iterated that the predominant advice for dementia prevention concerns lifestyle and described the role 'Change 4 Life', the 'Wellbeing of Future Generations Act (Wales) 2015' and the Public Health (Wales) Act 2017.

The final presentation was a brief overview of the 'In Your Shoes – We Get It' volunteers programme delivered by Sue Phelps, Director at Alzheimer's Society Wales with Nigel, a man living with dementia. Nigel provided delegates with a personal insight into his experiences of living with dementia and the stigma that surrounds it.

A short question and answer session followed to allow delegates to find out more information from the presenters.

Videos of the individual presentations are available on Public Health Network Cymru’s website <https://www.publichealthnetwork.cymru/en/get-involved/past-event/healthy-minds-for-future-generations-promoting-dementia-risk-reduction/>

### Parallel Sessions

Delegates were asked to choose their workshops for the afternoon session. They were able to choose two out of the three workshops that were on offer. Each session lasted 1 hour and was repeated to allow delegates the opportunity to attend two sessions. Sport Wales and Welsh Sports Association, Natural Resources Wales, National Museum Wales provided parallel sessions.

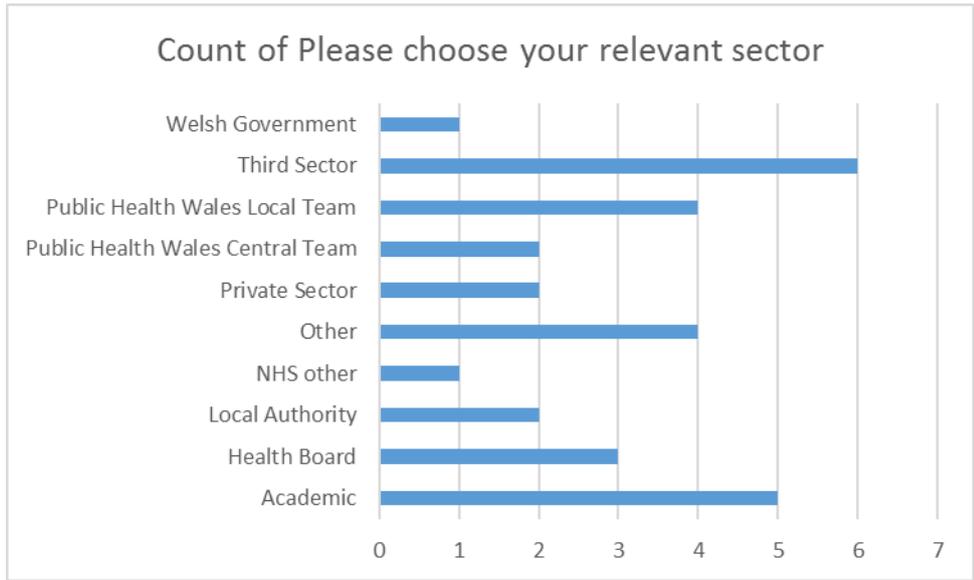
<p>Shana Thomas – Sport Wales &amp; Vicki Sutton – Welsh Sports Association</p> <p><b>Being Active Through Life – A tool to help reduce the risk of and help those with dementia</b></p>	<p>Sharon Ford - National Museum Wales</p> <p><b>Title not known at time of publication</b></p>	<p>Bronia Bendall – Natural Resources Wales</p> <p><b>The Role of Our Natural Resources</b></p>
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These presentations are also available on the Network’s website <https://www.publichealthnetwork.cymru/en/get-involved/past-event/healthy-minds-for-future-generations-promoting-dementia-risk-reduction/>

### Attendance Numbers and Organisations / Sectors

Invitations to the seminar were offered to all members of Public Health Network Cymru. It was also publicised in the Public Health Wales staff e-bulletin. In total 46 participants registered to attend (incl. speakers and administrative staff) and 37 delegates attended on the day.

Of those participants the majority were from the Third Sector, Public Health Wales and Academics. The category ‘other’ included Health and Wellbeing, Sports Sector, and Government body.



