Risk Factors for Cognitive Decline: New Jersey

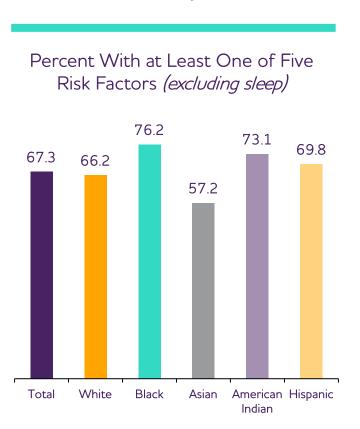


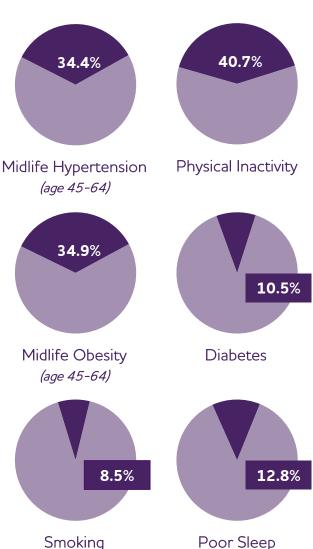
Based on population-level evidence, the six health conditions and behaviors included here increase risk for cognitive decline — and may also increase risk of dementia.

UBLIC HEALT CENTER OF EXCELLENCE

ZHEIMER'S & ASSOCIATIO DEMENTIA RISK REDUCTION

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





Prevalence of Six Risk Factors

(age 45 and older)

Percent With Any of Five Risk Factors (excluding sleep)

None 32.7% One 36.0% Two or more 31.3%
--

The Public Health Center of Excellence on Dementia Risk Reduction is made possible 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 \$3,707,435. The contents of this fact sheet are those of the Alzheimer's Association and do not necessarily represent the official views of, nor an endorsement by, CDC, HHS, or the U.S. government.

Updated: December 2024

(<6 hours/night)

CenterOfExcellence@alz.org

alz.org/publichealth