In Illinois, 6.1% 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 60% of them have not talked to a health care professional about it.

For those with worsening memory problems, 57.9% 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 of Those Aged 45+ with Subjective Cognitive Decline**

<table>
<thead>
<tr>
<th>All</th>
<th>Gender</th>
<th>Age</th>
<th>Educational Attainment</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.1%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Men</td>
<td>45-59</td>
<td>60-64</td>
</tr>
<tr>
<td>5.1%</td>
<td></td>
<td>3.6%</td>
<td>N/A</td>
</tr>
<tr>
<td>6.9%</td>
<td></td>
<td>N/A</td>
<td>3.6%</td>
</tr>
</tbody>
</table>

**Percent with memory problems who say it created difficulties and burden**

- Interfered with Work/Social Activities: 45.4%
- Gave Up Day-to-Day Activities: 50.9%
- Needed Assistance with Day-to-Day Activities: 47.9%

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

- 60.2%

**Percent with memory problems who live alone**

- 35.8%

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

- 79.9%

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