Risk Factors for Cognitive Decline: Hawaii

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)

<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></td>
<td>61.3</td>
<td>51.0</td>
<td>57.2</td>
<td>54.2</td>
<td>67.0</td>
</tr>
</tbody>
</table>

Prevalence of Six Risk Factors

- **Midlife Hypertension (age 45-64)**: 37.5%
- **Physical Inactivity**: 45.1%
- **Midlife Obesity (age 45-64)**: 41.2%
- **Diabetes**: 9.5%
- **Smoking (age 45 and older)**: 9.9%
- **Poor Sleep (<6 hours/night)**: 13.5%

Percent With Any of Five Risk Factors (excluding sleep)

<table>
<thead>
<tr>
<th></th>
<th>None 38.7%</th>
<th>One 37.7%</th>
<th>Two or more 23.6%</th>
</tr>
</thead>
</table>

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