The Prevalence of Dementia in Europe 2025



Alzheimer Europe

Changing perceptions, policy and practice to improve the lives of people affected by dementia

THE PREVALENCE OF DEMENTIA IN EUROPE 2025

LUKAS DUFFNER, PROJECT OFFICER, ALZHEIMER EUROPE

03 NOVEMBER 2026

EBU AGM, ONLINE

Acknowledgements

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- The report and website were developed by the following team working together at Alzheimer Europe:
  - Christophe Bintener, Project Officer, Alzheimer Europe
  - Angela Bradshaw, Director for Research, Alzheimer Europe
  - Lukas Duffner, Project Officer, Alzheimer Europe
  - Jean Georges, Executive Director, Alzheimer Europe
  - Owen Miller, Policy Officer, Alzheimer Europe

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Alzheimer Europe

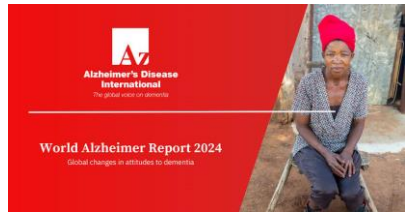
- Alzheimer Europe is the umbrella organisation of 42 national Alzheimer's associations from 39 European countries.
- We are a non-profit non-governmental organisation (NGO) based in Luxembourg.
- Our mission is to change perceptions, policy and practice in order to improve the lives of people affected by dementia.
- We do this through building capacity in our members, engaging with decision makers, taking part in European research projects and dissemination and communication activities.



Estimating the prevalence of dementia - key challenges

- Underdiagnosis
- Heterogeneity in registry landscape
- Heterogeneity in diagnostic guidelines and procedures
- Cultural differences & stigma

SveDem
Svenska registret för kognitiva sjukdomar/demenssjukdomar



Extracting prevalence estimates from the scientific literature

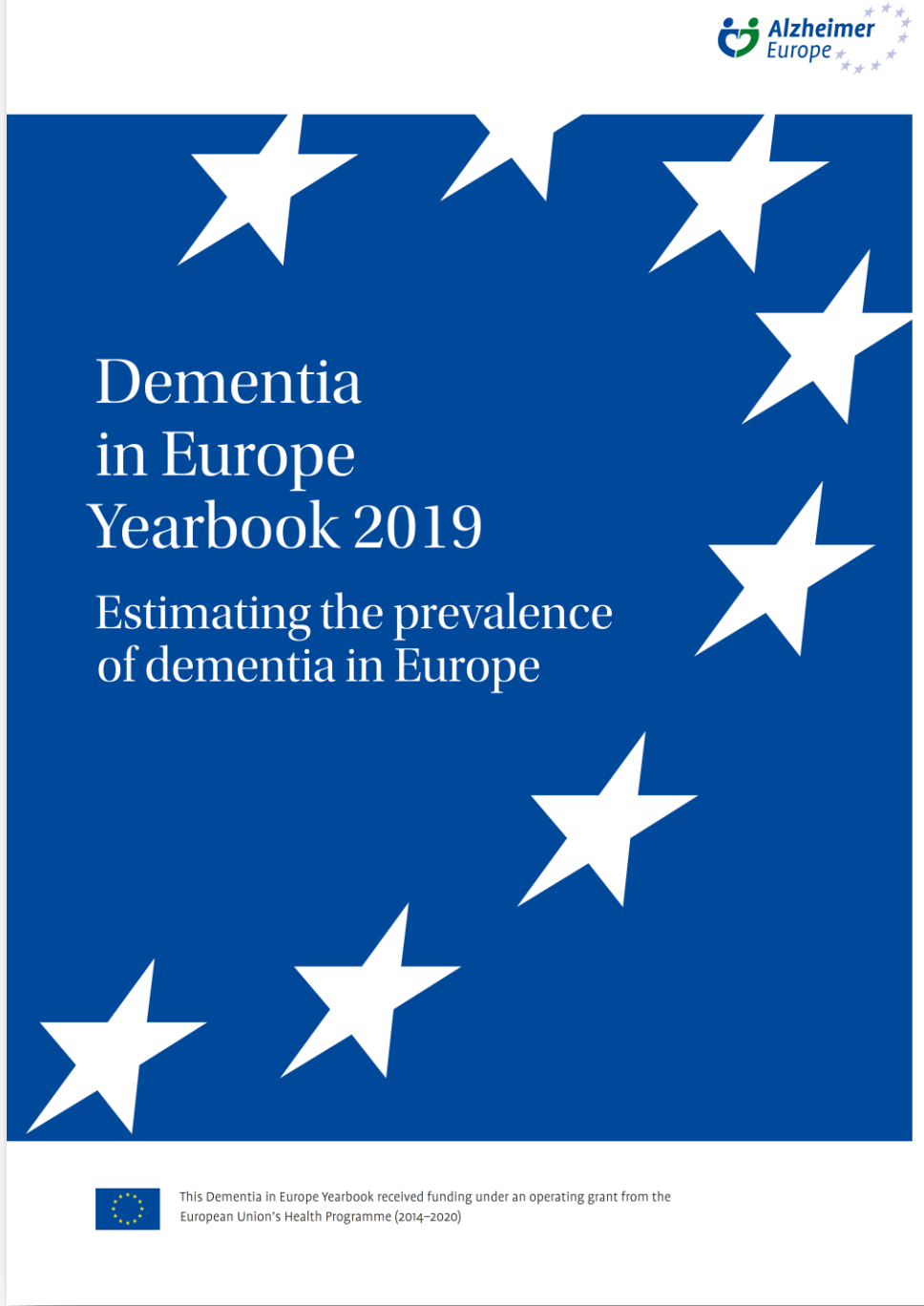
Pool prevalence estimates by sex and age band