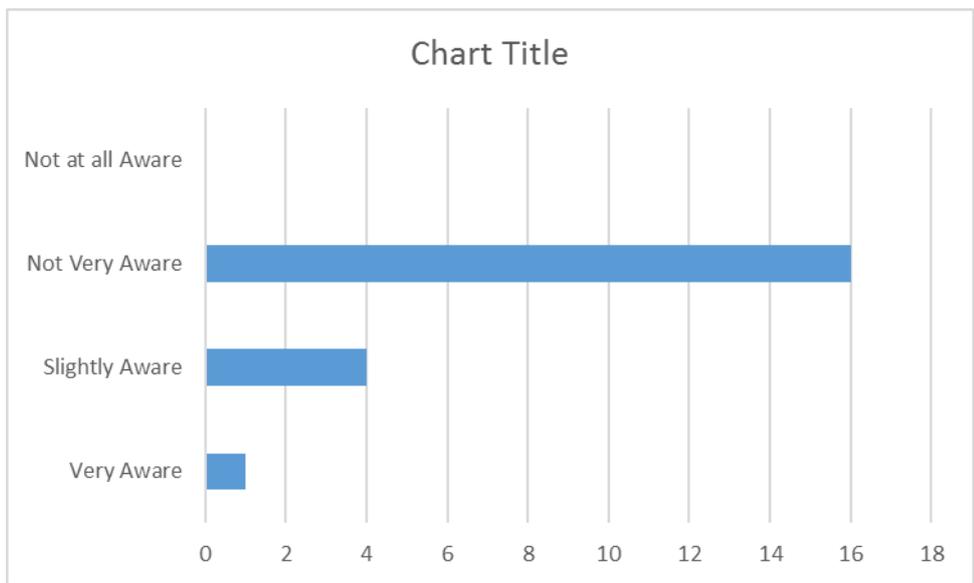
## Mentimeter

Mentimeter is an easy to use web based presentation tool. It is a secure platform that can be used with different sized audiences to make presentations more interactive.

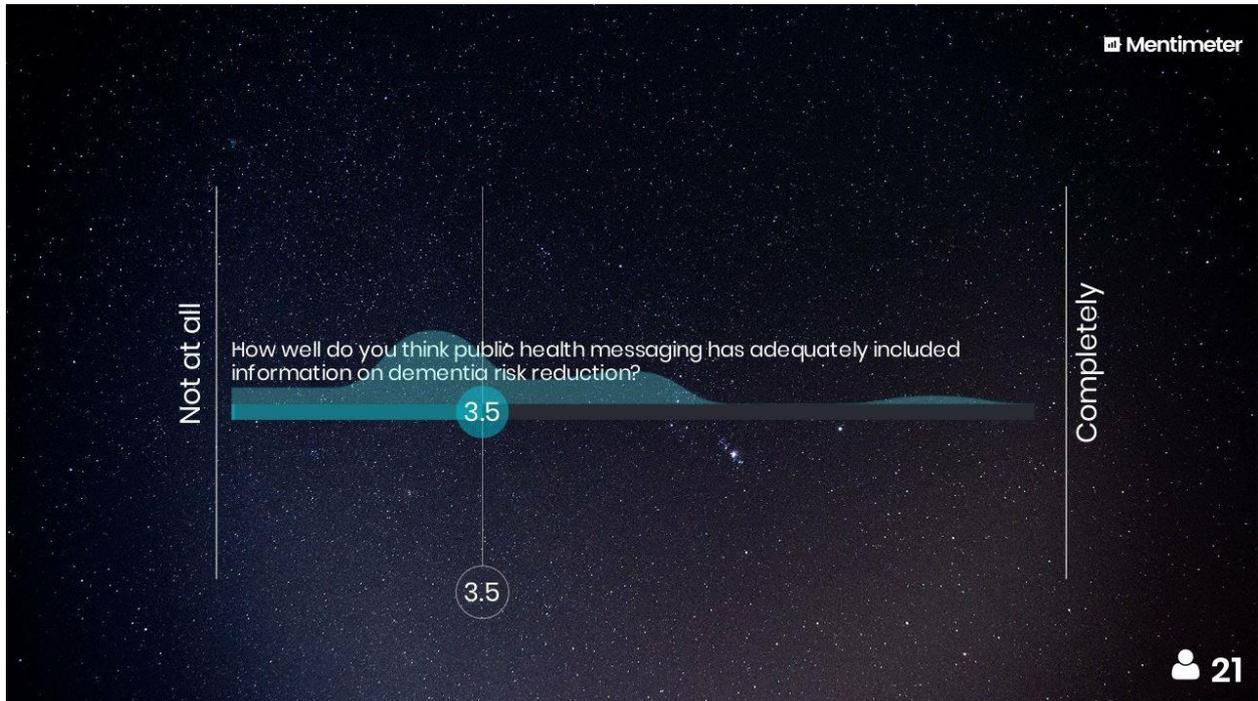
We took the opportunity to use Mentimeter to interact with delegates and find out how much they knew and understood about dementia.

