Risk Factors for Cognitive Decline: Virginia

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)

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>67.7</td>
</tr>
<tr>
<td>White</td>
<td>65.1</td>
</tr>
<tr>
<td>Black</td>
<td>77.0</td>
</tr>
<tr>
<td>Hispanic</td>
<td>72.9</td>
</tr>
<tr>
<td>Other</td>
<td>60.5</td>
</tr>
</tbody>
</table>

### Prevalence of Six Risk Factors

- **Midlife Hypertension (age 45-64)**: 43.7%
- **Physical Inactivity**: 50.7%
- **Midlife Obesity (age 45-64)**: 42.3%
- **Diabetes**: 11.5%
- **Smoking (age 45 and older)**: 12.8%
- **Poor Sleep (<6 hours/night)**: 10.6%

### Percent With Any of Five Risk Factors (excluding sleep)

- None: 30.9%
- One: 36.2%
- Two or more: 31.5%

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