Apply age and sex specific prevalence estimates to population projections

UNITED NATIONS

AE Yearbook 2019

- Alzheimer Europe last visited the subject of the prevalence of dementia in Europe in the 2019 Yearbook, building on:
  - **The Alzheimer Europe project, European Collaboration on Dementia – EuroCoDe (2006–2008)**
  - **The 1st EU Joint Action on Dementia – ALCOVE (2011–2013)**
- The figures from this report were frequently cited by our member organisations, governments and academics.
- We were asked on many occasions for the figures to be updated, therefore we repeated the exercise in 2025.
- “The Prevalence of Dementia in Europe 2025” was launched January 2026.



Methodology (1/2)

- Alzheimer Europe undertook a literature search and review of European prevalence studies published since the Dementia in Europe Yearbook 2019.
- To ensure consistency and comparability with the 2019 Yearbook, the search methodology and screening process originally used in "EuroCoDe" were adopted, using the following search string:
  - **"Dementia / Prevalence / Incidence / Epidemiology" or "Alzheimer's Disease / Vascular dementia, Lewy-body disease/ Fronto-temporal dementia/ Incidence / Prevalence / Epidemiology"**
- This search string was used in PubMed and applied for the dates of **10 July 2019 and 3 February 2025.**
- A total of **3588** publications were identified and compiled into a Rayyan database.
- Predetermined quality criteria developed as part of the EuroCoDe (**Table 1)** were used to screen titles and abstracts, to determine whether the studies should then be included.

Table 1

Inclusion Criteria
1. Community-based study
2. Minimum sample size 300
3. Performed in a European country
4. Use of standardised diagnostic criteria
5. Participation rate over 50%
6. Available raw prevalence data

Methodology (2/2)

- Our prevalence report used a total of **18 studies**
  - Raw raw data from **43,995** people
- The included studies in our report came from: Belgium, Bulgaria, Greece, Italy, Luxembourg, Norway, Portugal, Spain, Türkiye and the United Kingdom (see **Map 1**).
- Prevalence rates were then calculated by age and sex, before being applied to the UN World Population Prospects (WPP) 2024 data for 39 European countries (EU27 + 12 others).
- The medium variant projections were used for 2025 and 2050.

UNITED NATIONS

Map 1 – Countries from which the studies originated



Caveats and limitations of the methodology

→ **Methodology**

→ A number of studies have been excluded from our analysis, often because they were not community-based studies.

→ We conducted a cumulative update of community-based studies on dementia prevalence, to avoid reducing the overall sample size and the geographic representativeness of the data.

→ **Younger-onset dementia**

→ We were unable to identify suitable studies on younger-onset dementia (i.e. aged under 65), therefore our report uses previous prevalence estimates for the age bands 30-59 and 60-64.

→ Alzheimer Europe explored alternative data sources on the prevalence of younger-onset dementia, however, we were unable to identify a suitable data source. Had such a source been found and utilised, it would have created an additional challenge of inconsistent methodologies between age ranges.

→ **Specific types of dementia**

→ Data on specific types of dementia were not universally reported on within studies and, where present, were not sufficient to allow for a reliable estimation of prevalence rates by types and/or stages of dementia across Europe.

→ Therefore, the report reflects global estimates of dementia prevalence, without reference to the specific type.

