



Chronic Disease STATS & FACTS for Ohio

COGNITIVE DECLINE & DEMENTIA

October 2020

What is Cognitive Decline?

Cognitive decline is the deterioration of the activities of thinking, understanding, learning, and remembering, and is often associated with early signs of Alzheimer's disease and other dementias.

Of the estimated **591,000** Ohio adults who experienced cognitive decline, **more than half (51%) have never discussed** their confusion or memory loss with a healthcare professional.



Prevalence of other chronic conditions, including high blood pressure, high blood cholesterol, and depression is significantly higher for Ohio adults with cognitive decline.



Symptoms of Dementia

People with dementia have problems with:

- Memory.
- Attention.
- Communication.
- Reasoning, judgment, and problem solving.
- Visual perception beyond typical age-related changes in vision.

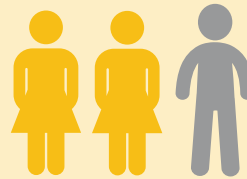


Signs that may point to dementia include:

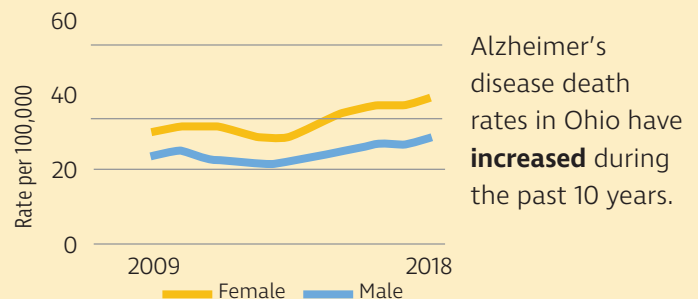
- Getting lost in a familiar neighborhood.
- Using unusual words to refer to familiar objects.
- Forgetting the name of a close family member or friend.
- Forgetting old memories.
- Not being able to complete tasks independently.

Dementia Deaths

Dementias claimed the lives of **11,694** Ohioans in 2018. Alzheimer's disease, the most common cause of dementia, is the **6th** leading cause of death, accounting for about **one-half (5,396)** of all dementia deaths in Ohio in 2018.



In Ohio, **twice** the number of women than men died from Alzheimer's disease in 2018.



Risk Factors

Factors that increase a person's risk of developing dementia include:

Age: Most cases affect those 65 years and older.

Family history: Those who have parents or siblings with dementia are more likely to develop dementia themselves.

Race/ethnicity: In the United States, Blacks and Hispanics are more likely to have dementia than whites.

Poor heart health: High blood pressure, high blood cholesterol, and smoking increase the risk of dementia if not treated properly.

Traumatic brain injury: Head injuries can increase the risk of dementia, especially if they are severe or occur repeatedly.

For more information, see *Cognitive Decline and Dementia in Ohio*, available at:

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/chronic-disease/data-publications/>

Sources: 2019 Ohio Behavioral Risk Factor Surveillance System and Bureau of Vital Statistics, Ohio Department of Health, 2020; Centers for Disease Control and Prevention,

<https://www.cdc.gov/aging/dementia/index.html>

Ohio

Department
of Health