

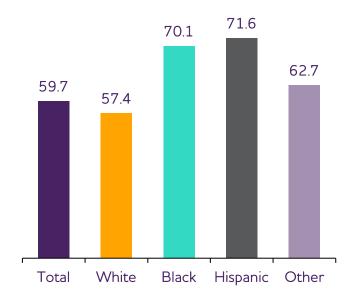
## Risk Factors for Cognitive Decline: Utah



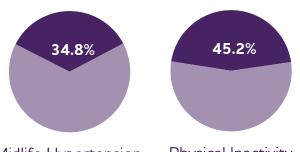
Based on population-level evidence, the six health conditions and behaviors included here increase risk for cognitive decline — and may also increase risk of dementia.

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

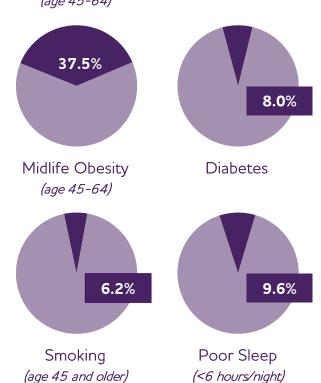
Percent With at Least One of Five Risk Factors (excluding sleep)



Prevalence of Six Risk Factors



Midlife Hypertension Physical Inactivity (age 45-64)



Percent With Any of Five Risk Factors (excluding sleep)

None 40.3%	One 38.4%	Two or more 21.3%

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