

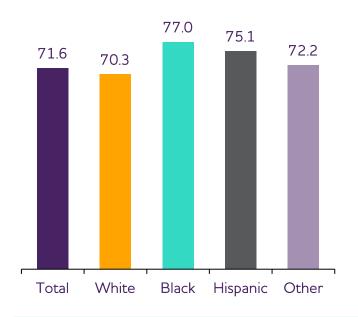
## Risk Factors for Cognitive Decline: Arkansas



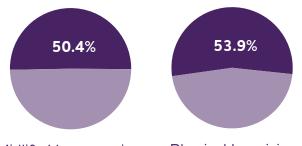
Based on population-level evidence, the six health conditions and behaviors included here increase risk for cognitive decline — and may also increase risk of dementia.

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

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

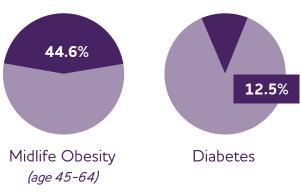


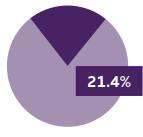
Prevalence of Six Risk Factors



Midlife Hypertension (age 45-64)











Poor Sleep (<6 hours/night)

Percent With Any of Five Risk Factors (excluding sleep)

None 28.4% One 37.0% Two or more 34.6%

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