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.

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

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

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

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.

SCD is self-reported memory problems that have been getting worse over the past year.

cdc.gov/aging
alz.org/publichealth

CDC does not endorse private products, services, or enterprises.