**Subjective Cognitive Decline in California**

1 in 9 people aged 45 and older are experiencing **Subjective Cognitive Decline**.

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

Only **TWO in FIVE** with SCD have talked to a health care provider about it.

Over **70%** with SCD have at least one chronic condition.

Among those with SCD...

- **33.3%** needed help with household chores.
- **32.5%** had to give up day-to-day activities.

**ONE in THREE** say SCD interfered with social activities, work, or volunteering.

For more information:

- [www.alz.org/publichealth](http://www.alz.org/publichealth)
- [www.cdc.gov/aging](http://www.cdc.gov/aging)