

SUBJECTIVE COGNITIVE DECLINE

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

1 in 10 people aged 45 years and older are experiencing

Subjective Cognitive Decline

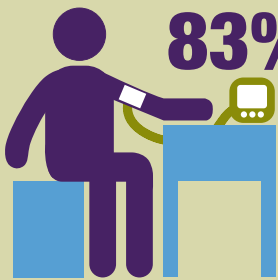


SCD is self-reported **MEMORY PROBLEMS** that have been **GETTING WORSE** over the past year.

41% of people with SCD had to give up day-to-day activities



83% of people with SCD have at least one chronic condition. SCD might make the condition more difficult to manage



one in three people with SCD say it interfered with social activities, work, or volunteering



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



35% of people with SCD need help with household tasks



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