

# Subjective Cognitive Decline

Data from the 2015 Behavioral Risk Factor Surveillance System

## in Alabama

**1 in 8** people aged 45 and older are experiencing **S**ubjective **C**ognitive **D**ecline.

**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.



**Nearly 90%** with SCD have at least one chronic condition.

Among those with **SCD**...



**45.2%**

needed help with household chores.



**52.5%**

had to give up day-to-day activities.

**Nearly HALF**

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

