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></th>
<th>Total</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>Multiracial</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent</td>
<td>67.1%</td>
<td>64.6%</td>
<td>75.8%</td>
<td>70.8%</td>
<td>63.9%</td>
<td>66.0%</td>
</tr>
</tbody>
</table>

### Prevalence of Six Risk Factors

- **Midlife Hypertension (age 45–64)**: 40.3%
- **Physical Inactivity**: 49.3%
- **Midlife Obesity (age 45–64)**: 39.1%
- **Diabetes**: 11.3%
- **Smoking (age 45 and older)**: 13.4%
- **Poor Sleep (<6 hours/night)**: 10.7%

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

- None: 32.9%
- One: 36.2%
- Two or more: 30.9%

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