Risk Factors for Cognitive Decline: Indiana

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.

UBLIC HEALT CENTER OF EXCELLENCE

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)*

43.6% 53.7% Midlife Hypertension Physical Inactivity (age 45-64) 42.2% 12.1% Diabetes Midlife Obesity (age 45-64) 16.9% 11.6% Smoking Poor Sleep

Prevalence of Six Risk Factors

Percent With Any of Five Risk Factors (excluding sleep)

(age 45 and older)

None 28.5% One 38.3% Two or more 33.2%

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.

Updated: April 2023

CenterOfExcellence@alz.org

alz.org/publichealth

(<6 hours/night)