

SUBJECTIVE COGNITIVE DECLINE AMONG AFRICAN AMERICAN ADULTS

2019–2020 Behavioral Risk Factor Surveillance System (BRFSS) Data from African American Adults in 46 States, Puerto Rico, and the District of Columbia: People Aged 45 Years and Older

1 in 10

African American adults 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.

52% of people with SCD had to give up day-to-day activities



86% of people with SCD have at least one chronic condition

nearly one in two

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



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

52% of people with SCD need help with household tasks



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