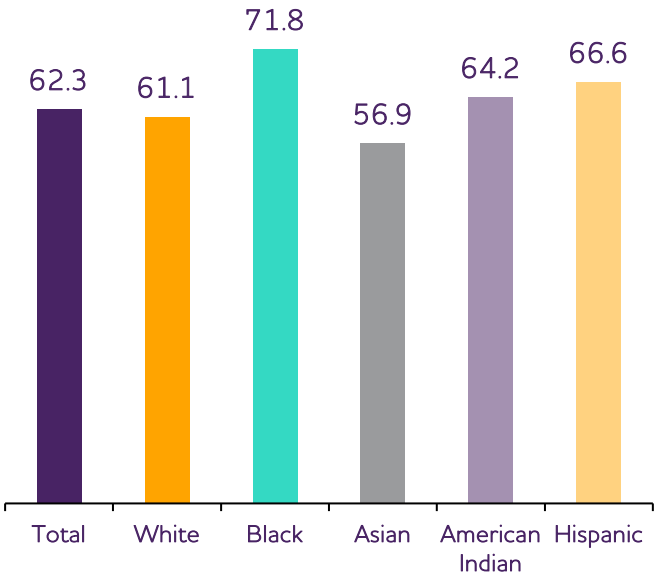
Risk Factors for Cognitive Decline: Utah

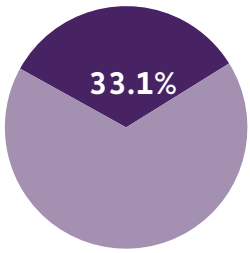
Based on population-level evidence, the six health conditions and behaviors included here increase risk for cognitive decline — and may also increase risk of dementia.

Data are from the Behavioral Risk Factor Surveillance System (BRFSS).

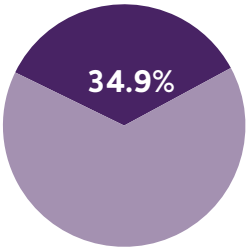
Percent With at Least One of Five Risk Factors *(excluding sleep)*



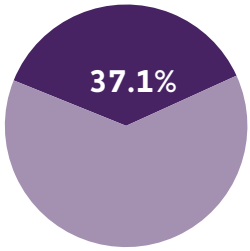
Prevalence of Six Risk Factors



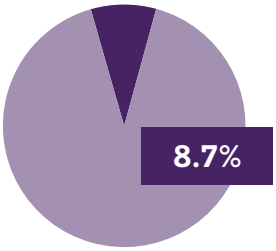
Midlife Hypertension *(age 45-64)*



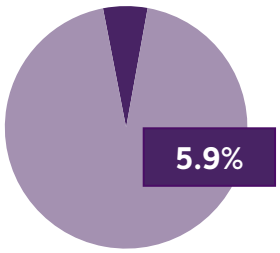
Physical Inactivity



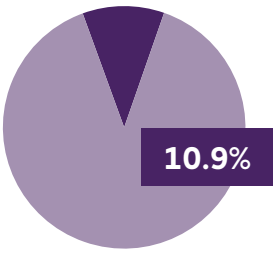
Midlife Obesity *(age 45-64)*



Diabetes



Smoking *(age 45 and older)*



Poor Sleep *(<6 hours/night)*

Percent With Any of Five Risk Factors *(excluding sleep)*

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