Risk Factors for Cognitive Decline: Iowa



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.

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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)

37.4% 53.7% Midlife Hypertension Physical Inactivity (age 45-64) 40.8% 9.8% Midlife Obesity Diabetes (age 45-64) 14.2% 9.1% Smoking Poor Sleep (age 45 and older) (<6 hours/night)

Prevalence of Six Risk Factors

Percent With Any of Five Risk Factors (excluding sleep)

None 32.2%	One 39.2%	Two or more 28.6%
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