

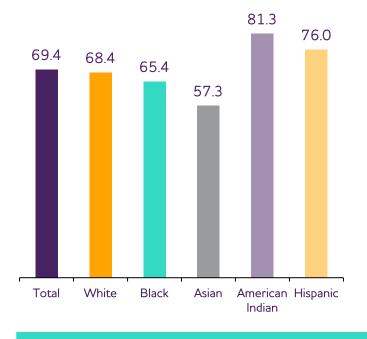
## Risk Factors for Cognitive Decline: North Dakota



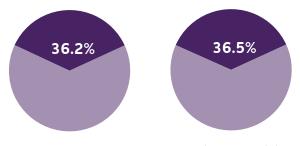
Based on population-level evidence, the six health conditions and behaviors included here increase risk for cognitive decline — and may also increase risk of dementia.

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

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

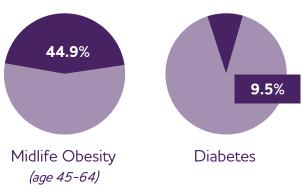


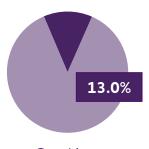
## Prevalence of Six Risk Factors



Midlife Hypertension (age 45-64)









Smoking (age 45 and older)

Poor Sleep (<6 hours/night)

Percent With Any of Five Risk Factors (excluding sleep)

None 30.6% One 36.3% Two or more 33.1%

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