Prevalence estimates by age and sex

↑ Increase in prevalence compared to 2019 ↓ Decrease in prevalence compared to 2019

Age group	Prevalence in women (2019)	Prevalence in women (2025)	Prevalence in men (2019)	Prevalence in men (2025)
30-59	0.1	**0.1**	0.2	**0.2**
60-64	0.9	**0.9**	0.2	**0.2**
65-69	1.5	↓ **1.4**	1.1	**1.1**
70-74	3.4	↑ **3.7**	3.1	↑ **3.7**
75-79	8.9	↓ **8.0**	7.0	↑ **7.2**
80-84	13.1	↑ **13.2**	10.7	↑ **11.1**
85-89	24.9	↓ **24.4**	16.3	↑ **16.9**
90+	44.8	↓ **44.7**	29.7	↑ **30.8**

Prevalence estimates applied to population projections (1/3)

5.1. EU27 countries

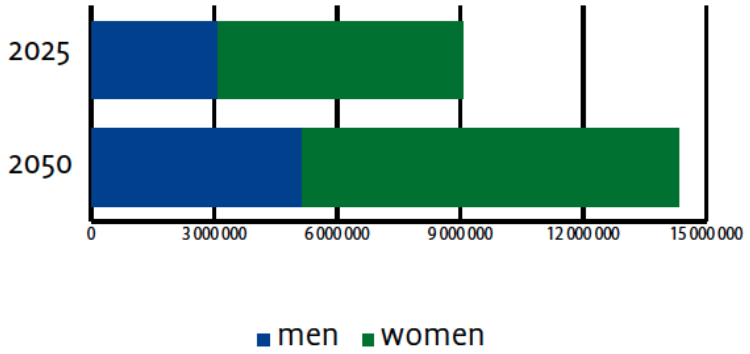
2025

Age ranges	Total population	Men	Men with dementia	Women	Women with dementia	Total number of people with dementia
30-59	180 687 960	90 759 209	143 425	89 928 754	82 428	225 853
60-64	30 834 202	14 973 522	29 947	15 860 681	142 746	172 693
65-69	27 876 855	13 152 166	145 750	14 724 690	199 849	345 598
70-74	24 300 356	11 057 488	416 906	13 242 869	488 119	905 025
75-79	20 118 718	8 825 951	642 395	11 292 768	902 065	1 544 460
80-84	13 821 585	5 693 242	629 219	8 128 344	1 072 662	1 701 881
85-89	9 348 497	3 456 453	585 139	5 892 044	1 439 357	2 024 496
90+	5 289 184	1 559 748	480 379	3 729 435	1 665 322	2 145 701
Population 30-90+	312 277 357	149 477 777	3 073 159	162 799 584	5 992 547	9 065 706
Total population	448 992 587	% of total population 2.02				

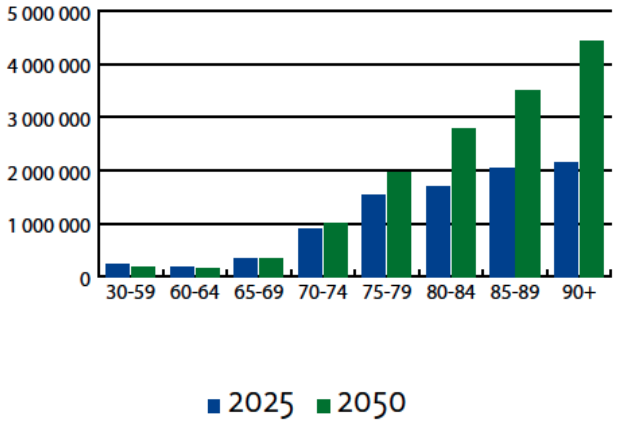
2050

Age ranges	Total population	Men	Men with dementia	Women	Women with dementia	Total number of people with dementia
30-59	147 180 978	74 948 849	118 440	72 232 130	66 207	184 647
60-64	26 987 342	13 379 797	26 760	13 607 545	122 468	149 227
65-69	27 038 187	13 159 860	145 835	13 878 328	188 361	334 196
70-74	26 960 180	12 867 756	485 160	14 092 424	519 432	1 004 592
75-79	25 442 284	11 795 451	858 530	13 646 834	1 090 107	1 948 637
80-84	22 627 245	10 063 131	1 112 180	12 564 114	1 658 031	2 770 212
85-89	16 456 451	6 852 316	1 160 021	9 604 135	2 346 177	3 506 198
90+	11 174 519	3 982 187	1 226 453	7 192 332	3 211 626	4 438 079
Population 30-90+	303 867 185	147 049 346	5 133 378	156 817 841	9 202 410	14 335 788
Total population	420 955 342	% of total population 3.41				

Number of people with dementia in the EU27 in 2025 and 2050



Number of people with dementia in the EU27 in 2025 and 2050 by age group



Prevalence estimates applied to population projections (1/3)

