

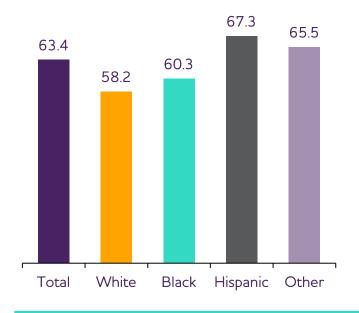
## Risk Factors for Cognitive Decline: New Mexico



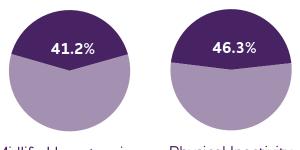
Based on population-level evidence, the six health conditions and behaviors included here increase risk for cognitive decline — and may also increase risk of dementia.

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

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

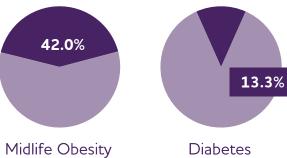


## Prevalence of Six Risk Factors

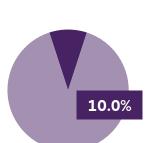


Midlife Hypertension (age 45-64)

Physical Inactivity



Midlife Obesity (age 45-64)



Smoking (age 45 and older)

11.8%

Poor Sleep (<6 hours/night)

Percent With Any of Five Risk Factors (excluding sleep)

None 36.6% One 37.6% Two or more 25.8%

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