

Dementia in Canada

Including Alzheimer disease



Dementia is an umbrella term that describes a set of symptoms affecting brain function. It is a chronic condition that usually gets more severe over time.¹

Symptoms can include:



A decline in memory, planning, language and judgement



Changes in mood and behaviour



Physical changes
(e.g. loss of coordination and bladder control, weak and stiff muscles, mobility issues)

According to national data (2020–2021*), of Canadians 65+:

Close to **477,000** live with diagnosed dementia



Almost **2/3** are women



ALMOST 10 are diagnosed with dementia **EVERY HOUR**

The **RISK** of being diagnosed with dementia is more than **6 TIMES HIGHER** for those aged 80+ compared to those aged 65–79

6x for 80+ YEARS



Adjusting for population aging, the rate of newly diagnosed dementia cases has **DECREASED** over the last 10 years, and the proportion of those living with dementia has **DECREASED** in the past 5 years



The mortality rate (from any cause) in Canadians with diagnosed dementia is **5.1 TIMES HIGHER** than that of Canadians without



NOT EVERYONE DEVELOPS THE CONDITION AS THEY AGE.

Though dementia causes are currently not all known, the risk of getting dementia generally increases with age. The risk may be reduced by staying physically and socially active, avoiding smoking, limiting alcohol consumption, wearing a helmet when biking or skiing, as well as managing chronic health conditions, such as diabetes and high blood pressure.² If you or someone close to you are worried about dementia, talk to a health care provider.

LEARN MORE ABOUT DEMENTIA, INCLUDING ALZHEIMER DISEASE, IN CANADA

VISIT: [Canada.ca](https://www.canada.ca) and **SEARCH:** Dementia | **GET DATA:** Health Infobase

MORE: A Dementia Strategy for Canada: Together We Aspire | Alzheimer Society of Canada | World Health Organization Global Dementia Observatory (GDO)

Data source: Canadian Chronic Disease Surveillance System (CCDSS), 2022. Northwest Territories data were not available.

* Many CCDSS measures were influenced by the COVID-19 pandemic in 2020–2021 and should be interpreted with caution.

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References: 1. Public Health Agency of Canada (PHAC). Dementia: Overview [Internet]. Ottawa (ON): PHAC. [cited 2023 Nov 16]. Available from: www.canada.ca/en/public-health/services/diseases/dementia.html | 2. Public Health Agency of Canada (PHAC). Dementia: Risk factors and prevention [Internet]. Ottawa (ON): PHAC. [cited 2023 Nov 16]. Available from: www.canada.ca/en/public-health/services/diseases/dementia/risk-factors-prevention.html

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