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)*: 41.7%
- **Physical Inactivity**: 34.7%
- **Midlife Obesity** *(age 45-64)*: 33.1%
- **Diabetes**: 8.8%
- **Smoking** *(age 45 and older)*: 11.3%
- **Poor Sleep** *(<6 hours/night)*: 90.8%

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

- **Total**: 62.5%
- **White**: 59.3%
- **Black**: 73.5%
- **Hispanic**: 74.9%
- **Other**: 67.4%

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

- **None**: 37.5%
- **One**: 33.9%
- **Two or more**: 28.6%

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