



cognitive decline in Washington

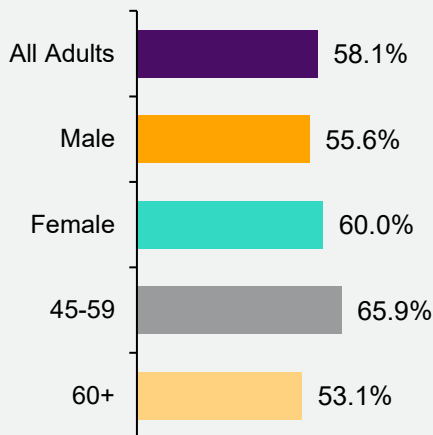
DATA FROM THE 2023 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

In Washington, 17% of adults 45 and older are experiencing subjective cognitive decline (SCD) – that is, thinking or memory problems that are getting worse.

Among those with SCD...

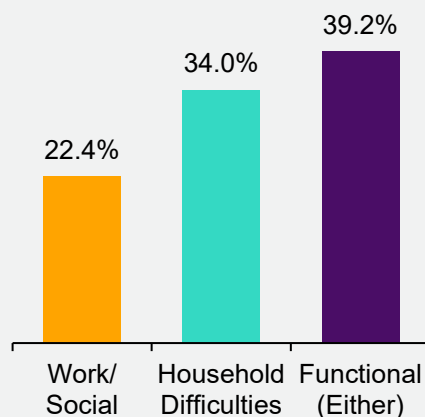
58.1% are worried about it.

Percentage with SCD who are worried



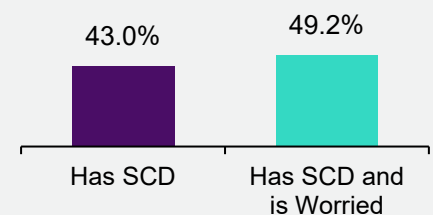
39.2% say it causes difficulties.

Percentage with SCD who have limitations

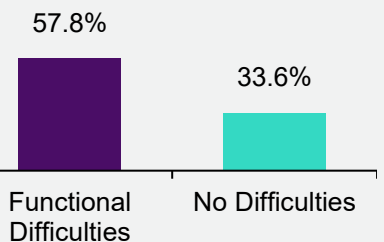


Only 43% have talked to a health professional about it.

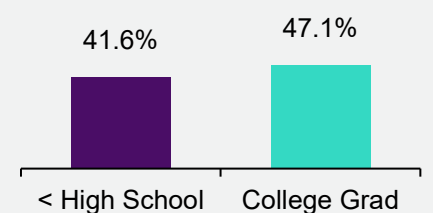
Percentage who have spoken to a health care provider



Those who are experiencing functional difficulties are more likely to talk to a provider . . .

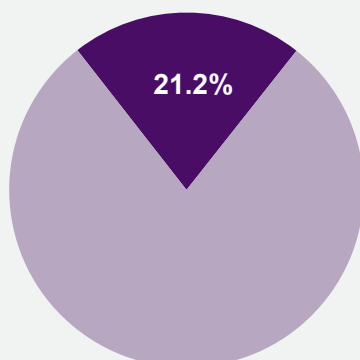


Those without a high school education are least likely to talk to a provider. . .



21.2% live alone.

Percentage with SCD who live alone



Percentage with SCD:

Female	18.4%
Male	15.4%
60 and older	17.5%
<High School	20.1%
High School	17.1%
Some College	18.8%
College Grad	14.5%
Income <\$15,000	34.3%
\$15,000 - \$24,999	26.1%
\$25,000 - \$49,999	20.1%
\$50,000 - \$74,999	17.8%
\$75,000 or more	13.2%
Veteran	19.5%
Fair/Poor Health	32.5%