

# BARRIERS AND FACILITATORS OF PARTICIPATING IN DIET AND DEMENTIA RESEARCH FOR SOUTH ASIANS LIVING IN THE UNITED KINGDOM

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## BACKGROUND

Dementia is a disease that **affects one's memory, problem-solving skills, speech**, and more, impacting one's ability to perform daily activities<sup>(1)</sup>.

According to **the Lancet Commission**, there are **12 modifiable risk factors** that could help **prevent or delay** the development of dementia<sup>(2)</sup>.

Modifiable risk factors like hypertension, diabetes, obesity, and excessive alcohol intake are all linked to **diet**.



In the UK, the number of people with dementia is estimated at **850,000**<sup>(3)</sup>. It is suggested that the number is expected to increase by two-fold by 2026, with South Asian communities being the **steepest increase**<sup>(3,4)</sup>.



Despite having higher dementia rates amongst the South Asian communities, this ethnic group are **under-represented** in dementia research study and **not being targeted**<sup>(5)</sup>. Therefore, researchers must have a **better understanding** and consider the **barriers and facilitators** that influence their interests in participating diet and dementia related research.

## MAIN AIM

To facilitate a roundtable discussion which can be used to address the following aims:

## SURVEY AIMS:

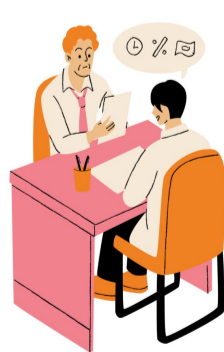


Evaluate **relationship** between diet and dementia



Understand the **barriers and facilitators** for participating in research

Establish how to support participants **recruitment and retention** in research study



Provide future **recommendations/directions** for research



**Target population:**  
South Asians residing in Newcastle Upon Tyne

**Sample size:**  
28 participants joined the roundtable discussion

## METHODS

### Review of literature

- Main aims were:
  - To evaluate priorities for the South Asian community
  - To investigate the barriers and facilitators for research participation

### Item Development

- An optional questionnaire was developed to collect personal information.
- Roundtable discussions were designed to focus on three topic areas, mainly priorities, barriers, and facilitators.

### Piloting with PPI group

- Participants were separated into groups for the roundtable discussion
- Roundtable discussions were facilitated by a facilitator and notetaker

### Data analysis

- 20 participants completed the questionnaire
- Discussions were gathered from the 5 groups of people from the roundtable discussion
- These data were then analysed qualitatively and quantitatively

### Dissemination approach

- Data is presented in the 'mindmap' format to the public

## RESULTS

### General characteristics of the participants

Most individuals were aged in between **45- to 55-year-old**. 12 participants were female, and 3 participants were male. 66% of the participants have a **full-time job** (n=10; 66%), 4 participants were **unemployed** (n=4; 26.67%), and 1 was **retired** (n=1; 6.67%).

