



MULTIMODAL INTERVENTION FOR ACTIVE AGEING: THE MUOVI-MENTE COMMUNITY-BASED PROJECT BASED ON 10 SEQUENTIAL SESSIONS OF PHYSICAL ACTIVITY AND COGNITIVE STIMULATION

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Longevity is associated a higher prevalence of cognitive decline and frailty, making sustainable prevention interventions a priority. Evidence suggest that multimodal approaches help maintaining cognitive function and overall well-being. The MuoviMente project, aligns with prevention strategies promoted by the NationalDementiaPlan(code2026012VIN). This study aims to describe baseline characteristics of the sample and early adherence to the program, pending post-intervention outcome evaluation. MethodsSample:65 participants enrolled at the UniversityThirdAge. Upon enrollment, they were administered a questionnaire covering the 14 risk factors identified by the LancetCommission on Dementia, along with the MMSE, Barthel Index and Hand Grip Test. MuoviMente, currently underway, consists of 10 structured sessions(including low-intensity walking, cognitive stimulation exercises, group relational activities). During this phase, participant characteristics and adherence were ana-

lyzed; a post-intervention clinical-functional reassessment will be performed at the end of the program to assess its potential impact. ResultsThe sample was predominantly female (74%), mean age 71years (58-94), with good baseline functional status (Barthel Index 100 in 75%; MMSE ≥ 27 ; mean HandGripStrength 22. 8 kg). Regular physical activity was reported by 69% and 72% had an adequate social network. The prevalent comorbidities were hypertension 41% and dyslipidemia 57%. Mean education was 8 years. Early adherence analysis showed a decline followed by stabilization at around 65%. ConclusionsPreliminary data indicate that the program is reaching a relatively active population. At this stage adherence appears to be a key aspect. Since the project is ongoing, it is not yet possible to draw conclusions about its effectiveness. This is expected at the end of the project, with the aim of evaluating its impact on cognitive and functional outcomes. MuoviMente appears to be a potentially sustainable and replicable regional model