

# SUBJECTIVE COGNITIVE DECLINE



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

**1 in 10** 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.

**81%** of people with SCD have at least one chronic condition



**36%** 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



**27%** 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)