In the District of Columbia, 10.7 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.

Nearly 70 percent 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.

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

- Poor Physical Health: 29.8% (8.95 days)
- Poor Mental Health: 32.8% (9.83 days)
- Limited Activities Due to Poor Health: 24.7% (7.42 days)

Characteristics of those with memory problems

- Disabled: 57.8%
- In Fair/Poor Health: 38.9%
- Have Fallen in Last 12 Months: 49.1%
- Had Fall-related Injury: 11.4%
- Ever Had Depression: 37.1%
- Have Trouble Seeing: 44.3%
- Smoke: 15.4%

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

- 82.6%

Percent with memory problems who say it creates difficulties and burden

- Memory Problems Interfere with Activities: 40.9%
- Need Assistance: 62.6%
- Receive Help from Family and Friends: 5.4%

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

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