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)

- Total: 71.6%
- White: 70.3%
- Black: 77.0%
- Hispanic: 75.1%
- Other: 72.2%

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

- None: 28.4%
- One: 37.0%
- Two or more: 34.6%

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**Risk Factors for Cognitive Decline: Arkansas**

**Prevalence of Six Risk Factors**

- **Midlife Hypertension (age 45-64)**: 50.4%
- **Physical Inactivity**: 53.9%
- **Midlife Obesity (age 45-64)**: 44.6%
- **Diabetes**: 12.5%
- **Smoking (age 45 and older)**: 21.4%
- **Poor Sleep (<6 hours/night)**: 12.7%

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