

MINNESOTA

# SUBJECTIVE COGNITIVE DECLINE

MN

2019 Behavioral Risk Factor Surveillance System (BRFSS): People Aged 45 Years and Older

**1 in 11**

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.

**76%**

of people with SCD have at least one chronic condition



**31%**

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



**over a quarter**

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



**24%**

of people with SCD need help with household tasks



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