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).

Prevalence of Six Risk Factors

- Midlife Hypertension (age 45–64): 50.7%
- Physical Inactivity: 62.7%
- Midlife Obesity (age 45–64): 45.9%
- Diabetes: 12.9%
- Smoking (age 45 and older): 17.6%
- Poor Sleep (<6 hours/night): 11.5%

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

- Total: 77.2%
- White: 77.0%
- Black: 81.9%
- Hispanic: 77.5%
- Other: 75.4%

Percent With Any of Five Risk Factors (excluding sleep)

- None: 22.8%
- One: 39.5%
- Two or more: 37.7%

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