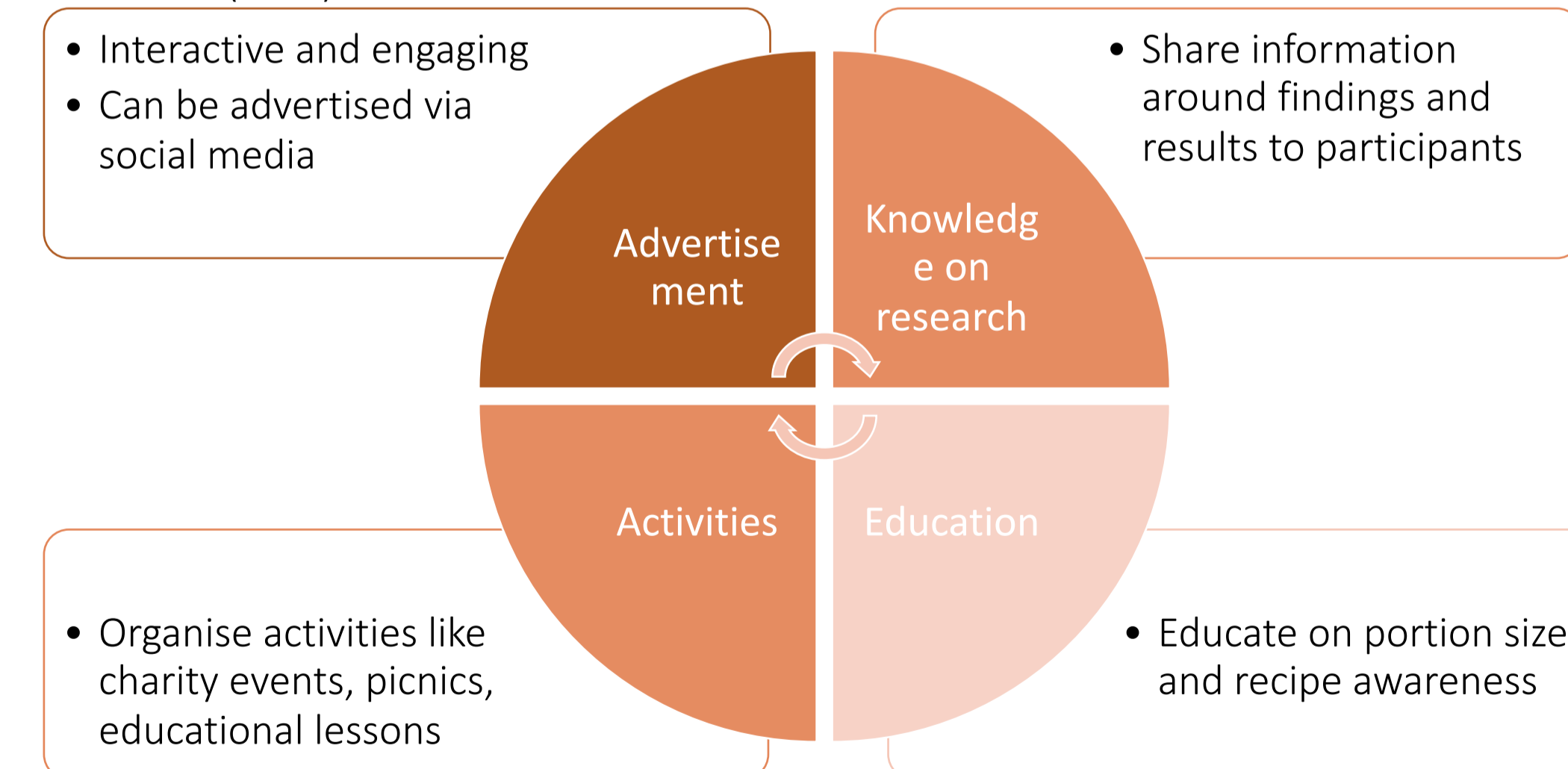
### Results from barriers of research participation

There were 10 barriers mentioned. However, barriers that were most mentioned were **time** (100%), **costs** (100%), **advertisement** (100%), and **language barrier** (80%).

Barriers	Definition
Time	Individuals may be <b>working on a full-time job</b> and have strict working routine. They may have <b>insufficient time to travel</b> to research centre and <b>prepare healthy meals</b> .
Cost	Individuals stated that cooking healthy meals will require a lot of ingredients and some ingredients can be <b>expensive</b> .
Advertisement	Individuals expressed that advertisement could <b>increase public interests and involvement</b> . If events were not being advertised, participants would <b>not know or heard about about events</b> .
Language barrier	Participants identified that advisement that are in a different language instead of their mother tongue can be <b>difficult to understand</b> , particularly for the first-generation migrants.

### Results from facilitators of research participation

There were 9 facilitators suggested. The key facilitators discussed were **advertisement** (100%), **knowledge on research** (100%), **activities** (80%), and **education** (60%).



### Limitations and strength

There was a small number of participants who attended the event; therefore, it is **not generalizable to all South Asian immigrants** in the UK. This study gathered most of the data from females, and we were **unable to compare gender differences**. Main strength is that the engagement event was taken place within the **local community facility**, where most South Asians lived in.

### References

1. Alzheimer's Society (2023); 2. Livingston, G., et al (2020); 3. Blakemore, A., et al (2018); 4. Alzheimer's Society (2023); 5. Waheed, W., et al (2020)