Subjective Cognitive Decline in Iowa

1 in 11 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.

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

Among those with SCD...

- 22.7% needed help with household chores.
- 25.7% had to give up day-to-day activities.
- Only one in four say SCD interfered with social activities, work, or volunteering.

Data from the 2015 Behavioral Risk Factor Surveillance System

For more information: www.alz.org/publichealth

www.cdc.gov/aging