Risk Factors for Cognitive Decline: Wyoming

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.

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ZHEIMER'S () ASSOCIATIO DEMENTIA RISK REDUCTION

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

Percent With at Least

46.1% 34.0% Midlife Hypertension Physical Inactivity (age 45-64) 34.9% 8.8% Diabetes Midlife Obesity (age 45-64) **15.8**% 9.4% Smoking Poor Sleep (age 45 and older) (<6 hours/night)

Prevalence of Six Risk Factors

Percent With Any of Five Risk Factors (excluding sleep)

None 37.4%	One 37.0%	Two or more 25.6%
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