



cognitive decline in maine

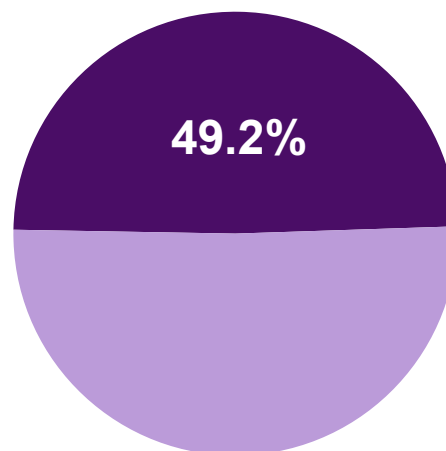
DATA FROM THE 2020 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

In Maine, 7.8% 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”).

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

For those with worsening memory problems, 36.6% 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.

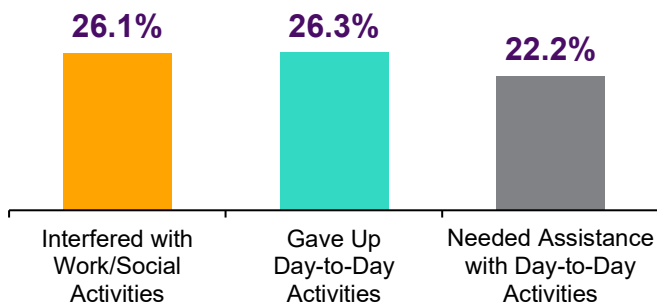
Percent with memory problems who have not talked to a health care provider



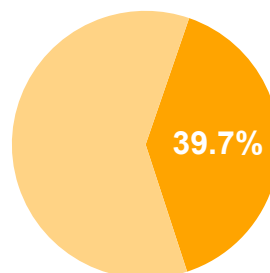
Percent of Those Aged 45+ with Subjective Cognitive Decline

All	Gender		Age					Educational Attainment			
	Men	Women	45-59	60-64	65-74	75-79	80+	< High School	High School	Some College	College Grad
	7.8%										
	8.2%	7.5%	6.1%	7.9%	8.1%	10.8%	12.1%	13.1%	7.4%	8.6%	6.2%

Percent with memory problems who say it created difficulties and burden

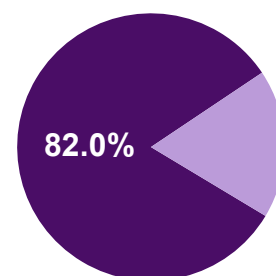


This Fact Sheet is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,795,933 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.



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