5.1. EU27 countries

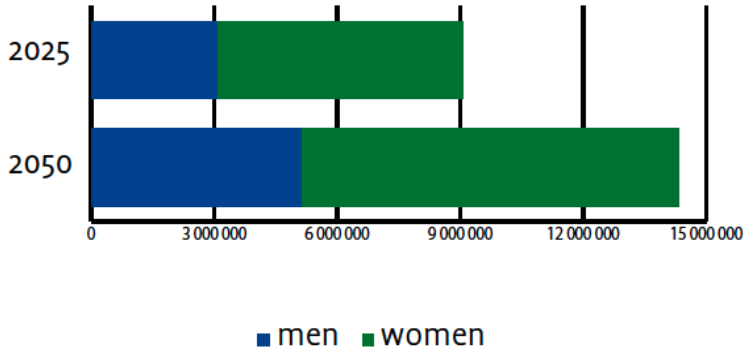
2025

Age ranges	Total population	Men	Men with dementia	Women	Women with dementia	Total number of people with dementia
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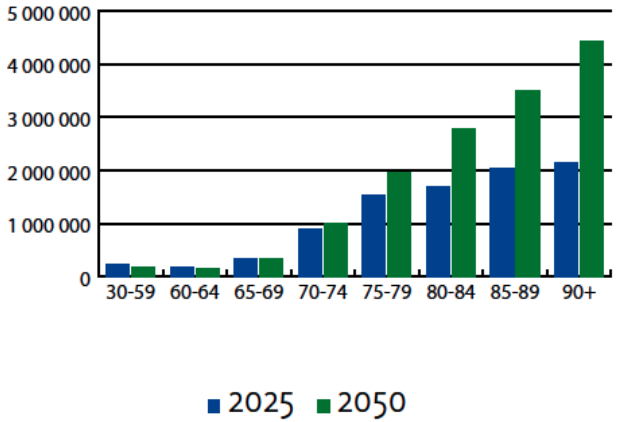
2050

Age ranges	Total population	Men	Men with dementia	Women	Women with dementia	Total number of people with dementia
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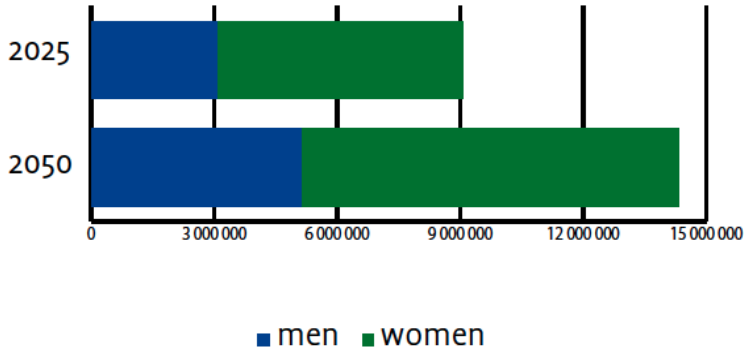
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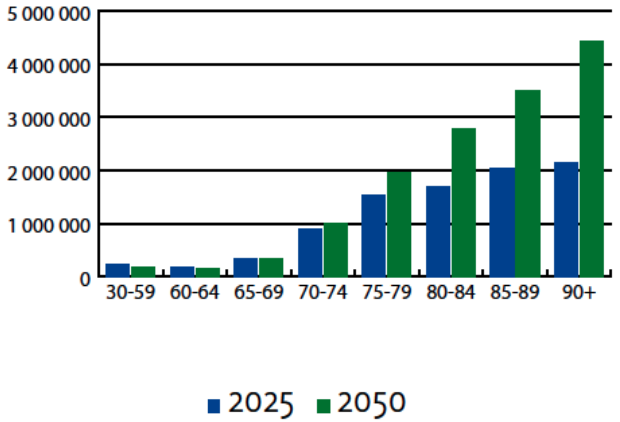
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Number of people with dementia in the EU27 in 2025 and 2050



Number of people with dementia in the EU27 in 2025 and 2050 by age group



Prevalence estimates applied to population projections (2/3)

Ireland

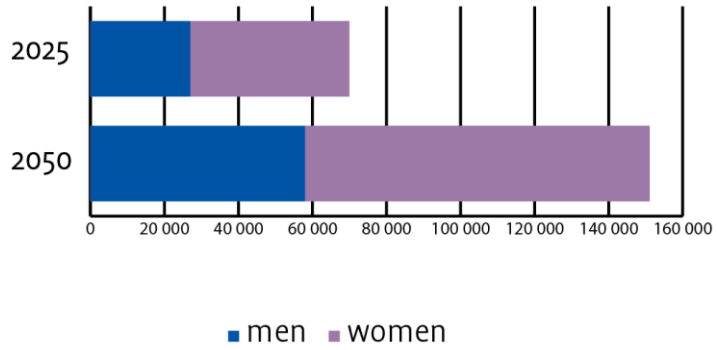
2025

Age ranges	Total population	Men	Men with dementia	Women	Women with dementia	Total number of people with dementia
30-59	2 144 769	1 053 905	1 665	1 090 865	1 000	2 665
60-64	295 084	144 476	289	150 608	1 355	1 644
65-69	258 279	126 499	1 402	131 780	1 789	3 190
70-74	217 066	105 584	3 981	111 482	4 109	8 090
75-79	174 671	83 293	6 062	91 378	7 299	13 362
80-84	113 242	51 662	5 710	61 580	8 126	13 836
85-89	62 635	25 860	4 378	36 775	8 984	13 362
90+	34 441	11 401	3 511	23 040	10 288	13 799
Population 30-90+	3 300 186	1 602 679	26 998	1 697 507	42 951	69 949
Total population	5 308 039	% of total population 1.32				

