

# Subjective Cognitive Decline

Data from the **2015**  
Behavioral Risk Factor  
Surveillance System

## in Virginia

**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 **HALF** 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...**



**29.6%** needed help with household chores.



**35.6%**

had to give up day-to-day activities.

**TWO in FIVE**



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