

**Subjective Cognitive Decline (SCD):** The Cognitive Module asks individuals if, in the previous 12 months, they have “experienced confusion or memory loss that is happening more often or is getting worse.” *Subjective cognitive decline* refers to the percentage of respondents who answered yes to this question. While some individuals who respond affirmatively to this question may have Mild Cognitive Impairment (MCI) or be in the early stages of Alzheimer’s disease and other dementias – and may have received such a diagnosis from a physician – this question does not measure the prevalence of any medical condition. Rather, it measures the prevalence of “subjective cognitive decline” – a non-medical term that identifies the percentage of individuals who self-report they are having increasing memory problems. A growing number of studies has shown that SCD is a good predictor of increased risk of future dementia. Thus, this data indicate the potential future problem and burden.

**Disability Status:** Individuals are considered disabled if they say their activities were limited because of physical, mental, or emotional problems, or if they said they used special equipment such as a cane or wheelchair.

**Functional Difficulties:** Individuals experiencing SCD are then asked: (1) how often they have had to give up household activities or chores as a result of their memory problems; and (2) how often their memory problems have interfered with their ability to work, volunteer, or engage in social activities. Individuals are described as having *functional difficulties* if they answered always, usually, or sometimes to one or both questions.

**Need Assistance:** Those experiencing SCD are also asked in which area they need the most assistance as a result of their memory loss: safety, transportation, household activities, personal care, or another area. Individuals with SCD who identify one of those areas (that is, all individuals except those who say they do not need assistance in any area) are identified as *needing assistance*.

**Received Help:** Individuals with SCD are asked how often in the previous 30 days a family member or friend has provided care or assistance because of memory loss. Those who respond always or usually are considered as having *received help*. The percentage of individuals who receive help should not be interpreted as the percentage of individuals who receive the help they need. In other words, a small percentage responding always or usually to the question should not be taken as an indication that support services are significantly lacking (although they may be). Rather, this question is more accurately a measure of burden: the percentage of individuals with SCD whose memory loss is significant enough that they required assistance from family and friends.

**Live Alone:** In some states, some of the questions asked of cell phone respondents are slightly different than the questions asked of landline respondents. As a consequence, in those states, it is not possible to determine whether an individual lives alone. Therefore, for consistency, the live alone data reported in the tables are for landline respondents only, even in those states in which it is possible to determine the living status of cell phone respondents.

**One or More Other Chronic Conditions:** This is the percentage of those with SCD who have at least one of six other chronic conditions: arthritis, asthma, cancer, cardiovascular disease, COPD, and diabetes. These six conditions reflect the definition of chronic condition used by *Healthy People 2020*.

**Fair/Poor Health:** Individuals are asked to describe their own general health status; the percentage included here are those who say they are in either fair or poor health. Evidence has shown that people’s assessment of their own general health is fairly accurate.

**14 or More Unhealthy Days:** Individuals are asked to specify the number of days in the previous 30 days that (a) their physical health was “not good”; and (b) their mental health was “not good.” The percentages included here are those who gave an answer of 14 days or more.

**Physically Inactive:** Individuals were asked seven questions about the type, frequency, and duration of the two most frequent types of non-job related physical activity or exercise in which they were engaged in the previous month. Those who reported no moderate or vigorous aerobic physical activity in the past month are considered *physically inactive*.

**Total:** The totals listed in the tables are aggregated data across 17 states, except for the percentage of individuals with SCD (a) who live alone (Table 6); and (b) who have talked to a health care professional (Table 8). That data includes Minnesota and is therefore aggregated across 18 states. Minnesota is otherwise not included in the aggregated totals because the data were received too late to be aggregated in this round of analysis. Furthermore, while included in the tables, data from Puerto Rico are generally not included in U.S. totals across a variety of statistical measurements and are therefore not included in the totals on these tables. For those questions where one or more of the states did not have reportable data (usually because the sample size was too small), that state’s limited data were nonetheless included when determining the aggregated totals. The aggregated data provide a more broad-based snapshot of what is happening nationally than any single state’s data. But because the aggregated data are limited to individuals from a limited number of states – and are not necessarily a nationally-representative sample – the totals should not be considered as national figures.

