

# Alzheimer's Disease

## Fast Facts for Texas

### What is Alzheimer's disease?

Alzheimer's disease is a brain disease that slowly makes it harder to remember, think, and do everyday tasks. It mostly affects older adults and gets worse over time.<sup>1</sup>

**Alzheimer's disease and related dementias (ADRD)** refers to several brain diseases that cause similar symptoms. Alzheimer's disease is the most common form of dementia.

Alzheimer's disease is the **sixth leading cause of death** for Texans.<sup>2</sup>



Texas ranks **second** in the U.S. for number of Alzheimer's disease-related deaths.<sup>4</sup>



Approximately

# 1 in 6

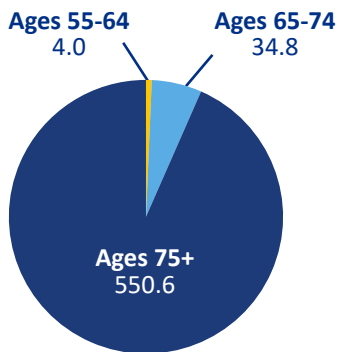
Texans ages 45 and older are living with ADRD.<sup>3</sup>

Texas ranks **third** in the U.S. for number of people living with Alzheimer's.<sup>4</sup>

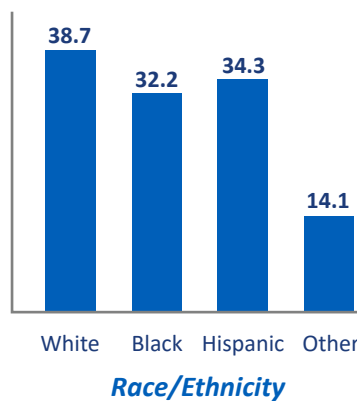
Texans ages **65-plus** are at higher risk of Alzheimer's-related deaths.<sup>5</sup>



Alzheimer's Disease Deaths  
per 100,000<sup>5</sup>



Age



Race/Ethnicity

### Top Five Alzheimer's Comorbidities<sup>3</sup>

- 1 High Blood Pressure - 58%\*
- 2 High Cholesterol - 52%
- 3 Physical Inactivity - 45%
- 4 Obesity - 42%
- 5 Diabetes - 31%

\*How to read: 58% of Texan adults who are living with Alzheimer's disease or related dementias are also living with high blood pressure.

In 2023, Medicaid paid **\$164 million** for Alzheimer's-related costs in Texas.<sup>6</sup>

### How do you lower your risk of Alzheimer's disease?



Manage diabetes



Control high blood pressure/high cholesterol



Manage obesity

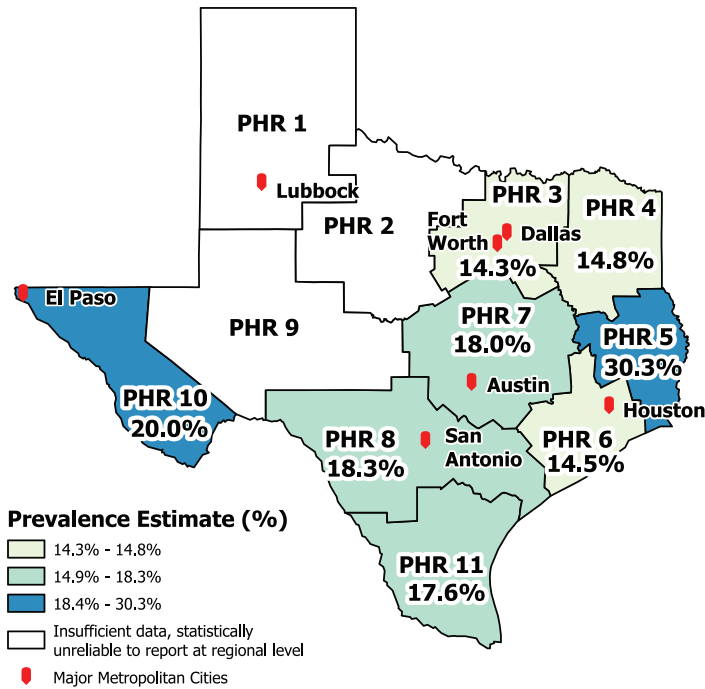


Increase physical activity



Quit smoking and heavy drinking

# Cognitive Decline Prevalence



**Prevalence** is the number of people in a population who currently have a disease or condition.

## 16.5%

Overall prevalence of cognitive decline in Texans ages 45 and older

Public Health Region (PHR) 5 has the highest prevalence estimate at

## 30.3%.

Data Classification: Quantiles

Data Source: 2023 Texas Behavioral Risk Factor Surveillance System (BRFSS), Center for Health Statistics, Texas Department of State Health Services.

