

# 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.

**84%** of people with SCD have at least one chronic condition



**38%** 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



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



**34%** of people with SCD need help with household tasks



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



[cdc.gov/aging](https://cdc.gov/aging)