



# cognitive decline in maine

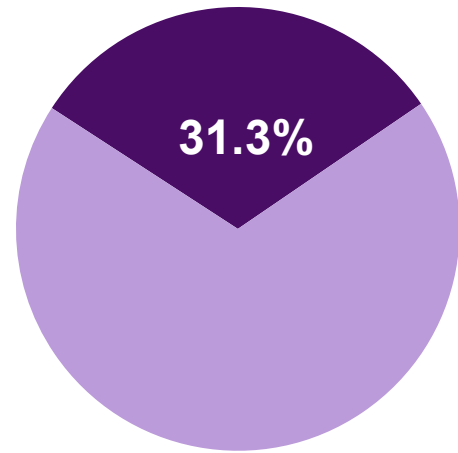
DATA FROM THE 2022 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

In Maine, 9.9% of those aged 45 and older report they are experiencing confusion or memory loss that is happening more often or is getting worse (“subjective cognitive decline”).

Nearly one-third of them have not talked to a health care professional about it.

For those with worsening memory problems, 44.3% 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.

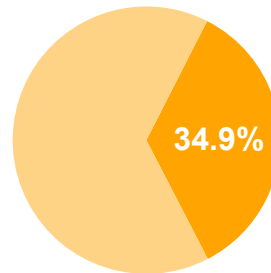
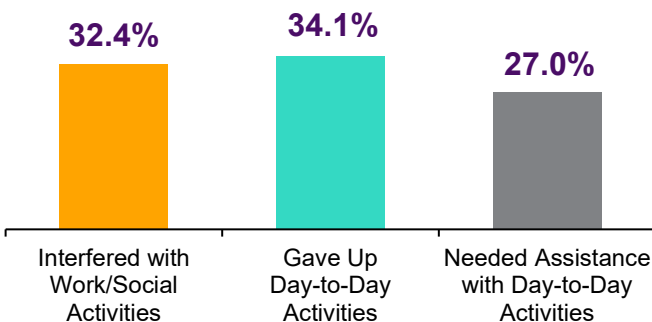
Percent with memory problems who have not talked to a health care provider



Percent of those Aged 45+ with Subjective Cognitive Decline

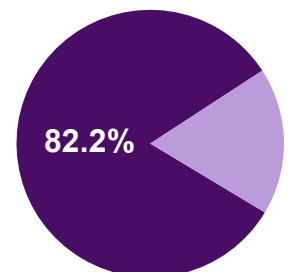
All	Gender		Age					Educational Attainment			
	Men	Women	45-59	60-64	65-74	75-79	80+	< High School	High School	Some College	College Grad
9.9%	10.7%	9.2%	10.0%	9.1%	9.0%	8.6%	14.6%	20.8%	11.7%	9.2%	6.7%

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\*



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

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