

Subjective Cognitive Decline

Data from the 2015 Behavioral Risk Factor Surveillance System

in Iowa

1 in 11 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.



Only **TWO** in **FIVE** with SCD have talked to a health care provider about it.



Nearly 80% with SCD have at least one chronic condition.

Among those with SCD...



22.7% needed help with household chores.



25.7%

had to give up day-to-day activities.

ONE in FOUR



say SCD interfered with social activities, work, or volunteering.