

# SUBJECTIVE COGNITIVE DECLINE AMONG RURAL ADULTS

2019-2020 Behavioral Risk Factor Surveillance System (BRFSS) Data from Rural Adults  
in 42 States and the District of Columbia: People Aged 45 Years and Older

**1 in 10** 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.

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



**87%** of people  
with SCD have at least  
one chronic condition

**one in  
three** of 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



**38%** of people  
with SCD need help with  
household tasks



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