



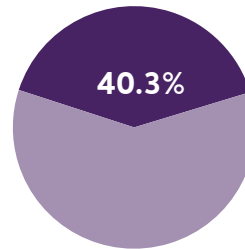
# Risk Factors for Cognitive Decline: United States



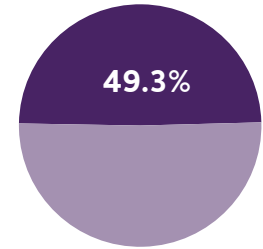
Based on population-level evidence, the six health conditions and behaviors included here increase risk for cognitive decline — and may also increase risk of dementia.

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

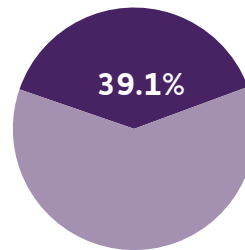
## Prevalence of Six Risk Factors



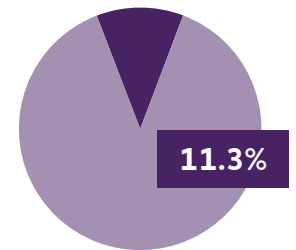
Midlife Hypertension (age 45-64)



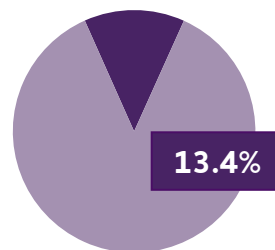
Physical Inactivity



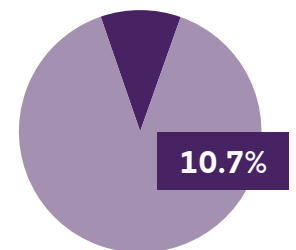
Midlife Obesity (age 45-64)



Diabetes

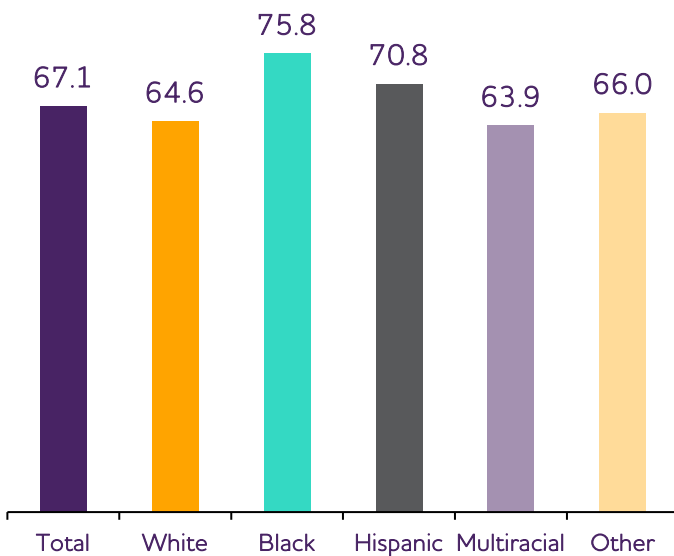


Smoking (age 45 and older)

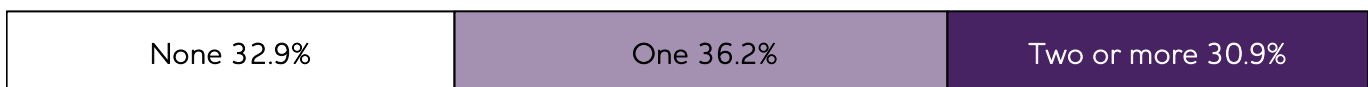


Poor Sleep (<6 hours/night)

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



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



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.

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