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)**: 53.7%
- **Midlife Obesity (age 45-64)**: 42.2%
- **Diabetes**: 12.1%
- **Smoking (age 45 and older)**: 16.9%
- **Poor Sleep (<6 hours/night)**: 11.6%

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

- Total: 71.5%
- White: 70.7%
- Black: 76.6%
- Hispanic: 76.1%
- Other: 69.9%

Percent With Any of Five Risk Factors (excluding sleep)

- None: 28.5%
- One: 38.3%
- Two or more: 33.2%

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