

# SUBJECTIVE COGNITIVE DECLINE

2019–2020 Behavioral Risk Factor Surveillance System (BRFSS) Data from adults in 50 States, Puerto Rico, and the District of Columbia: People Aged 45 Years and Older

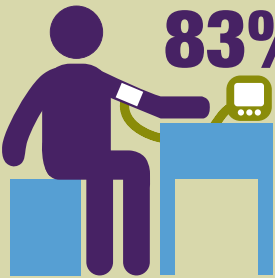
SCD is self-reported  
**MEMORY PROBLEMS** that  
have been **GETTING WORSE**  
over the past year.

**1 in 10** people aged 45  
years and older  
are experiencing  
**Subjective  
Cognitive  
Decline**



**41%** of people with SCD  
had to give up day-to-day  
activities

**83%** of people with  
SCD have at least one  
chronic condition.  
SCD might make the  
condition more difficult  
to manage



**one in three**  
people with SCD say it interfered  
with social activities, work, or  
volunteering



**less than half**  
of people with SCD have  
discussed their symptoms with  
a healthcare provider



**35%** of people  
with SCD need help with  
household tasks



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