**Table 1. Percentage of those aged 45 and over with subjective cognitive decline. Total and by age.**

State	All	Age				Age	
		45-54	55-64	65-74	75+	45-59	60+
Alaska	11.0%	9.2%	10.0%	10.4%	25.1%	9.5%	13.0%
Arizona	14.8%	13.7%	13.0%	15.4%	19.3%	14.5%	15.1%
Arkansas	17.0%	17.6%	17.2%	15.4%	17.5%	17.5%	16.5%
Georgia	12.1%	11.9%	13.7%	10.0%	11.9%	12.2%	12.0%
Idaho	11.6%	10.7%	11.1%	10.6%	16.1%	11.8%	11.4%
Illinois	9.7%	6.9%	11.1%	11.2%	11.3%	9.1%	10.3%
Indiana	12.6%	13.5%	12.5%	11.9%	12.1%	13.4%	11.9%
Massachusetts	10.8%	10.3%	8.0%	11.6%	16.5%	9.6%	11.9%
Michigan	12.0%	10.5%	13.7%	10.5%	13.6%	11.8%	12.2%
Minnesota	9.2%	9.3%	8.9%	8.2%	10.8%	9.7%	8.7%
Nevada	14.3%	16.0%	13.2%	12.9%	14.9%	15.2%	13.5%
New Mexico	13.2%	12.0%	14.5%	10.6%	16.3%	12.7%	13.6%
New York	11.5%	11.1%	11.1%	8.9%	16.1%	11.2%	11.7%
Oregon	10.0%	10.8%	8.2%	7.9%	15.1%	9.8%	10.2%
Puerto Rico	8.2%	9.6%	9.4%	5.6%	6.9%	9.8%	6.9%
South Dakota	5.6%	5.6%	4.1%	4.8%	8.8%	5.3%	5.8%
Texas	9.5%	9.2%	9.3%	8.1%	12.6%	9.4%	9.6%
Vermont	10.4%	9.4%	10.0%	10.5%	13.6%	9.4%	11.5%
Virginia	11.4%	11.6%	11.5%	9.1%	14.0%	11.4%	11.4%
<b>TOTAL*</b>	<b>11.3%</b>	<b>10.7%</b>	<b>11.3%</b>	<b>10.2%</b>	<b>14.2%</b>	<b>11.1%</b>	<b>11.5%</b>

\* Total does not include Minnesota or Puerto Rico. See Technical Notes.

**Table 2. Percentage of those aged 45 and over with subjective cognitive decline. Total and by gender, disability status, and veteran status.**

State	All	Gender		Disability Status		Veteran Status	
		Men	Women	Disabled	Not	Veteran	Not
Alaska	11.0%	9.4%	12.6%	25.1%	5.1%	9.0%	11.4%
Arizona	14.8%	15.2%	14.5%	27.2%	8.9%	18.1%	14.2%
Arkansas	17.0%	17.1%	16.9%	33.4%	7.2%	17.2%	17.0%
Georgia	12.1%	11.5%	12.6%	27.4%	5.8%	11.8%	12.1%
Idaho	11.6%	11.0%	12.2%	24.9%	6.2%	11.5%	11.6%
Illinois	9.7%	9.9%	9.5%	19.6%	6.0%	11.9%	9.4%
Indiana	12.6%	12.1%	13.1%	27.2%	6.3%	13.8%	12.4%
Massachusetts	10.8%	11.3%	10.3%	26.2%	5.2%	18.6%	9.7%
Michigan	12.0%	13.1%	11.0%	24.0%	5.8%	12.3%	11.9%
Minnesota	9.2%	9.9%	8.6%	19.8%	5.7%	10.1%	9.0%
Nevada	14.3%	10.6%	17.8%	28.0%	8.5%	11.2%	15.1%
New Mexico	13.2%	13.9%	12.4%	27.9%	6.1%	18.1%	12.2%
New York	11.5%	12.2%	10.9%	21.3%	7.2%	15.7%	11.1%
Oregon	10.0%	11.3%	8.9%	22.3%	3.8%	14.1%	9.2%
Puerto Rico	8.2%	9.4%	7.3%	19.8%	2.8%	9.7%	8.1%
South Dakota	5.6%	6.7%	4.5%	11.5%	3.0%	9.2%	4.9%
Texas	9.5%	9.0%	9.8%	22.9%	4.8%	10.9%	9.2%
Vermont	10.4%	10.9%	10.0%	22.4%	5.9%	12.9%	10.1%
Virginia	11.4%	9.7%	12.9%	24.9%	6.2%	9.3%	11.8%
<b>TOTAL*</b>	<b>11.3%</b>	<b>11.3%</b>	<b>11.3%</b>	<b>24.0%</b>	<b>6.0%</b>	<b>13.0%</b>	<b>11.0%</b>

\* Total does not include Minnesota or Puerto Rico. See Technical Notes.

