



cognitive decline in iowa

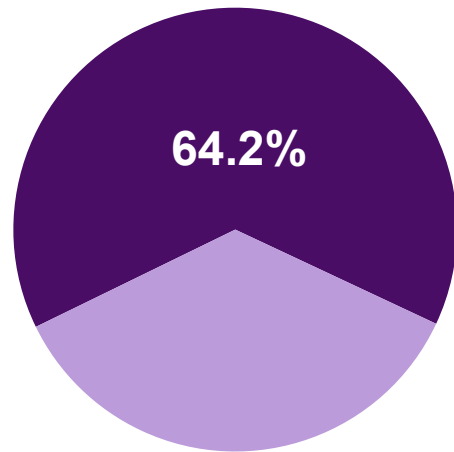
DATA FROM THE 2019 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

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.

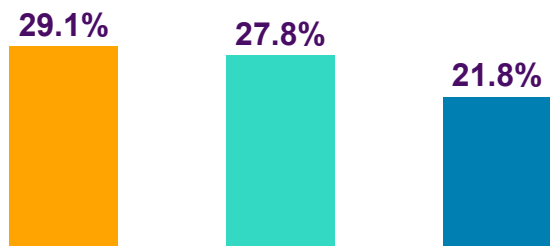
Percent with memory problems who have **not** talked to a health care provider



Percent of Those Aged 45+ with Subjective Cognitive Decline

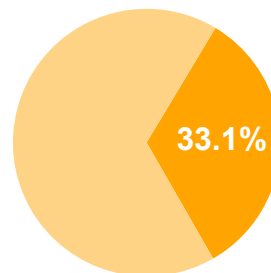
All	Gender		Age					Educational Attainment			
	Men	Women	45-59	60-64	65-74	75-79	80+	< High School	High School	Some College	College Grad
9.9%	11.0%	8.9%	8.1%	10.7%	9.8%	11.4%	15.6%	14.2%	11.0%	10.3%	6.9%

Percent with memory problems who say it created difficulties and burden



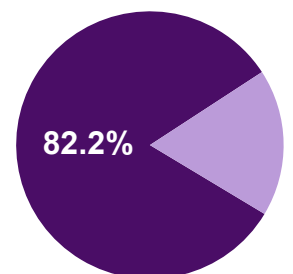
Interfered with Work/Social Activities
Gave Up Day-to-Day Activities
Needed Assistance with Day-to-Day Activities

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Percent with memory problems who live alone

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



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