



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.

REDUCTION

Data are from the Behavioral Risk Factor Surveillance System (BRFSS).

Percent With at Least One of Five Risk Factors (excluding sleep) 78.7 77.5 67.0 65.2 64.7 White Total Black Hispanic Other

40.1% 52.0% Midlife Hypertension Physical Inactivity (age 45-64) 42.3% 9.6% Diabetes Midlife Obesity (age 45-64) 13.4% 7.7% 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 33.0% One 39.7% Two or more 27.3%	
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