**Subjective Cognitive Decline in Texas**

Data from the 2015 Behavioral Risk Factor Surveillance System

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 **TWO in FIVE** 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...

- **40.4%** needed help with household chores.
- **42.0%** had to give up day-to-day activities.
- **TWO in FIVE** say SCD interfered with social activities, work, or volunteering.

For more information: 
www.alz.org/publichealth
www.cdc.gov/aging