In Minnesota, 9.2% of those aged 45 and over report they are experiencing confusion or memory loss that is happening more often or is getting worse.

Nearly 8 in 10 of them have not talked to a health care professional about it.

For those with worsening memory problems, over one-third say it has interfered with household activities and/or work or social activities.

### Percent of Those Aged 45+ Reporting Worsening Memory Problems in Previous 12 Months

<table>
<thead>
<tr>
<th>All</th>
<th>Gender</th>
<th>Age</th>
<th>Educational Attainment</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.2%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Men</td>
<td>Women</td>
<td>45-54</td>
</tr>
<tr>
<td>9.9%</td>
<td>8.9%</td>
<td></td>
<td>9.3%</td>
</tr>
</tbody>
</table>

### Percent with memory problems who say it created difficulties and burden

- Memory Problems Interfered with Activities: 36.9%
- Needed Assistance: 50.4%
- Received Help from Family and Friends: 5.1%

### Percent with memory problems who live alone

- 25.2%

### Percent with memory problems who have at least one other chronic condition*

- 70.1%

*Defined as arthritis, asthma, COPD, cancer, cardiovascular disease, and diabetes

This Fact Sheet is supported by Cooperative Agreement #NU58DP006115-01 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the Alzheimer’s Association and do not necessarily represent the official views of the CDC.