Subjective Cognitive Decline in Minnesota

One 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 75% with SCD have at least one chronic condition.

Among those with SCD...

- 24.2% needed help with household chores.
- 29.8% had to give up day-to-day activities.
- One in four say SCD interfered with social activities, work, or volunteering.

Data from the 2015 Behavioral Risk Factor Surveillance System.