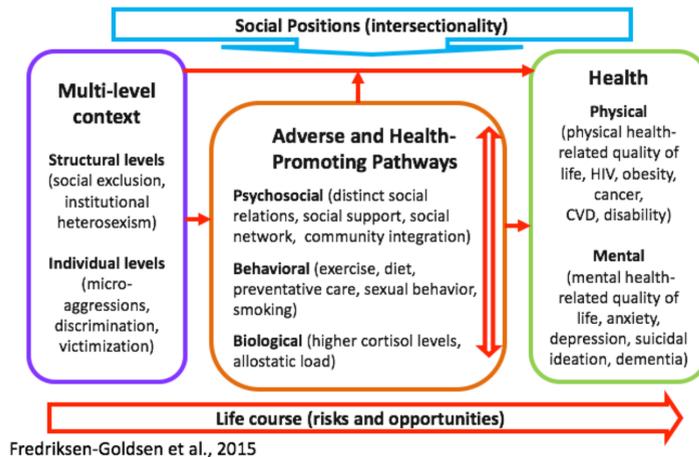


Background

- By 2040, nearly 6 million sexual minority older adults aged 60+ in the U.S. will identify as lesbian, gay, or bisexual (sexual minorities)
- Almost nothing is known about the prevalence of dementia in sexual minorities who do not have HIV/AIDS
- Sexual minorities face unique challenges:
 - Less likely to be married or have children
 - Twice as likely to live alone
 - Little to no caregiver support
 - Face stigma, discrimination, trauma and high stress
 - Reluctant to seek medical care

Conceptual Model



Study Objectives

- To examine dementia prevalence in a sample of LGB older adults
- To explore potential risk factors associated with dementia among LGB older adults

Methods

- Research Program for Genes, Environment and Health: Nearly 200,000 members of Kaiser Permanente Northern California (KPNC) medical system
- Demographic, racial/ethnic, and socioeconomic makeup of KPNC membership is representative of population in same geographic area, except for very poor and very wealthy are underrepresented
- Dementia diagnoses and chronic conditions collected from medical records (1996-2015)
- Prevalence of dementia and other chronic conditions were computed
- Logistic regression used to examine associations between risk factors and odds of dementia

Table 2. Prevalence of Chronic Conditions

Variable	Sexual Minority N=4337 (2.2%)	Heterosexual N=195,264 (97.8%)
Depression	1521 (35.1)	54,912 (28.1)
PTSD	84 (1.9)	1933 (1.0)
Hypertension	3165 (73.0)	151,660 (77.7)
Diabetes	1238 (28.5)	54,942 (28.1)
Stroke	920 (21.2)	46,580 (24.0)
Heart disease	32.7 (31.1)	69,637 (35.7)

Crude prevalence of dementia in sexual minority old adults was 7.9% (N=343)

Table 1: Demographic Characteristics

Variable	Sexual Minority N=4337 (2.2%)	Heterosexual N=195,264 (97.8%)
Age	69.2 (7.2)	71.4 (7.8)
Female	1,592 (37.0)	108,999 (55.8)
Race/ Ethnicity		
White	3492 (80.5)	156,856 (80.3)
Asian	447 (10.3)	15,772 (8.1)
Black	159 (3.7)	8,603 (4.4)
Latino	212 (4.9)	12,486 (6.4)
Education		
<High School	204 (4.7)	14,002 (7.2)
College +	2711 (62.5)	78,805 (40.4)



Table 3: Chronic Conditions and Dementia

Variables	Sexual Minority OR (95% CI)	Heterosexual OR (95% CI)
Depression	2.7 (2.1, 3.5)	2.5 (2.4, 2.6)
Heart Disease	1.0 (0.7, 1.3)	1.2 (1.1, 1.2)
Hypertension	1.1 (0.8, 1.6)	1.1 (1.1, 1.2)

Notes: Adjusted for age and education
OR = Odds Ratio; CI = Confidence Interval

Results

- 7.9% diagnosed with dementia over up to 20 years using medical record data
- Sexual minorities were younger, more likely to identify as male (63.0% vs. 44.2%), and had a higher education (e.g., college degree or higher; 62.5% vs. 40.4%)
- There was a higher rate of depression (35.1%) and PTSD (1.9%) among sexual minorities compared to their heterosexual peers
- Depression was associated with a greater odds of dementia for both sexual minority and heterosexual older adults

Discussion

- This is the first large-scale study on the prevalence of dementia in sexual minority older adults
- Future efforts will account for age and educational differences when comparing dementia risk between sexual minority and heterosexual older adults
- Additional research is needed to better understand risk factors for dementia among sexual minority older adults
- Efforts aimed at improving screening, treatment and care for sexual minority older adults at risk for cognitive impairment and dementia are greatly needed
- Need to include gender minority older adults in future studies of dementia risk

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