**Subjective Cognitive Decline**

Among Rural Adults

2015–2018 Behavioral Risk Factor Surveillance System (BRFSS) Data from Rural Adults in 42 States and the District of Columbia: People Aged 45 Years and Older

**1 in 9** 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.

**40%** of people with SCD had to give up day-to-day activities

**one in three** people with SCD say it interfered with social activities, work, or volunteering

**85%** of people with SCD have at least one chronic condition

**less than half** of people with SCD have discussed their symptoms with a healthcare provider

**35%** of people with SCD need help with household tasks

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