

SUBJECTIVE COGNITIVE DECLINE AMONG RURAL ADULTS

2015–2018 Behavioral Risk Factor Surveillance System (BRFSS) Data from Rural Adults
in 42 States and the District of Columbia: People Aged 45 Years and Older

1 in 9 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.

40% of people with
SCD had to give up
day-to-day activities



85% of people
with SCD have at least
one chronic condition

**one in
three** of people
with SCD say it interfered
with social activities, work
or volunteering



less than half
of people with SCD have
discussed their symptoms with
a healthcare provider

35% of people
with SCD need help with
household tasks



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