**Table 3. Percentage of those aged 45 and over with subjective cognitive decline. Total and by education level.**

State	All	Education Level			
		Less than High School	High School	Some College	College Graduate
Alaska	11.0%	23.9%	12.3%	9.6%	8.6%
Arizona	14.8%	23.9%	15.5%	13.2%	11.3%
Arkansas	17.0%	24.0%	18.1%	16.4%	9.2%
Georgia	12.1%	17.5%	12.0%	13.2%	7.6%
Idaho	11.6%	19.1%	10.4%	13.0%	8.0%
Illinois	9.7%	11.9%	10.6%	9.7%	7.7%
Indiana	12.6%	24.0%	11.6%	13.7%	6.3%
Massachusetts	10.8%	16.6%	11.7%	12.6%	7.0%
Michigan	12.0%	21.0%	12.4%	11.1%	8.5%
Minnesota	9.2%	13.6%	11.8%	9.0%	5.6%
Nevada	14.3%	19.1%	17.7%	13.2%	8.2%
New Mexico	13.2%	14.5%	14.7%	14.4%	9.2%
New York	11.5%	15.5%	12.9%	9.6%	9.8%
Oregon	10.0%	N/A	N/A	N/A	N/A
Puerto Rico	8.2%	8.6%	8.5%	8.7%	6.5%
South Dakota	5.6%	13.0%	4.9%	5.0%	3.7%
Texas	9.5%	11.1%	13.7%	8.5%	5.9%
Vermont	10.4%	14.7%	11.5%	11.4%	7.4%
Virginia	11.4%	15.1%	13.0%	11.4%	8.4%
<b>TOTAL*</b>	<b>11.3%</b>	<b>15.7%</b>	<b>12.7%</b>	<b>10.9%</b>	<b>8.0%</b>

\* Total does not include Minnesota or Puerto Rico. See Technical Notes.

**Table 4. Percentage of those aged 45 and over with subjective cognitive decline. Total and by household income.**

State	All	Household Income				
		< \$15,000	\$15,000-\$24,999	\$25,000-\$49,999	\$50,000-\$74,999	\$75,000+
Alaska	11.0%	24.1%	20.0%	11.4%	10.1%	6.3%
Arizona	14.8%	24.2%	23.4%	12.1%	12.1%	7.2%
Arkansas	17.0%	31.6%	20.1%	14.1%	13.0%	7.7%
Georgia	12.1%	25.7%	17.2%	10.5%	8.1%	5.5%
Idaho	11.6%	20.5%	18.4%	10.1%	9.7%	6.5%
Illinois	9.7%	14.8%	11.4%	11.8%	11.2%	5.2%
Indiana	12.6%	30.5%	18.1%	10.4%	7.2%	7.5%
Massachusetts	10.8%	15.9%	18.5%	11.0%	11.1%	6.1%
Michigan	12.0%	28.1%	17.9%	11.0%	8.0%	6.3%
Minnesota	9.2%	25.9%	14.3%	10.6%	8.3%	3.7%
Nevada	14.3%	27.5%	21.2%	11.6%	9.3%	10.7%
New Mexico	13.2%	22.4%	15.3%	12.0%	10.7%	8.2%
New York	11.5%	21.3%	14.5%	9.1%	10.0%	8.8%
Oregon	10.0%	17.7%	14.5%	11.6%	6.2%	N/A
Puerto Rico	8.2%	9.3%	8.4%	5.5%	N/A	N/A
South Dakota	5.6%	18.5%	7.9%	6.4%	N/A	N/A
Texas	9.5%	19.7%	12.8%	8.8%	4.8%	5.1%
Vermont	10.4%	27.1%	16.4%	11.0%	6.6%	5.6%
Virginia	11.4%	22.2%	16.8%	13.3%	8.3%	6.2%
<b>TOTAL*</b>	<b>11.3%</b>	<b>22.1%</b>	<b>15.7%</b>	<b>10.6%</b>	<b>8.6%</b>	<b>6.4%</b>

\* Total does not include Minnesota or Puerto Rico. See Technical Notes.

**Table 5. Burden of subjective cognitive decline. By percentage of those with subjective cognitive decline who have functional difficulties, require assistance, and received help in the previous 30 days.**

State	Functional Difficulties	Need Assistance	Received Help
Alaska	38.3%	58.6%	N/A
Arizona	42.2%	68.2%	12.5%
Arkansas	56.7%	67.6%	10.9
Georgia	53.3%	64.4%	10.8%
Idaho	42.5%	59.5%	4.4%
Illinois	40.3%	59.1%	6.9%
Indiana	46.3%	47.7%	7.4%
Massachusetts	40.4%	54.7%	6.7%
Michigan	41.8%	53.1%	10.1%
Minnesota	36.9%	50.4%	5.1%
Nevada	39.8%	51.4%	8.0%
New Mexico	48.9%	50.2%	9.1%
New York	41.2%	56.5%	6.2%
Oregon	52.1%	60.4%	13.6%
Puerto Rico	69.6%	68.1%	32.1%
South Dakota	42.2%	48.2%	N/A
Texas	44.0%	55.5%	4.5%
Vermont	36.3%	53.0%	7.9%
Virginia	43.4%	55.7%	9.2%
<b>TOTAL*</b>	<b>44.1%</b>	<b>57.3%</b>	<b>8.0%</b>

\* Total does not include Minnesota or Puerto Rico. See Technical Notes.

