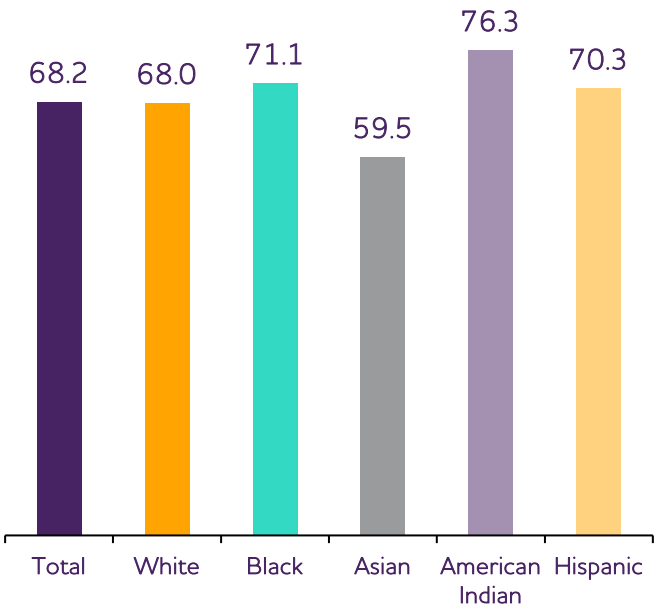
Risk Factors for Cognitive Decline: Minnesota

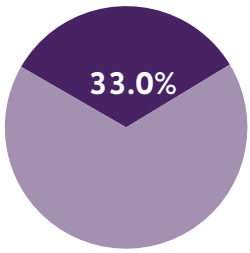
Based on population-level evidence, the six health conditions and behaviors included here increase risk for cognitive decline — and may also increase risk of dementia.

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

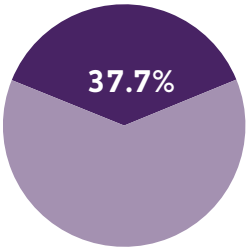
Percent With at Least One of Five Risk Factors *(excluding sleep)*



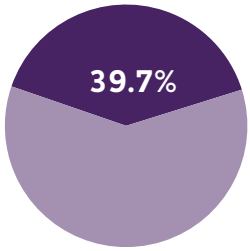
Prevalence of Six Risk Factors



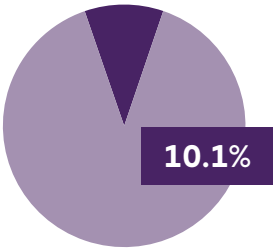
Midlife Hypertension
(age 45-64)



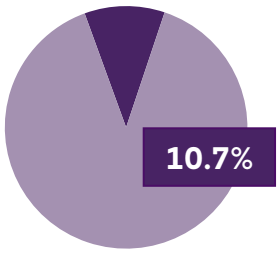
Physical Inactivity



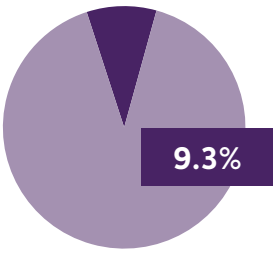
Midlife Obesity
(age 45-64)



Diabetes

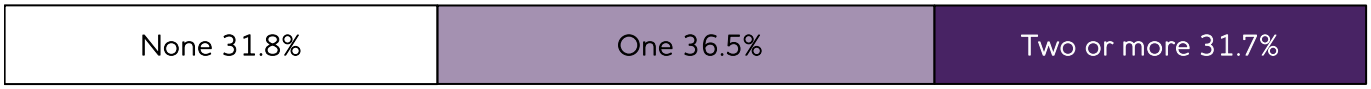


Smoking
(age 45 and older)



Poor Sleep
(<6 hours/night)

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



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