

“Two Articles About Dementia Risk”

This collection of two articles is from the “Edifying the Body” section of the Church of God Big Sandy’s website (churchofgodbigandy.com). It was posted for the weekend of April 18, 2026.

Compiled by Dave Havir

BIG SANDY, Texas—This weekend I wanted to present the following two articles that discuss the subject of dementia risk. Consider this material as food for thought as you read about this growing concern among our population.



An article by Lynn C. Allison titled “Sitting Raises Dementia Risk, Even if You Exercise” was posted at newsmax.com on Sept. 28, 2023. Following is the article.

A new study found that sitting for long hours at work and at home increases your risk for developing dementia. The study, published in *JAMA Network*, that followed nearly 50,000 adults, ages 60 and older, in the U.K., determined that sitting for 10 hours or more a day results in a higher incidence of dementia.

According to *The Washington Post*, the study participants, who did not have dementia at the start of the research, wore an activity tracker for a week after joining the study that recorded their movement, or lack of movement, throughout the day. The researchers then checked the medical records of the participants for the next seven years, looking for death or hospital records indicating a dementia diagnosis.

The men and women who sat for at least 10 hours daily had an 8 percent increased risk of developing dementia than if they sat for fewer than 10 hours. And the risks ballooned to 63 percent if the study participants sat for 12 hours. Surprisingly, this increased risk was not mitigated by exercise.

“It looks like you can’t exercise your way out of risk,” said David Raichlen, a professor of biological sciences and anthropology at the University of Southern California, who led the new study. “Sitting in the office all day, then in front of the TV and in the car and all other ways we find to sit, it adds up.”

Even taking minibreaks throughout the day didn’t improve the risk outcomes for people who still managed to sit for 10 or more hours daily.

The best way to minimize dementia risk is to find ways to sit less.

“People in our study who were sedentary for 9.5 hours a day didn’t have an increased risk,” Raichlen said. Experts advise making movement part of your

workday. Stroll around the office when you are on the phone, walk to pick up your lunch instead of having it delivered and schedule walking meetings with clients.

While this study doesn't say that sitting causes cognitive decline, it does show an association. Raichlen theorizes that sitting affects cerebral blood flow, reducing the brain's supply of oxygen and fuel. It may also reflect poor eating habits, such as snacking in front of the TV.

The good news is that the negative effects of sitting too much can be reversed.

"Sit less, move more," says Raichlen. "That's the message, and we probably can't repeat it enough."



An article by Staff titled "What You Do While Sitting May Predict Dementia Risk" was posted at newsmax.com on March 27, 2026. Following is the article.

Most health advice says to stand up more, but a groundbreaking study suggests that what you do while sitting down might be just as important for your long-term memory.

Researchers in Sweden, Australia and Brazil found that passive sitting—like zoning out in front of the television—could be a major risk factor for dementia, while active sitting might actually shield the brain from decline.

Their findings—published Wednesday in the *American Journal of Preventive Medicine*—distinguish between these very different types of sedentary behavior.

Researchers analyzed data from a long-term study of more than 20,000 people in Sweden between 35 and 64 years of age who were followed from 1997 to 2016. The aim: To see how their daily sitting habits affected their cognitive health.

Health experts used to think all sitting posed a danger to heart health and metabolism. The new research suggests the brain doesn't see it that way. While your body is resting, your brain can either be off (passive) or on (active).

Overall, participants averaged 116.3 minutes a day of passive sedentary behavior and 239.9 minutes of mentally active sedentary behavior.

Those who spent their sedentary time watching TV were significantly more likely to develop dementia over time, researchers found. In contrast, those who engaged in mentally stimulating tasks—such as reading, solving puzzles or working—saw a protective effect.

"While all sitting involves minimal energy expenditure, it may be differentiated by the level of brain activity," said lead author Mats Hallgren, principal researcher in the Department of Public Health Sciences at the Karolinska Institute in Sweden.

“How we use our brains while we are sitting appears to be a crucial determinant of future cognitive functioning and, as we have shown, may predict dementia onset,” he added in a news release

One hour can make a difference, researchers found.

The data suggests that small shifts in the way people spend their downtime can yield big results for brain longevity. Here are some results according to the study's statistical models.

- Each additional hour of active sitting lowered dementia risk by 4 percent.
- Substituting one hour of passive TV time with one hour of mentally active work was linked to a 7 percent lower risk of dementia.
- Adding one hour of mentally active sitting to a daily routine—without changing other passive sitting and exercise habits—resulted in an 11 percent lower risk of dementia.

The protective boost was notably stronger for 50- to 64-year-olds, suggesting that middle age is a critical window for setting up brain health for the senior years.

As the world's population ages, dementia has become a leading cause of disability globally, researchers noted. It can affect adults' quality of life, their families and careers.

“It is important to remain physically active as we age, but also mentally active—especially when we are sitting,” Hallgren concluded.