

May 9, 2024  
Sompo Holdings, Inc.  
Sompo Care Inc.

**Results of Randomized Controlled Multimodal Intervention Trial  
for Prevention of Dementia and Publication in Alzheimer’s & Dementia  
(International Journal of Alzheimer’s Association)**

Sompo Holdings, Inc. (Group CEO and President: Mikio Okumura, hereinafter “Sompo Holdings”) and Sompo Care Inc. (President and Representative Director: Takamitsu Washimi, hereinafter “Sompo Care”) have conducted a randomized controlled multimodal intervention trial for the prevention of dementia (hereinafter “J-MINT Study\*1”) in collaboration with the National Center for Geriatrics and Gerontology (NCGG).

The study showed that a multimodal intervention program (management of lifestyle diseases, exercise, nutritional counseling and cognitive training) has the potential to reduce cognitive decline.

The results of the study were also disclosed in Alzheimer’s & Dementia, a respected international journal published by the Alzheimer’s Association.

URL: Alzheimer’s & Dementia website

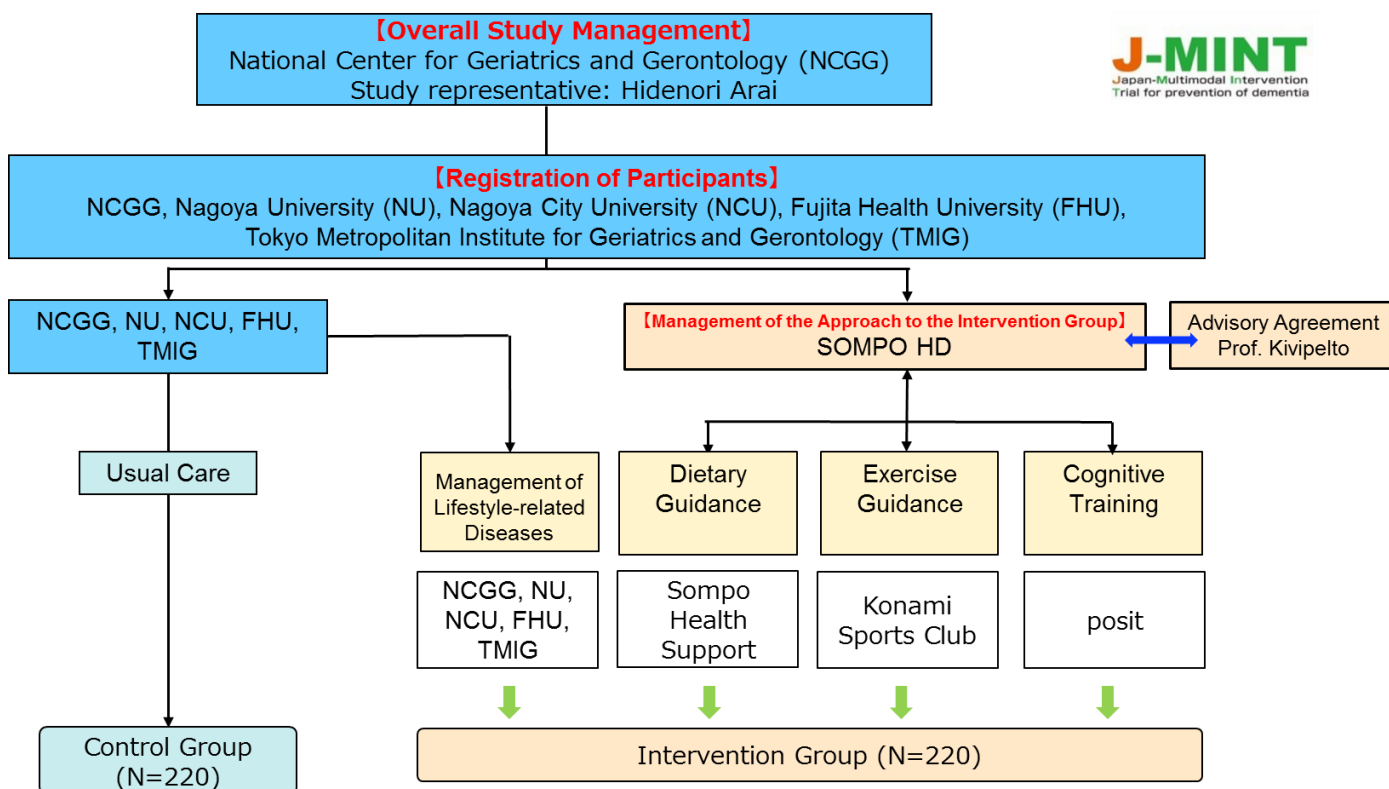
<https://alz-journals.onlinelibrary.wiley.com/doi/full/10.1002/alz.13838>

\*1 NCGG was the lead organization in the study, supported by Sompo Holdings and Sompo Care as affiliate organizations. The goal of the collaborative study was to verify the effectiveness of a dementia prevention program in reducing cognitive decline among elderly people with high risk of dementia.

## **1. Background**

Amid rising societal needs for interventions that reduce cognitive decline, provide daily support for and encourage social acceptance of people with dementia, Sompo Holdings and Sompo Care have participated in the J-MINT Study run by the NCGG since 2019 as supervisors of the intervention program(Figure 1).

Figure 1



## 2. Study Results

In the J-MINT Study, the cognitive function composite score\*2 – the primary endpoint of the study – showed no statistically significant difference\*3 between the intervention group and the control group (participants who exercise etc. and those who do not). However, analysis by participation rate in exercise sessions showed that those in the intervention group who attended more than 70% of sessions exhibited meaningful improvement in cognitive function compared with those who attended less than 70% of sessions and those in the control group.

In addition, secondary endpoints and stratification subanalyses confirmed statistically significant differences in dietary diversity scores, social participation, BMI, blood pressure and other metrics.

\*2 Cognitive function comprises various factors, including attention, concentration, memory, language comprehension and spatial awareness. The composite score is calculated by combining multiple tests and evaluation approaches to comprehensively assess these factors.

\*3 In statistics, a “meaningful difference” is expressed as a “statistically significant difference.”

## 3. Outlook

In parallel with its participation in the J-MINT Study, Sompo Care has developed the “SOMPO Smile Program for Brain & Physical Health (SSAP)” multimodal intervention program with NCGG, based on the FINGER Study\*4. The program is implemented at Sompo Care facilities.

In Tamba City, Hyogo Prefecture, the company also supports voluntary group sessions to prevent cognitive decline, with more than 100 people participating in SSAP every week.

By gradually expanding these initiatives, the SOMPO Group aims to help create a society where all people can lead full, healthy and independent lives for as long as possible.

\*4 An intervention trial on the prevention of cognitive impairment among the elderly, initiated in Finland in 2009-11. With 1,260 participants, the study was the first in the world to show that multimodal intervention with dietary and exercise counselling, cognitive training and lifestyle management was effective in reducing the progression of mild cognitive impairment among the elderly.

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