Risk Factors for Cognitive Decline: Pennsylvania

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)**: 40.2%
- **Physical Inactivity**: 50.0%
- **Midlife Obesity (age 45-64)**: 41.2%
- **Diabetes**: 11.1%
- **Smoking (age 45 and older)**: 14.0%
- **Poor Sleep (<6 hours/night)**: 11.6%

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

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>66.1%</td>
<td>64.5%</td>
<td>75.6%</td>
<td>68.8%</td>
<td>73.6%</td>
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</tbody>
</table>

Percent With Any of Five Risk Factors (excluding sleep)

- None 33.9%
- One 37.1%
- Two or more 29.0%

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