

VERMONT

# SUBJECTIVE COGNITIVE DECLINE



2020 Behavioral Risk Factor Surveillance System (BRFSS): People Aged 45 Years and Older

**1 in 13** 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.

**75%** 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



**Nearly a third**

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



**25%**

of people with SCD need help with household tasks



alzheimer's association



for more information: [www.alz.org/publichealth](http://www.alz.org/publichealth)

[www.cdc.gov/aging](http://www.cdc.gov/aging)