21 of the 37 delegates participated in the online poll and the results are as follows:

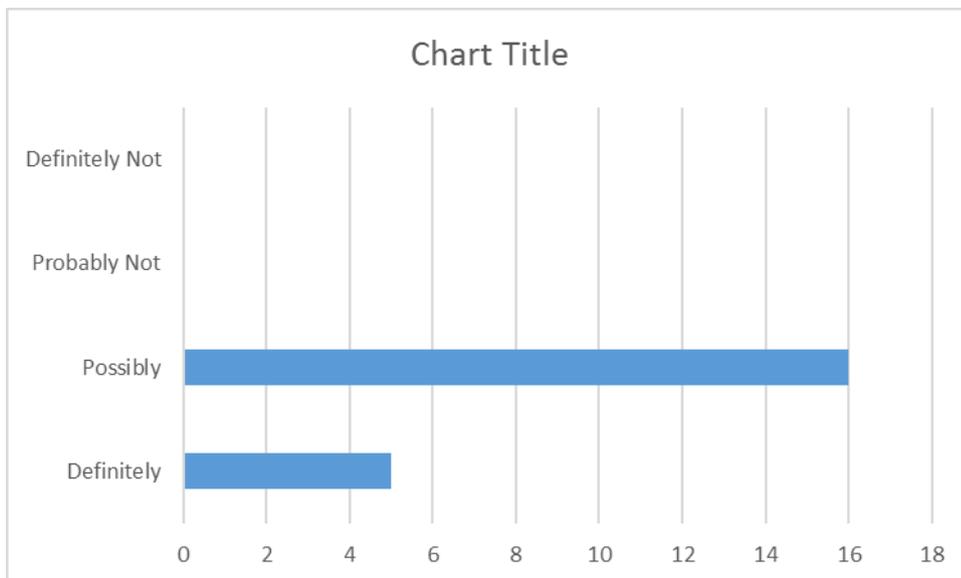
**How aware do you think the general public are that dementia is an umbrella term for a range of diseases of the brain?**



**How well do you think public health messaging has adequately included information on dementia risk reduction?**



**If the public was more aware of the potential impact, would this increase the adoption of more positive lifestyle changes?**



In one word, where do you think we need to improve the evidence base around dementia prevention and risk reduction?



## Evaluation Form

Participants were sent an electronic evaluation feedback form and were asked to complete and return it to the Network team. Unfortunately, only seven were returned. In light of the lack of feedback we are not in a position to meaningfully evaluate the feedback.

## Further information

All presentations are available on Public Health Network Cymru's website

<https://www.publichealthnetwork.cymru/en/get-involved/past-event/healthy-minds-for-future-generations-promoting-dementia-risk-reduction/>. If you have any questions relating to the event you can contact Public Health Network Cymru on the following contact details [publichealth.network@wales.nhs.uk](mailto:publichealth.network@wales.nhs.uk)

Farsight Creative attended on the day to film the seminar and videos are available providing a synopsis from the day. Professor Peter Elwood's presentation is also available as a podcast on the network website at: <https://www.publichealthnetwork.cymru/en/get-involved/sound-and-vision/phn-podcast-ep13-professor-peter-elwood-obe-on-predictors-of-dementia/>