

# SUBJECTIVE COGNITIVE DECLINE

2019–2020 Behavioral Risk Factor Surveillance System (BRFSS) Data from adults in 46 States, Puerto Rico, and the District of Columbia: People Aged 45 Years and Older

**1 in 10** people aged 45 years and older are experiencing

**Subjective Cognitive Decline**

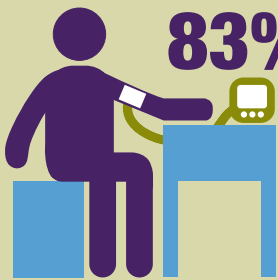


SCD is self-reported **MEMORY PROBLEMS** that have been **GETTING WORSE** over the past year.

**41%** of people with SCD had to give up day-to-day activities



**83%** of people with SCD have at least one chronic condition. SCD might make the condition more difficult to manage



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



**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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