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).

### Prevalence of Six Risk Factors

- **Midlife Hypertension (age 45-64)**: 32.3%
- **Physical Inactivity**: 41.5%
- **Midlife Obesity (age 45-64)**: 31.4%
- **Diabetes**: 7.0%
- **Smoking (age 45 and older)**: 11.2%
- **Poor Sleep (<6 hours/night)**: 7.9%

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

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevalence</td>
<td>58.2%</td>
<td>54.7%</td>
<td>68.7%</td>
<td>69.4%</td>
<td>55.8%</td>
</tr>
</tbody>
</table>

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

- **None**: 41.8%
- **One**: 34.0%
- **Two or more**: 24.2%

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This Fact Sheet is supported 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 $733,487. The contents are those of the Alzheimer’s Association and do not necessarily represent official views of nor an endorsement by, CDC, HHS, or the U.S. government.

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