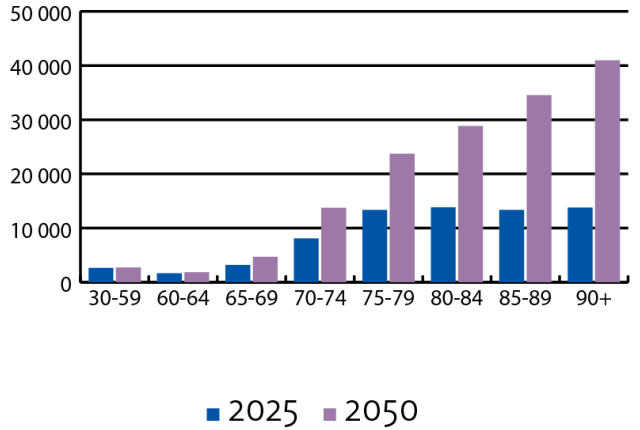
2050

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30-59	2 184 161	1 105 090	1 746	1 079 070	989	2 735
60-64	329 059	158 642	317	170 417	1 534	1 851
65-69	377 154	178 668	1 980	198 487	2 694	4 674
70-74	369 171	176 785	6 665	192 386	7 091	13 757
75-79	310 279	147 625	10 745	162 654	12 993	23 738
80-84	236 354	109 752	12 130	126 602	16 707	28 837
85-89	163 276	71 241	12 060	92 036	22 483	34 543
90+	104 178	40 140	12 363	64 037	28 595	40 957
Population 30-90+	4 073 631	1 987 942	58 006	2 085 689	93 086	151 092
Total population	5 970 042	% of total population 2.53				

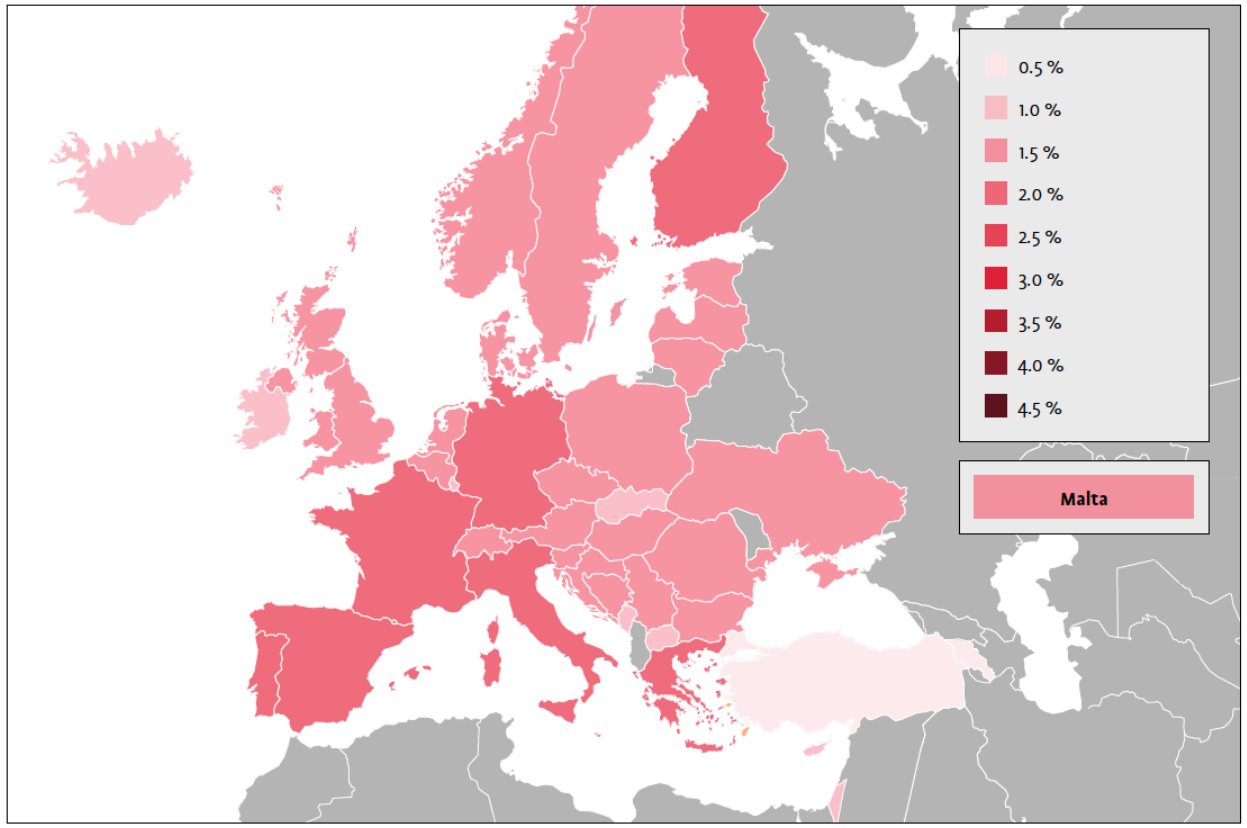
Number of people with dementia in Ireland in 2025 and 2050



