Risk Factors for Cognitive Decline: Kansas



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)

 76.9

 68.6
 68.3

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43.6% 51.7% Midlife Hypertension Physical Inactivity (age 45-64) 43.1% 11.1% Diabetes Midlife Obesity (age 45-64) 13.9% 10.4% 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 31.4%	One 38.0%	Two or more 30.6%
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