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

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

Among those with SCD...
- 31.2% needed help with household chores.
- 37.7% had to give up day-to-day activities.
- One in three say SCD interfered with social activities, work, or volunteering.

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

Only two in five with SCD have talked to a health care provider about it.

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