

# Subjective Cognitive Decline

Data from the **2015**  
Behavioral Risk Factor  
Surveillance System

## in Virginia

**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 **HALF** 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...



**29.6%**  
needed help with household chores.



**35.6%**

had to give up day-to-day activities.

### TWO in FIVE



say SCD interfered with social activities, work, or volunteering.

alzheimer's association®



for more information:

[www.alz.org/publichealth](http://www.alz.org/publichealth)

[www.cdc.gov/aging](http://www.cdc.gov/aging)