Utah Subjective Cognitive Decline

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

1 in 9 people aged 45 years and older are experiencing Subjective Cognitive Decline.

84% of people with SCD have at least one chronic condition.

33% 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.

23% of people with SCD need help with household tasks.

cdc.gov/aging