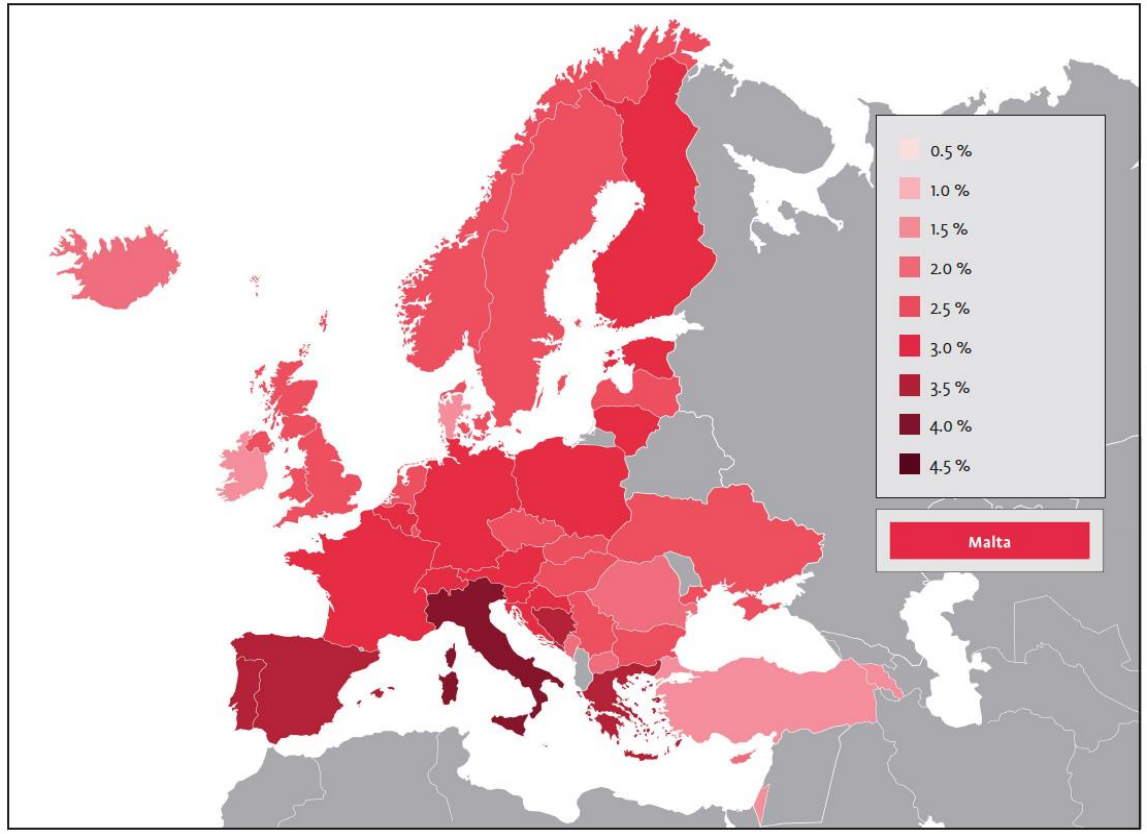
Number of people with dementia in Ireland in 2025 and 2050 by age group



Prevalence estimates applied to population projections (3/3)

