**Subjective Cognitive Decline in Maryland**

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 **half** with SCD have talked to a health care provider about it.

Over **80%** with SCD have at least one chronic condition.

Among those with SCD...

- **33.2%** needed help with household chores.
- **37.4%** 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**

*For more information: [www.alz.org/publichealth](http://www.alz.org/publichealth) [www.cdc.gov/aging]*