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).

Prevalence of Six Risk Factors

- **Midlife Hypertension (age 45-64)**: 34.8%
- **Physical Inactivity**: 45.2%
- **Midlife Obesity (age 45-64)**: 37.5%
- **Diabetes**: 8.0%
- **Smoking (age 45 and older)**: 6.2%
- **Poor Sleep (<6 hours/night)**: 9.6%

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

- **Total**: 59.7%
- **White**: 57.4%
- **Black**: 70.1%
- **Hispanic**: 71.6%
- **Other**: 62.7%

Percent With Any of Five Risk Factors (excluding sleep)

- None: 40.3%
- One: 38.4%
- Two or more: 21.3%

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