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>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>76.0%</td>
<td>70.2%</td>
<td>80.2%</td>
<td>66.2%</td>
<td></td>
</tr>
</tbody>
</table>

### Prevalence of Six Risk Factors

- **Midlife Hypertension** (age 45-64)
  - 57.5%

- **Physical Inactivity**
  - 61.7%

- **Midlife Obesity** (age 45-64)
  - 50.1%

- **Diabetes**
  - 15.1%

- **Smoking** (age 45 and older)
  - 18.7%

- **Poor Sleep** (<6 hours/night)
  - 12.9%

### Percent With Any of Five Risk Factors (excluding sleep)

- **None**: 24.0%
- **One**: 40.3%
- **Two or more**: 35.7%

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