

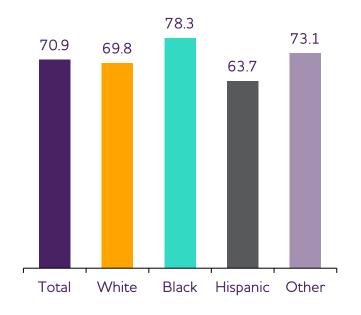
Risk Factors for Cognitive Decline: Tennessee



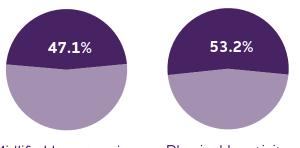
Based on population-level evidence, the six health conditions and behaviors included here increase risk for cognitive decline — and may also increase risk of dementia.

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

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

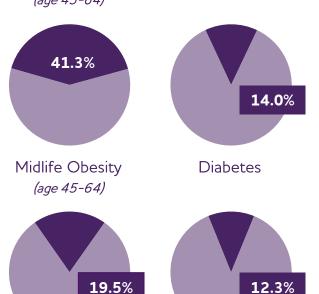


Prevalence of Six Risk Factors



Midlife Hypertension (age 45-64)

Physical Inactivity



Smoking (age 45 and older)

Poor Sleep (<6 hours/night)

Percent With Any of Five Risk Factors (excluding sleep)

None 29.1% One 34.2% Two or more 36.7%

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