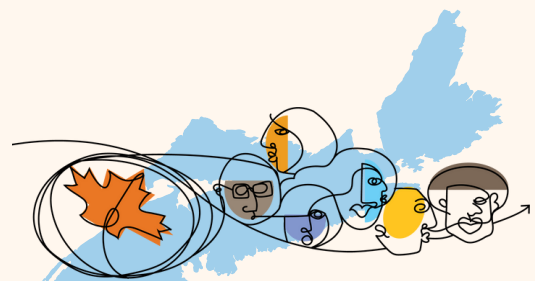


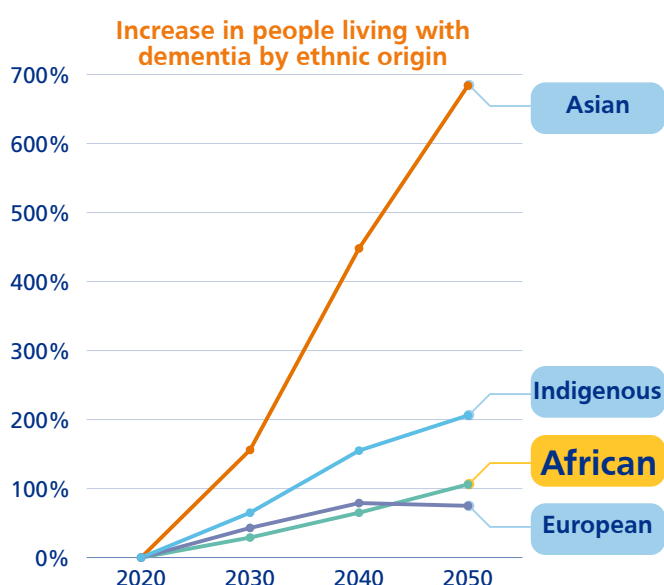
Dementia in Black Communities in Nova Scotia



Insights from the Alzheimer Society of Canada's report, *The Many Faces of Dementia in Canada*, projecting dementia rates 2020-2050

Black communities experience higher rates of dementia than the general population in Nova Scotia and across Canada. Systemic racism has contributed to this. As dementia rates increase, culturally safe and Black-led supports are vital.

By 2050, the number Nova Scotians of **African heritage** who will develop dementia is expected to **increase by 100%**. For the general NS population this rate is **87%**.



What does the research say?



DISPARITIES IN RISK FACTORS

Higher rates of diabetes, less physical activity, and more exposure to air pollution amongst Black populations may contribute to higher dementia risk.

GENETIC BIOMARKERS

Black populations may carry the APOE-4 gene at a higher rate than other populations. This gene is one risk factor for late onset Alzheimer's disease.



SOCIAL DETERMINANTS OF HEALTH

Racism causes stress that can negatively impact brain health. Systemic racism also impacts healthcare access and quality, creating barriers for Black people that can contribute to negative health outcomes.

African Nova Scotian care partners

provided more than **1900 hours** of unpaid care to family/friends living with dementia per week in 2020



and will provide **410%** more care hours by 2050.

The Alzheimer Society of Nova Scotia is here to support ALL Nova Scotians affected by dementia. We are committed to:

- building collaborative and respectful relationships
- working together to identify and develop culturally safe resources
- walking as community members and allies in the elimination of racism and discrimination from health care and across society

Data provided by Alzheimer Society of Canada
Learn more at alzheimer.ca/ns/landmark2

For support, contact our Dementia Helpline at 1-800-611-6345 or email alzheimer@asns.ca

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NOVA SCOTIA