

AFADE Brain Health: a multi-level socio-healthcare programme for Alzheimer's prevention. A regional pilot initiative in Murcia, Spain

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Prevention begins across the life course, outside the clinic.



01 BACKGROUND & OBJECTIVE

Up to **45%** of dementia is attributable to modifiable risk factors.¹ Prevention works best in **midlife**, yet no service in our region assessed this risk at ages 40–65.

Objective: to describe the design and first year of a regional programme that creates **new socio-health agents** outside the clinic and connects them through **one shared methodology**.

02 DESIGN & METHODS

Four agents, one shared methodology, one regional dataset

01 SOCIAL · LIFE COURSE

Brain-health education

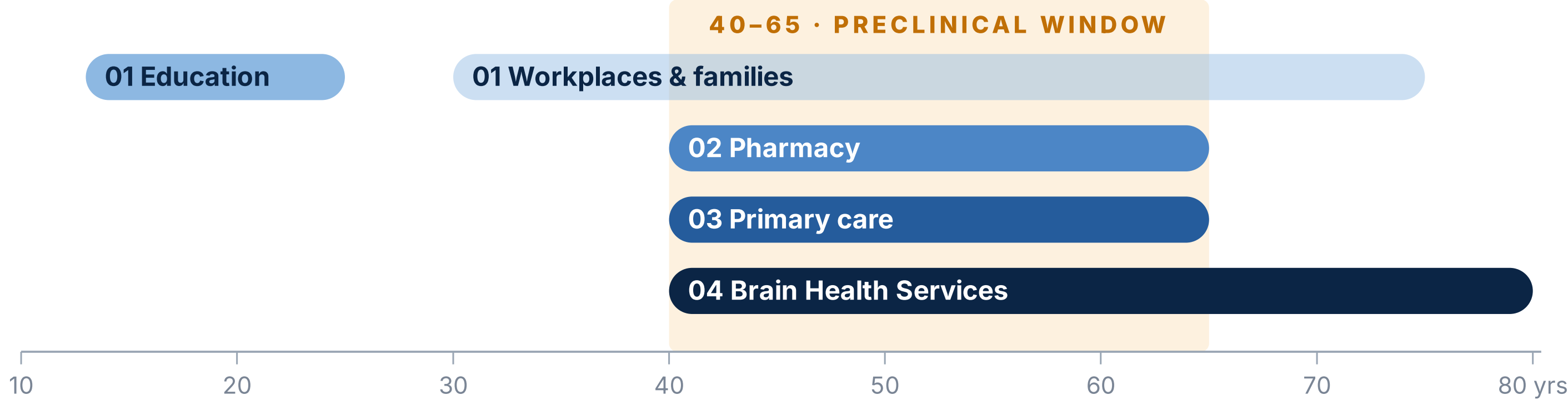
Schools (incl. Murcia–Milan), universities, workplaces and families of people living with dementia

GOVERNANCE

Regional Ministry of Health

Collaboration agreement 2026–2030

WHERE EACH AGENT ACTS ACROSS THE LIFE COURSE



Each agent has its **own training and assessment**, stepped from social to clinical. All share the same framework, tools and data model.

Design: descriptive report of programme design and first-year implementation.

COMMUNITY

02

Community pharmacy

Accredited training; risk-factor screening and lifestyle advice close to home

FAMILIES · UCAM

Families at higher risk

Quarterly brain-health training since June 2026; exercise and nutrition research with UCAM