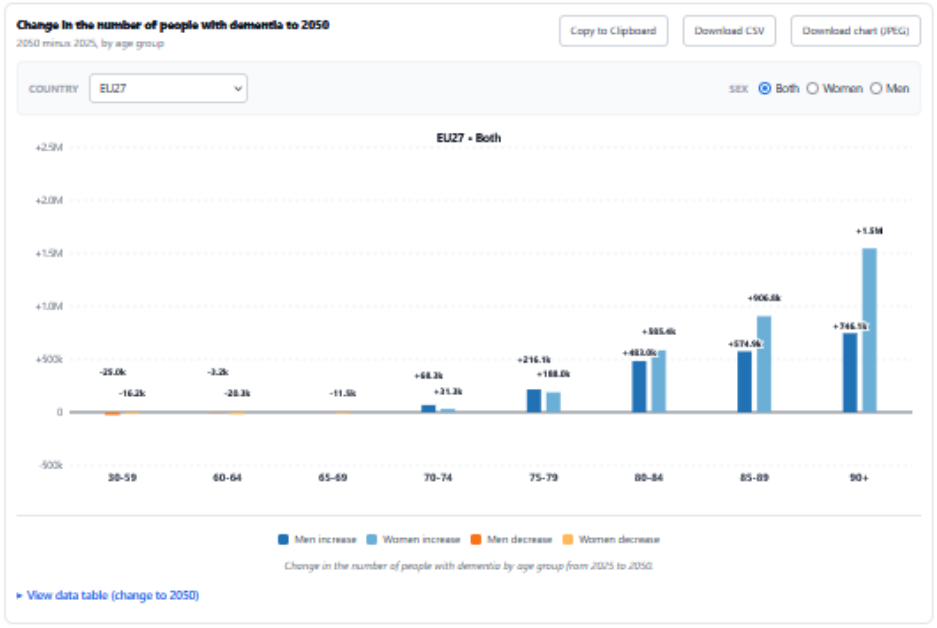


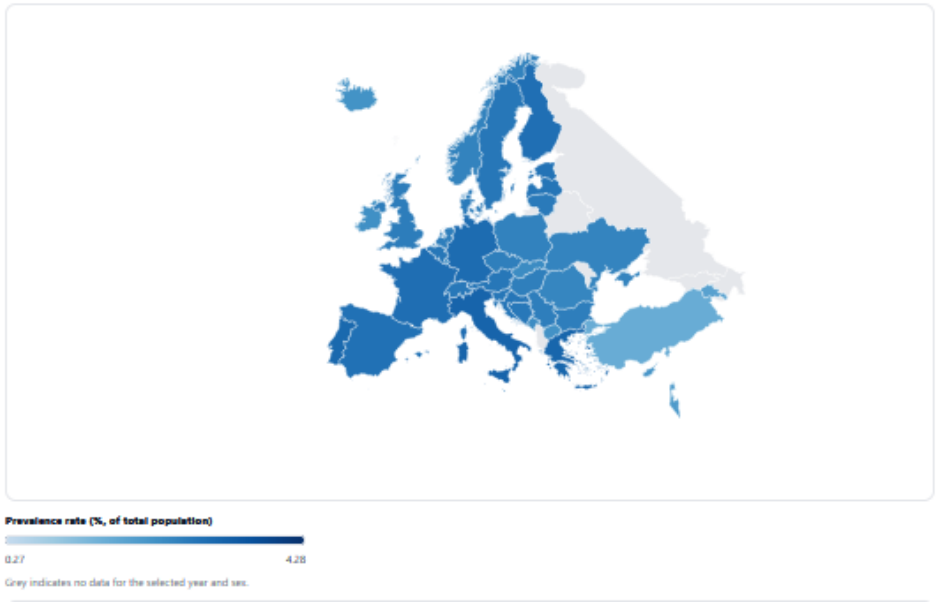
2025



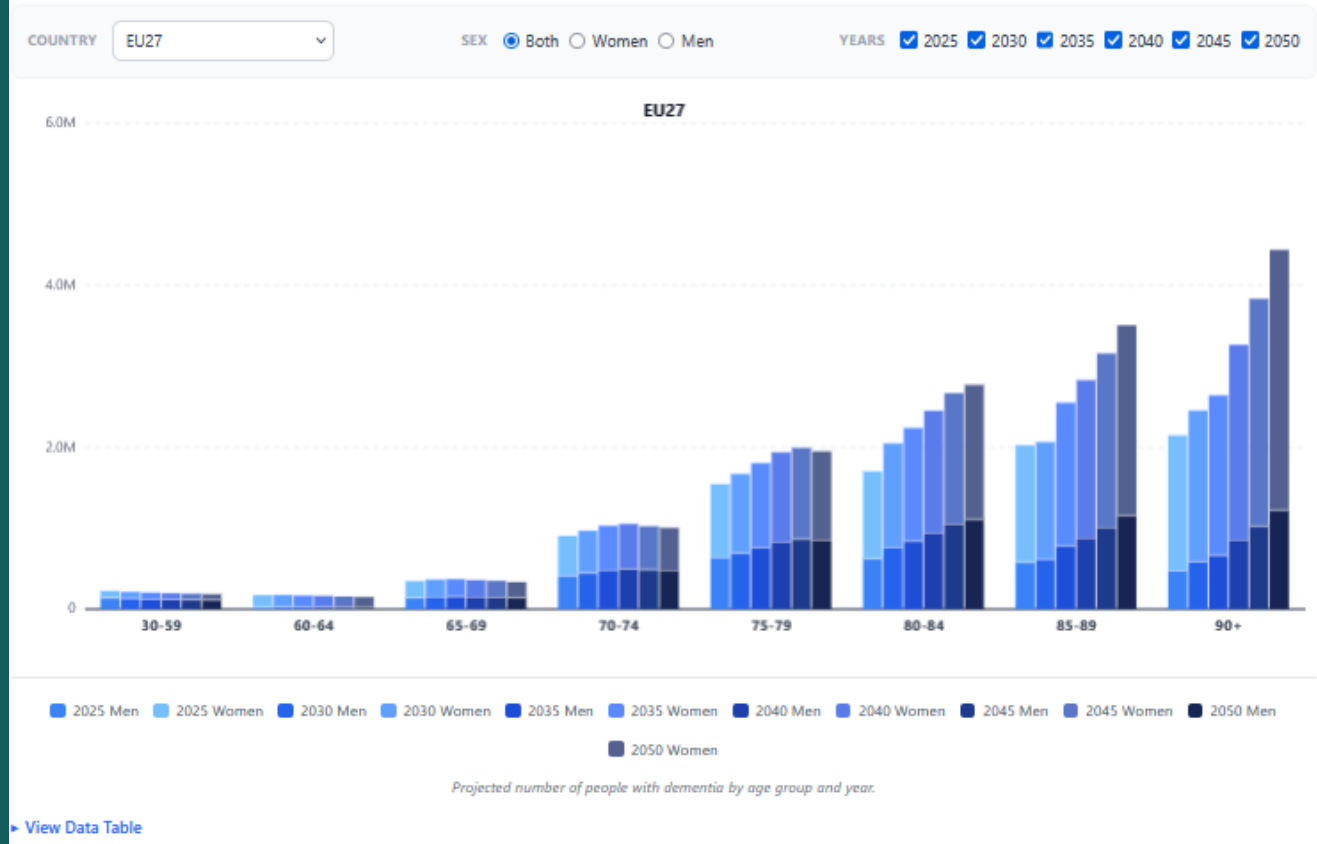
2050

Website and visuals









Call to action for decision-makers

- The number of people with dementia is due to increase substantially between now and 2050.
- The figures have already been cited widely in the media and included in the briefing notes for a European Parliament committee hearing on brain health.
- Policy-makers must address dementia as a priority at national and EU levels across health, research, care etc.
- The next EU Multiannual Financial Framework (MFF) negotiations are ongoing, meaning this work is timely to push for prioritisation of dementia.
- These findings framing our public policy work and engagement with decision-makers at an EU level, for example, engaging with the SANT Committee for an Own-Initiative Report on neurological health.

Number of people with dementia in 2025	Number of people with dementia in 2050	% Increase between 2025 and 2050
9 065 706 in EU27 countries	**14 335 788** in EU27 countries	**58% increase** in EU27 countries
3 057 273 in non-EU countries	**5 570 068** in non-EU countries	**82% increase** in non-EU countries
12 122 979 in the EU27 + non-EU countries combined	**19 905 856** in the EU27 + non-EU countries combined	**64% increase** in the EU27 + non-EU countries combined


What are the key risk factors for dementia?
The 2024 Lancet Commission identified 14 modifiable risk factors that are estimated to account for up to 45% of dementia cases.
Potentially modifiable risk factors for dementia
Vision loss
Air pollution
