

FACTSHEET

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Subjective Cognitive Decline in Diverse Communities: Data from the BRFSS

Among those aged 45 and older, Black and Hispanic Americans are more likely to report having confusion or memory loss that is happening more often or is getting worse.

- While 9.5% of Whites have subjective cognitive decline (SCD), 11.8% of Hispanics have SCD — a rate 23.8% higher. Among Blacks, 10% have SCD.
- Asians/Pacific Islanders are *less* likely than other racial and ethnic groups to have SCD.

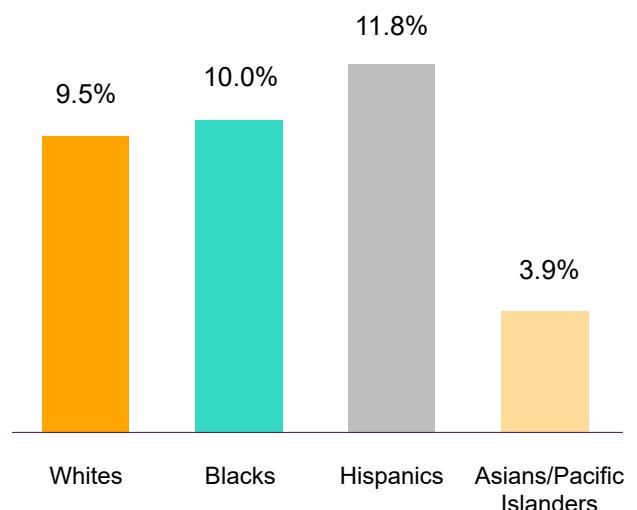
SCD often affects an individual's ability to function.

- About half of all people with SCD say their memory problems have forced them to give up day-to-day activities or are interfering with work or social activities, often referred to as “functional difficulties.”
- Among Blacks, Hispanics, and American Indians/Alaska Natives with SCD, nearly two-thirds report it is causing functional difficulties — compared with 42.3% of Whites with SCD.

What is the BRFSS?

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual state-based public health survey. The data presented here are from the 2019-2020 surveys in 46 states and the District of Columbia. All data were analyzed by the Alzheimer's Association.

Subjective Cognitive Decline Among Those Aged 45 and Over By Race/Ethnicity



While SCD is one of the earliest warning signs of potential dementia and indicates a higher risk of developing the condition, most with SCD do not talk to a health care provider.

- Although Hispanics are the most likely to have SCD, they are less likely to speak to a medical professional about their worsening memory problems compared with other groups.
- Among Hispanics with SCD, 58.8% have not spoken to a provider — compared with 45.8% among Whites and 50.2% among Blacks.