

# Subjective Cognitive Decline

Data from the **2015**  
Behavioral Risk Factor  
Surveillance System

## in Maryland

**1 in 9** people aged 45 and older  
are experiencing **Subjective Cognitive Decline**.

**SCD** is self-reported  
**MEMORY PROBLEMS**  
that have been getting worse  
over the past year.



Only **HALF**  
with SCD have talked  
to a health care  
provider about it.



**Over 80%**  
with SCD  
have at least  
one chronic  
condition.

### Among those with SCD...



**33.2%**  
needed help  
with household  
chores.



**37.4%**

had to give up  
day-to-day  
activities.

### **TWO** in **FIVE**



say SCD interfered with social activities,  
work, or volunteering.

alzheimer's  
association



for more  
information:

[www.alz.org/publichealth](http://www.alz.org/publichealth)

[www.cdc.gov/aging](http://www.cdc.gov/aging)