1 in 7 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.

Among those with SCD...

- 39.5% needed help with household chores.
- 44.9% had to give up day-to-day activities.
- Two in five say SCD interfered with social activities, work, or volunteering.

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