

CogDrisk

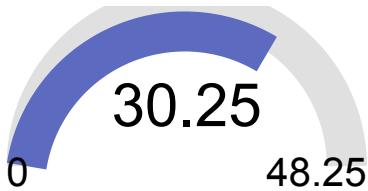
PERSONALISED DEMENTIA RISK ASSESSMENT

Date of Assessment: 5/14/2024

Congratulations on completing the dementia risk assessment.

Your CogDrisk dementia score is **30.25**

The risk score has been developed using an evidence-based approach. The risk score ranges from 0 to 48.25, with a higher score indicating higher risk.



Below is your personalised report based on your current health and lifestyle factors.

	Keep up the good work!	Room for improvement
Demographic factor		<div>✗ Your highest qualification was less than secondary education</div>
Medical risk factors	<div>✓ No prior stroke</div> <div>✓ Good levels of sleep</div>	<div>✗ Your weight is in the obese range</div> <div>✗ Having high cholesterol level</div> <div>✗ Having diabetes</div> <div>✗ Having prior brain injury</div> <div>✗ Having hypertension</div> <div>✗ Having atrial fibrillation</div> <div>✗ Having depressive symptoms</div>
Lifestyle habits and diet	<div>✓ High levels of social engagement</div> <div>✓ You drink low to moderate levels of alcohol</div>	<div>✗ Low levels of physical activity</div> <div>✗ Low levels of cognitive engagement</div> <div>✗ Eating fish less than once a week</div>

	✓ You do not smoke	
Environmental exposure		✗ Being exposed to pesticides