Risk Factors for Cognitive Decline: Nevada

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.

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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)

# 37.5%51.4%Midlife Hypertension<br/>(age 45-64)Physical Inactivity36.9%11.3%Midlife Obesity<br/>(age 45-64)Diabetes

Prevalence of Six Risk Factors

## 17.5%12.5%Smoking<br/>(age 45 and older)Poor Sleep<br/>(<6 hours/night)</td>

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

None 32.0% One 39.2% Two or more 28.8%	None 32.0%
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