

VIRGINIA

SUBJECTIVE COGNITIVE DECLINE

VA

2022 Behavioral Risk Factor Surveillance System (BRFSS): People Aged 45 Years and Older

1 in 10 people aged 45 years and older are experiencing

Subjective Cognitive Decline



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

85% of people with SCD have at least one chronic condition



34%

of people with SCD had to give up day-to-day activities



Less than half

of people with SCD have discussed their symptoms with a healthcare provider



Over a quarter

of people with SCD say it interfered with social activities, work, or volunteering



27%

of people with SCD need help with household tasks

