

TEXAS

SUBJECTIVE COGNITIVE DECLINE



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

1 in 7

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



42% 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 a third 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