Cognitive decline is defined as a "Yes" response to the survey question "During the past 12 months, have you experienced confusion or memory loss that is happening more often or is getting worse?"

# Alzheimer's Disease Mortality

**Mortality** is the number of deaths from a disease or condition in a population.

**Age-adjustment** is the way to make fair comparisons between groups of people. Since age can change a person's health, this method helps make sure that the differences we see are not just because one population is older or younger than the other.

## 36.0

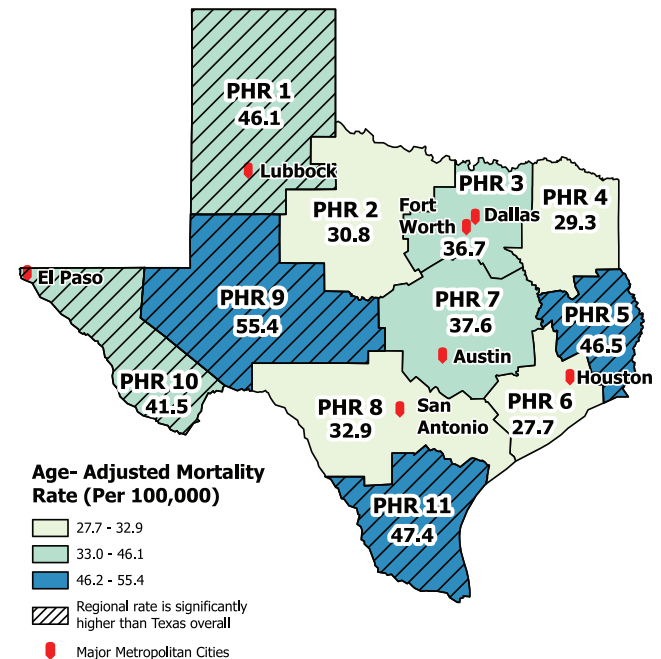
per 100,000

Overall age-adjusted Alzheimer's disease death rate in Texas

PHR 9 has the highest age-adjusted death rate at

## 55.4

per 100,000.



Data Classification: Quantiles

Population Data Source: Texas Demographic Center, Vintage 2018 Population Projections  
Mortality Data Source: Center for Health Statistics, Texas Department of State Health Services  
Cause of Death: 2022 Alzheimer's (ICD-10 Code G30)

Data Sources:

- Centers for Disease Control and Prevention. About Alzheimer's. Updated 2024. [cdc.gov/alzheimers-dementia/about/alzheimers.html](https://cdc.gov/alzheimers-dementia/about/alzheimers.html)
- Centers for Disease Control and Prevention. Mortality 2018-2023 on CDC WONDER. 2024. [wonder.cdc.gov/ucd-icd10-expanded.html](https://wonder.cdc.gov/ucd-icd10-expanded.html)
- Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2023, Texas Department of State Health Services, Center for Health Statistics, Austin, TX.
- Texas Department of State Health Services. Alzheimer's Disease. Updated 2024. [dshs.texas.gov/alzheimers-disease](https://dshs.texas.gov/alzheimers-disease)
- 2024 Population Projections from the Texas Demographic Center (2018). Population for 2010-2050 for State of Texas and Counties. TDC - 2018 Projections.
- Texas Medicaid and Healthcare Partnership (TMHP). Texas Medicaid Utilization and Expenditures for Stroke. August 2024. Accessed 2025.



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Texas Department of State  
Health Services

This factsheet was updated July 2025.

Visit [dshs.texas.gov/alzheimers](https://dshs.texas.gov/alzheimers) for more information on Alzheimer's disease in Texas.