

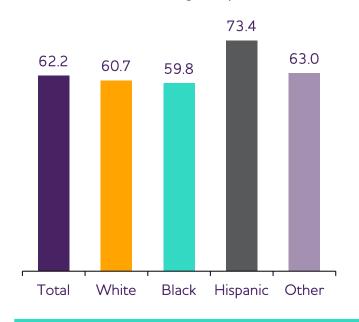
Risk Factors for Cognitive Decline: Oregon



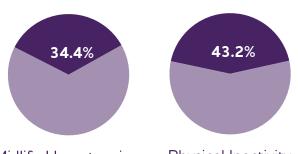
Based on population-level evidence, the six health conditions and behaviors included here increase risk for cognitive decline — and may also increase risk of dementia.

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

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

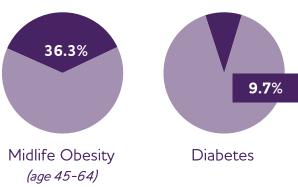


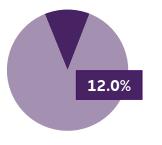
Prevalence of Six Risk Factors



Midlife Hypertension (age 45-64)











Poor Sleep (<6 hours/night)

Percent With Any of Five Risk Factors (excluding sleep)

None 37.8% One 35.2% Two or more 27.0%

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