CLINICAL · PRIMARY CARE

03

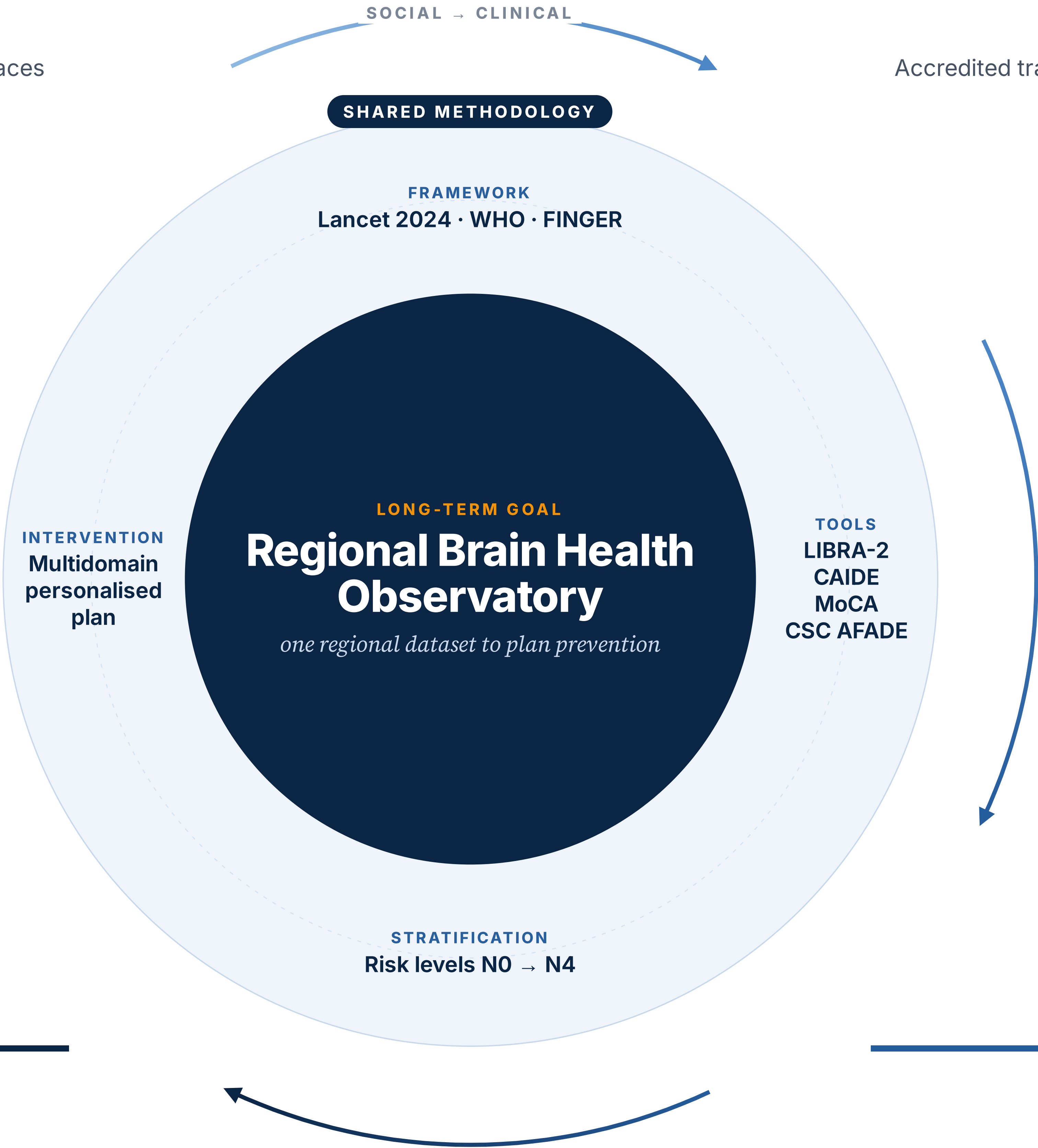
Primary care

Nursing and medical teams trained in brain health and modifiable risk factors

04 CLINICAL · SPECIALIST

Brain Health Services AvanCer®

Specialist assessment, personalised plan and follow-up. Free initial screening.



03 FIRST YEAR · 2026

460+

people trained or reached outside the clinic

01

381

students, from secondary school to university

01

17+

SME executives

01

12

families of people living with dementia

02

9

Pharmacists' Association staff

03

45+

primary-care professionals

04

2

Brain Health Services opened



Full details
protocols, tools, data and references

04 CONCLUSIONS

- 1 Prevention moves to midlife, before symptoms and outside the clinic.
- 2 New agents, one method and one regional dataset.
- 3 A model that can be adapted to other national and European health systems.

ROADMAP Positioning 2026–27 → Consolidation 2027–28 → Scale 2028–29

Limitation: process indicators only; outcome evaluation from 2027

References. 1. Livingston G, et al. *Lancet* 2024;404:572–628 · 2. Ngandu T, et al. (FINGER) *Lancet* 2015;385:2255–63 · Full references via QR.

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