In Alaska, 8.6% 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").

More than half of them have not talked to a health care professional about it.

For those with worsening memory problems, 41.6% 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.

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