

FACTSHEET

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Subjective Cognitive Decline in Diverse Communities: Data from the BRFSS

Among those aged 45 and older, African Americans and Hispanics are more likely to report having confusion or memory loss that is happening more often or is getting worse.

- While 10.8 percent of whites have subjective cognitive decline (SCD), 13.2 percent of African Americans do—a rate 22 percent higher. Among Hispanics, 11.8 percent have SCD.
- Asians/Pacific Islanders are *less* likely than other racial and ethnic groups to have SCD.

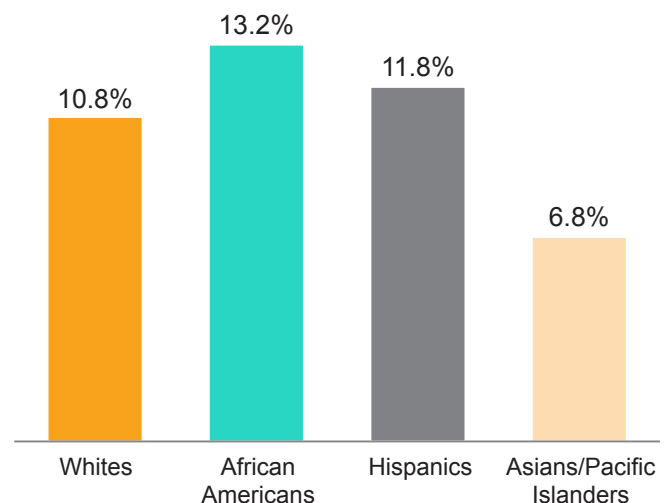
SCD often affects an individual's ability to function.

- Just over half of all people with SCD say their memory problems have forced them to give up day-to-day activities (such as cooking, cleaning, or paying bills) and/or are interfering with work or social activities.
- Among American Indians/Alaska Natives with SCD, nearly three-quarters reported it was causing functional difficulties. And, two-thirds of Hispanics and African Americans with SCD are experiencing functional difficulties.

What is the BRFSS?

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual state-based public health survey. The data presented here are from the 2015 and 2016 surveys. All data were analyzed by the Healthy Aging Program at the Centers for Disease Control and Prevention (CDC).

Subjective Cognitive Decline Among Those Aged 45 and Over By Race/Ethnicity



While SCD is one of the earliest warning signs of potential dementia and indicates a higher risk of developing the condition, most with SCD do not talk to a health care provider.

- Although Asians/Pacific Islanders are the least likely to have SCD, they are also the least likely to talk to a health care provider, as nearly two-thirds do not talk to a professional about their memory problems.
- Among Hispanics with SCD, 58.3 percent do not talk to a health care provider; and, among African Americans, 57.4 percent do not.