

MAINE

SUBJECTIVE COGNITIVE DECLINE

ME

2018 Behavioral Risk Factor Surveillance System (BRFSS): People Aged 45 Years and Older

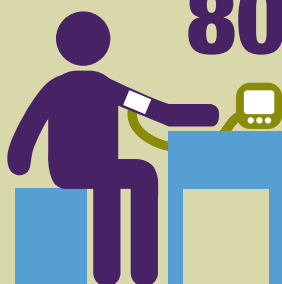
1 in 10 people aged 45 years and older are experiencing

Subjective Cognitive Decline



SCD is self-reported **MEMORY PROBLEMS** that have been **GETTING WORSE** over the past year.

80% of people with SCD have at least one chronic condition



34% of people with SCD had to give up day-to-day activities



only half of people with SCD have discussed their symptoms with a healthcare provider



over a third of people with SCD say it interfered with social activities, work, or volunteering



31% of people with SCD need help with household tasks



U.S. Department of
Health and Human Services
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alzheimer's
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CS 303070-A

January 2020