In 2015-2016, 45.4% of adults aged 45 and older with subjective cognitive decline (SCD) talked to a health care professional about it. Healthy People 2030 has set a goal of increasing this by 5 percentage points to 50.4%.

Asian American/Pacific Islanders with SCD are less likely than other racial and ethnic groups to discuss their memory problems with a health care professional. But in all groups, it is less than half.

Conversations with Provider by Sex

50.1% 40.1%

Women Men

Among individuals who report that their SCD is creating difficulties, more than half have talked to a health care professional.