Social isolation
Excess alcohol
Obesity
Hypertension
Smoking
Diabetes
Physical inactivity
Traumatic brain injury
Depression
High cholesterol
Hearing loss
Less education
Modifiable risk factors
Cardiovascular health: High blood pressure (hypertension), obesity, high cholesterol and diabetes
Lifestyle habits: Smoking and excessive alcohol consumption
Physical activity and mental stimulation: Lack of physical exercise and low cognitive engagement
Sensory and mental health: Untreated hearing loss (especially in midlife), untreated vision loss and depression


Does your country have a national dementia strategy?
What is the distribution of dementia prevalence in Europe?
How many people currently live with dementia in the EU?
As of 2026, fewer than 50% of European countries have, or are developing, a national dementia strategy.


Alzheimer Europe Exhibition:
Shaping Europe's response to dementia
Exploring prevalence, policy and the need for coordinated European action
REALITIES WE CAN'T IGNORE
Alzheimer Europe
31 August - 4 September 2026
European Parliament


Alzheimer Europe



Thank you!

- **Questions or comments**
  - Happy to answer questions and comments now.
  - Please also feel free to reach out via email: lukas.duffner@alzheimer-europe.org
- **Website**
  - The QR Code on the right leads to the dedicated prevalence page on Alzheimer Europe's website: https://www.alzheimer-europe.org/dementia/prevalence-dementia-europe
  - We invite you to use and share the figures, graphs and other resources on the page – please cite Alzheimer Europe as the source!

SCAN ME TO VISIT THE AE PREVALENCE PAGE!