



# cognitive decline in washington, dc

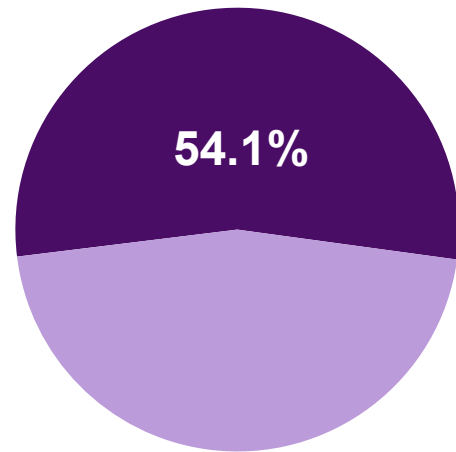
DATA FROM THE 2019 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

In the District of Columbia, 11% 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, 43.8% 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.

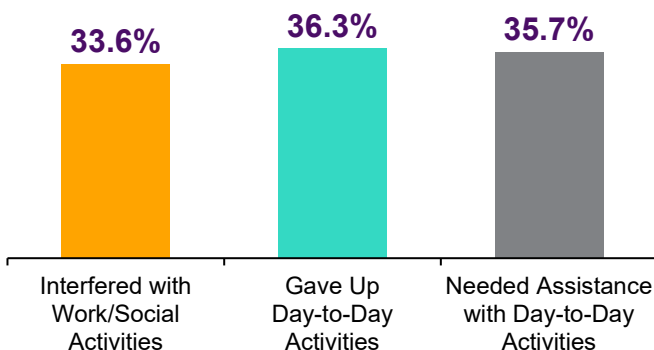
Percent with memory problems who have not talked to a health care provider



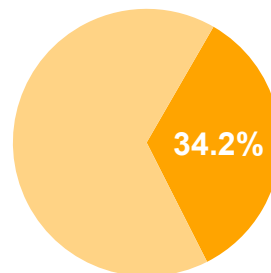
Percent of Those Aged 45+ with Subjective Cognitive Decline

All	Gender		Age					Educational Attainment			
	Men	Women	45-59	60-64	65-74	75-79	80+	< High School	High School	Some College	College Grad
11.0%	9.7%	12.1%	8.7%	12.4%	11.1%	8.2%	21.7%	19.7%	20.8%	7.9%	7.1%

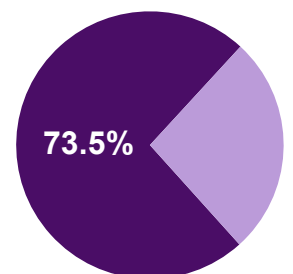
Percent with memory problems who say it created difficulties and burden



Percent with memory problems who live alone



Percent with memory problems who have at least one other chronic condition\*



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