Subjective Cognitive Decline in Washington, DC

1 in 8 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 HALF with SCD have talked to a health care provider about it.

Nearly 80% with SCD have at least one chronic condition.

Among those with SCD...

33.5% needed help with household chores.

40.1% had to give up day-to-day activities.

TWO in FIVE say SCD interfered with social activities, work, or volunteering.

Data from the 2015 Behavioral Risk Factor Surveillance System

subjective cognitive decline

memory problems

health care provider

chronic condition

33.5%

40.1%

social activities

work

volunteering

alzheimer's association

CDC

www.alz.org/publichealth

www.cdc.gov/aging