

# Subjective Cognitive Decline

Data from the 2015 Behavioral Risk Factor Surveillance System

## in Minnesota

**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 75%** with SCD have at least one chronic condition.

### Among those with SCD...



**24.2%** needed help with household chores.



**29.8%** had to give up day-to-day activities.

### ONE in FOUR



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