

# SUBJECTIVE COGNITIVE DECLINE



2020 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.

## 86%

of people with SCD have at least one chronic condition



## 42%

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



## Only half

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



## Over a third

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



## 47%

of people with SCD need help with household tasks

