



cognitive decline in iowa

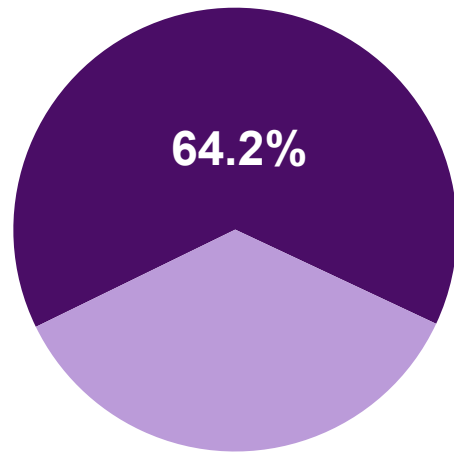
DATA FROM THE 2019 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

In Iowa, 9.9% — nearly 1 in 10 — of those aged 45 and over report they are experiencing confusion or memory loss that is happening more often or is getting worse (“subjective cognitive decline”).

Nearly two-thirds of them have not talked to a health care professional about it.

For those with worsening memory problems, 39.7% say it has created “functional difficulties” — that is, caused them to give up day-to-day activities and/or interfered with work or social activities.

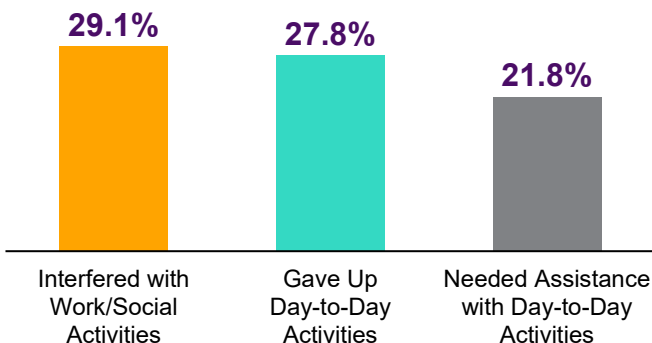
Percent with memory problems who have not talked to a health care provider



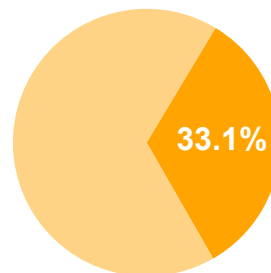
Percent of Those Aged 45+ with Subjective Cognitive Decline

All	Gender		Age					Educational Attainment			
	Men	Women	45-59	60-64	65-74	75-79	80+	< High School	High School	Some College	College Grad
9.9%	11.0%	8.9%	8.1%	10.7%	9.8%	11.4%	15.6%	14.2%	11.0%	10.3%	6.9%

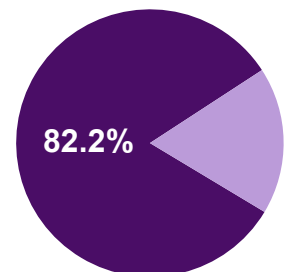
Percent with memory problems who say it created difficulties and burden



Percent with memory problems who live alone



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



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