

# Subjective Cognitive Decline

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

## in Minnesota

**1 in 11** 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 **TWO**  
in **FIVE**  
with SCD have talked  
to a health care  
provider about it.



**Nearly 75%**  
with SCD  
have at least  
one chronic  
condition.

### Among those with SCD...



**24.2%**  
needed help  
with household  
chores.



**29.8%**

had to give up  
day-to-day  
activities.

### ONE in FOUR



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)