

MARYLAND

SUBJECTIVE COGNITIVE DECLINE

MD

2019 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.

79%

of people with SCD have at least one chronic condition



32%

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



less than half

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



nearly a third

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



30%

of people with SCD need help with household tasks



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