Subjective Cognitive Decline in Alabama

1 in 8 people aged 45 and older are experiencing Subjective Cognitive Decline.

SCD is self-reported memory problems that have been getting worse over the past year.

Among those with SCD...

- 45.2% needed help with household chores.
- 52.5% had to give up day-to-day activities.
- Nearly HALF say SCD interfered with social activities, work, or volunteering.

Nearly 90% with SCD have at least one chronic condition.

Only HALF with SCD have talked to a health care provider about it.

for more information: www.alz.org/publichealth www.cdc.gov/aging