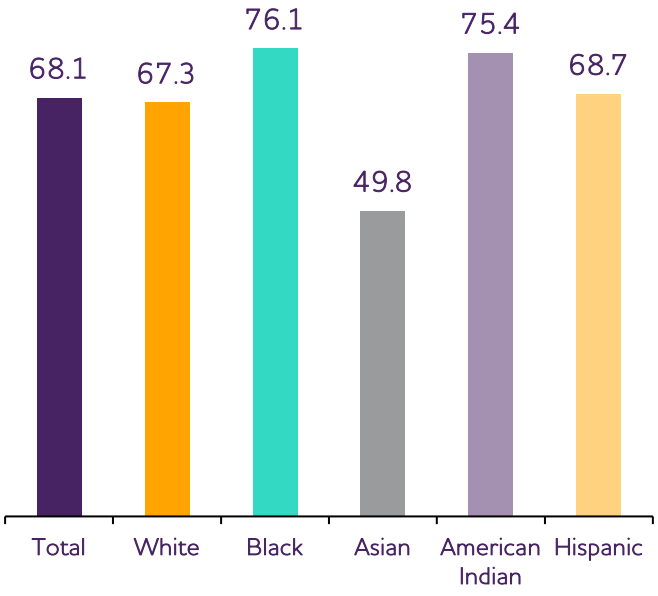
Risk Factors for Cognitive Decline: Virginia

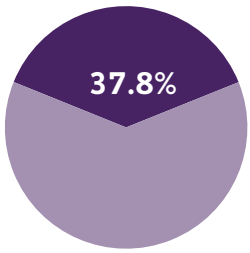
Based on population-level evidence, the six health conditions and behaviors included here increase risk for cognitive decline — and may also increase risk of dementia.

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

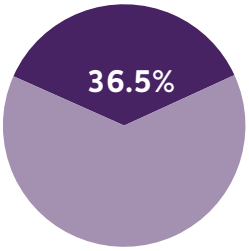
Percent With at Least One of Five Risk Factors *(excluding sleep)*



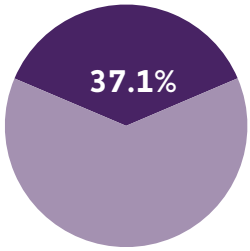
Prevalence of Six Risk Factors



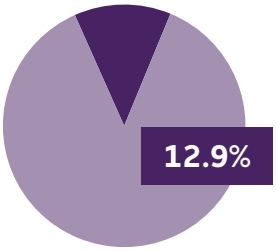
Midlife Hypertension *(age 45-64)*



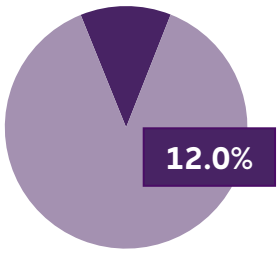
Physical Inactivity



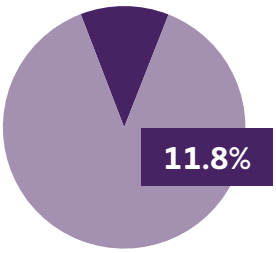
Midlife Obesity *(age 45-64)*



Diabetes

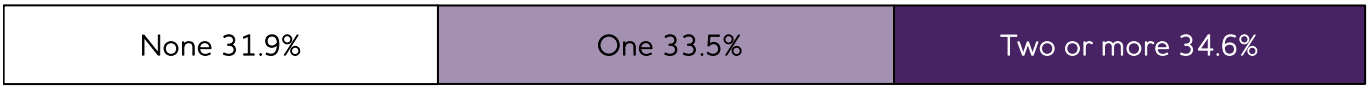


Smoking *(age 45 and older)*



Poor Sleep *(<6 hours/night)*

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



The Public Health Center of Excellence on Dementia Risk Reduction is made possible by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $4,440,992. The contents of this fact sheet are those of the Alzheimer's Association and do not necessarily represent the official views of, nor an endorsement by, CDC, HHS, or the U.S. government.

Updated: December 2025