Risk Factors for Cognitive Decline: Alabama

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.

UBLIC HEALT CENTER OF EXCELLENCE

ZHEIMER'S () ASSOCIATIO DEMENTIA RISK REDUCTION

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

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

 72.2
 70.2

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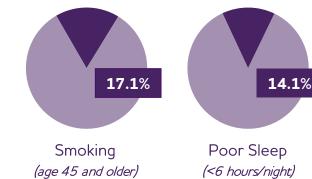
 64.2

53.3% 55.2% Midlife Hypertension (age 45-64) Physical Inactivity

Prevalence of Six Risk Factors

Midlife Obesity (age 45-64)

40.2%



Percent With Any of Five Risk Factors (excluding sleep)

None 27.8%	One 37.3%	Two or more 34.9%
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15.1%

Diabetes

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