

ALASKA

SUBJECTIVE COGNITIVE DECLINE

AK

2020 Behavioral Risk Factor Surveillance System (BRFSS): People Aged 45 Years and Older

1 in 12

people aged 45 years and older are experiencing
Subjective Cognitive Decline



SCD is self-reported MEMORY PROBLEMS that have been GETTING WORSE over the past year.

72%



of people with SCD have at least one chronic condition

31%



of people with SCD had to give up day-to-day activities

Less than half

of people with SCD have discussed their symptoms with a healthcare provider



A third

of people with SCD say it interfered with social activities, work, or volunteering



28%

of people with SCD need help with household tasks



alzheimer's
association®

CDC
CENTERS FOR DISEASE
CONTROL AND PREVENTION

for more
information:

www.alz.org/publichealth

www.cdc.gov/aging