



# cognitive decline in maine

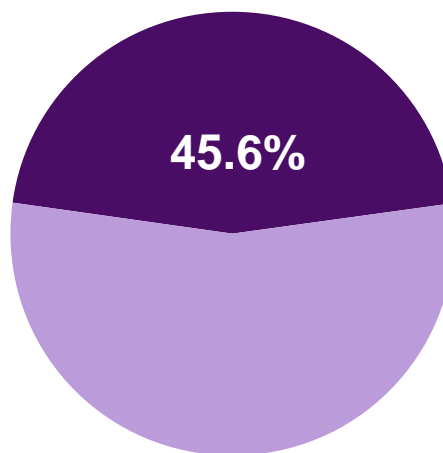
DATA FROM THE 2016 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

In Maine, **10.3 percent** – one 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 half of them have **not** talked to a health care professional about it.

For those with worsening memory problems, **39.7 percent** 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.

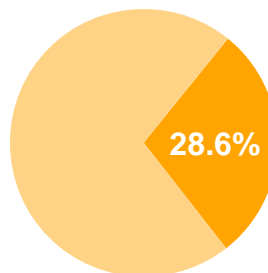
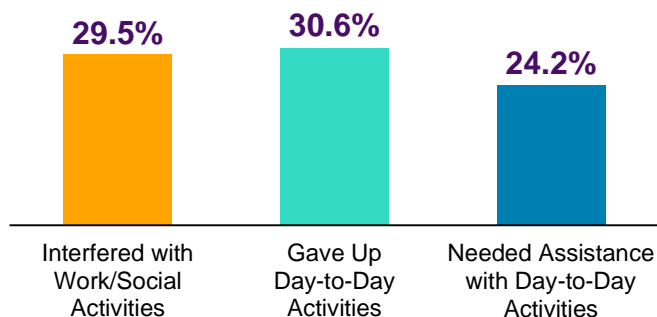
Percent with memory problems who have **not** talked to a health care provider



Percent of Those Aged 45+ with Subjective Cognitive Decline

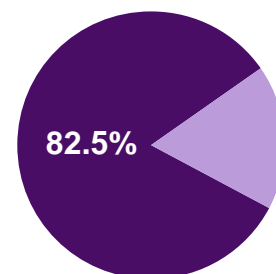
All	Gender		Age					Educational Attainment			
	Men	Women	45-59	60-64	65-74	75-79	80+	< High School	High School	Some College	College Grad
10.3%	10.7%	9.9%	9.7%	10.8%	9.5%	13.2%	11.6%	16.2%	10.3%	10.5%	8.3%

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\*



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

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