dementia caregiving in Minnesota

ALZHEIMER'S ASSOCIATION®

DATA FROM THE 2025 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

Nearly 1 in 4 caregivers in Minnesota (23.8%) is providing care to an individual with Alzheimer's or other form of dementia.

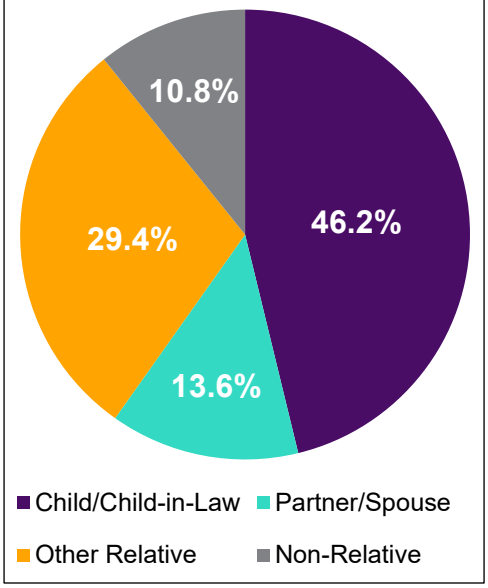
Who are dementia caregivers?

Female Male	65.3% 34.7%
Also caring for a child	28.0%

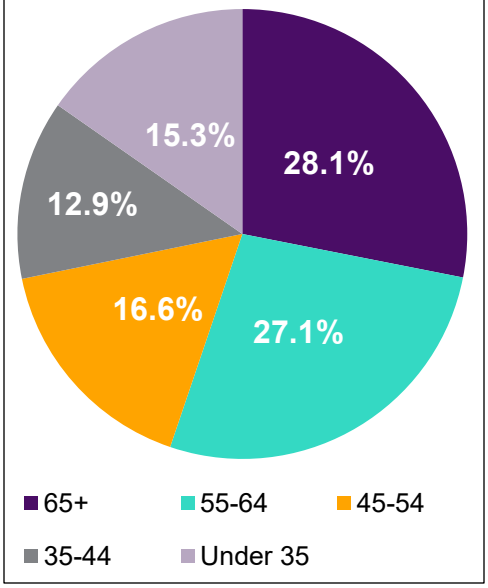
Health Effects

In frequent poor physical health	14.4%
In frequent poor mental health	20.1%
History of depression	28.0%
Current Smokers	11.8%

Relationship to Care Recipient

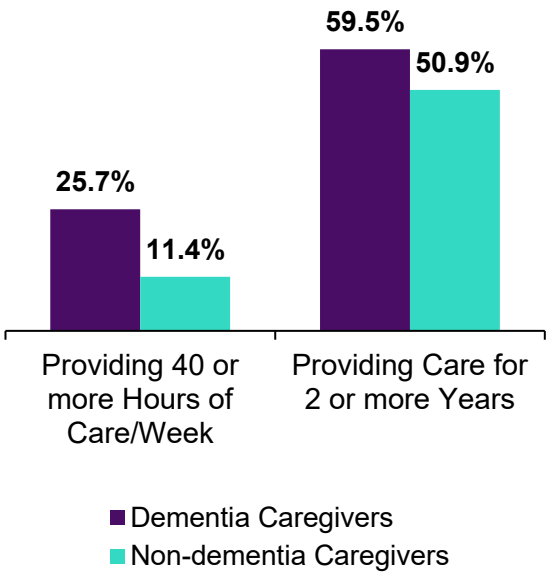


Age

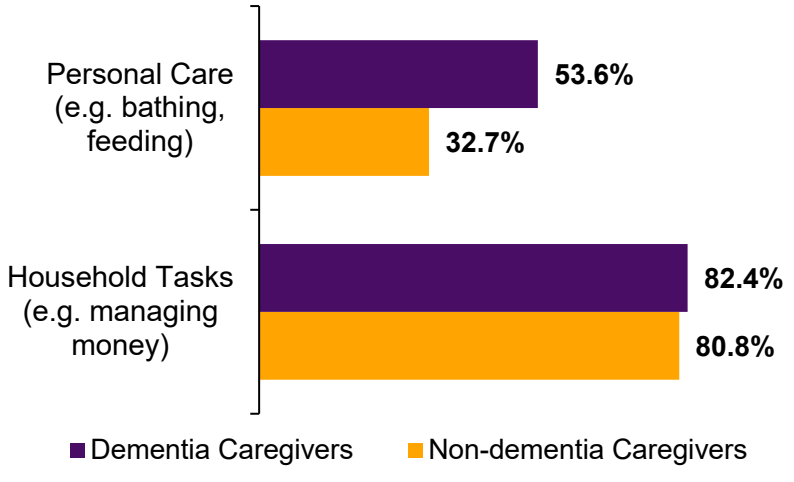


What does dementia caregiving entail?

Length of Care



Type of Assistance Provided



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