NEW MEXICO

SUBJECTIVE COGNITIVE DECLINE

2016 Behavioral Risk Factor Surveillance System (BRFSS): People Aged 45 Years and Older

1 in 8 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.

76% of people with SCD have at least one chronic condition.

47% of people with SCD had to give up day-to-day activities.

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

Nearly half of people with SCD say it interfered with social activities, work, or volunteering.

40% of people with SCD need help with household tasks.