

# SUBJECTIVE COGNITIVE DECLINE



2021 Behavioral Risk Factor Surveillance System (BRFSS): People Aged 45 Years and Older

## 1 in 9

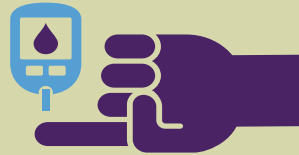
people aged 45 years and older are experiencing

### Subjective Cognitive Decline



SCD is self-reported MEMORY PROBLEMS that have been GETTING WORSE over the past year.

**78%** of people with SCD have at least one chronic condition



**43%** of people with SCD had to give up day-to-day activities



**only a third** of people with SCD have discussed their symptoms with a healthcare provider



**a third** of people with SCD say it interfered with social activities, work, or volunteering



**31%** of people with SCD need help with household tasks



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention



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