In Virginia, 10.3 percent of those aged 45 and over report that they are experiencing confusion or memory loss that is happening more often or is getting worse.

Three-quarters of them have not talked to a health care professional about it.

For those with worsening memory problems, more than 40 percent say it has interfered with household activities and/or work or social activities.

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

- 75.0%
- 21.5%

**Percent with memory problems who live alone**

- 81.4%

**Portion of last 30 days, on average, people with memory problems experienced . . .**

- Poor Physical Health: 40.4% (12.11 days)
- Poor Mental Health: 33.3% (9.99 days)
- Limited Activities Due to Poor Health: 33.9% (10.16 days)

**Characteristics of those with memory problems**

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disabled</td>
<td>65.6%</td>
</tr>
<tr>
<td>In Fair/Poor Health</td>
<td>56.1%</td>
</tr>
<tr>
<td>Ever Had Depression</td>
<td>45.8%</td>
</tr>
<tr>
<td>Have Trouble Seeing</td>
<td>49.8%</td>
</tr>
<tr>
<td>Smoke</td>
<td>26.1%</td>
</tr>
</tbody>
</table>

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

- Memory Problems Interfere with Activities: 42.3%
- Need Assistance: 58.5%
- Receive Help from Family and Friends: 8.1%

*Other chronic condition is defined as arthritis, asthma, COPD, cancer, cardiovascular disease, and diabetes.*

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