**Table 6. Characteristics of those with subjective cognitive decline. By percentage of those with subjective cognitive decline who live alone, have at least one additional chronic condition, and currently smoke.**

State	Live Alone	One or More Other Chronic Condition(s)	Current Smoker
Alaska	26.1%	80.1%	26.3%
Arizona	22.8%	81.0%	23.0%
Arkansas	26.7%	82.9%	29.3%
Georgia	24.9%	80.4%	24.4%
Idaho	19.2%	74.8%	19.9%
Illinois	22.8%	75.9%	18.4%
Indiana	22.8%	86.7%	17.1%
Massachusetts	32.1%	80.8%	17.6%
Michigan	27.0%	87.4%	26.4%
Minnesota	25.2%	70.1%	22.7%
Nevada	25.1%	71.8%	22.5%
New Mexico	29.0%	80.5%	23.5%
New York	26.1%	75.9%	21.3%
Oregon	33.6%	85.8%	31.2%
Puerto Rico	17.8%	82.0%	6.0%
South Dakota	21.4%	86.2%	23.9%
Texas	23.9%	81.4%	20.2%
Vermont	30.6%	75.8%	22.0%
Virginia	22.9%	79.0%	23.2%
<b>TOTAL</b>	<b>25.4%*</b>	<b>80.4%†</b>	<b>22.6%†</b>

\* Total does not include Puerto Rico. See Technical Notes.

† Total does not include Minnesota or Puerto Rico. See Technical Notes.

**Table 7. Health status of those with subjective cognitive decline. By percentage of those with subjective cognitive decline who are in fair/poor health, had 14 or more physical or mentally unhealthy days in the previous month, and engage in no moderate or vigorous physical activity.**

State	Fair/Poor Health	14 or More Unhealthy Days		Physically Inactive
		Physically	Mentally	
Alaska	53.7%	36.4%	28.2%	44.0%
Arizona	47.3%	37.9%	29.9%	50.1%
Arkansas	61.9%	49.2%	36.4%	55.8%
Georgia	55.1%	43.7%	37.2%	43.8%
Idaho	44.4%	36.1%	26.6%	44.2%
Illinois	47.1%	34.3%	27.5%	43.2%
Indiana	52.5%	41.7%	34.3%	50.4%
Massachusetts	44.1%	38.1%	34.1%	38.6%
Michigan	48.4%	40.6%	35.9%	38.1%
Minnesota	35.0%	31.1%	26.4%	35.7%
Nevada	44.1%	35.5%	33.5%	39.3%
New Mexico	51.8%	47.4%	37.6%	37.5%
New York	40.9%	28.3%	20.9%	46.9%
Oregon	55.4%	48.4%	30.1%	N/A
Puerto Rico	80.4%	41.7%	44.0%	72.1%
South Dakota	50.2%	35.3%	27.2%	41.1%
Texas	51.6%	32.8%	30.1%	44.0%
Vermont	39.0%	34.4%	29.4%	30.6%
Virginia	46.3%	35.3%	30.2%	43.8%
<b>TOTAL*</b>	<b>48.5%</b>	<b>36.8%</b>	<b>30.3%</b>	<b>44.4%</b>

\* Total does not include Minnesota or Puerto Rico. See Technical Notes.



**Table 8. Percentage of those with subjective cognitive decline who have talked to a health care provider. Total and by age, gender, and living status.**

State	All	Age		Gender		Live Alone	
		45-59	60+	Men	Women	Yes	Not
Alaska	29.0%	41.2%	17.5%	25.2%	32.0%	30.0%	28.9%
Arizona	25.9%	26.3%	25.5%	22.6%	28.6%	17.5%	26.1%
Arkansas	27.2%	34.7%	20.5%	26.9%	27.4%	24.1%	20.4%
Georgia	27.8%	33.7%	21.3%	29.4%	26.5%	21.0%	31.1%
Idaho	27.0%	28.1%	25.8%	32.5%	22.3%	18.3%	30.4%
Illinois	22.9%	30.8%	15.7%	20.5%	24.9%	20.5%	18.7%
Indiana	19.8%	23.5%	15.9%	19.2%	20.3%	24.0%	15.9%
Massachusetts	28.7%	37.4%	21.9%	30.9%	26.6%	31.7%	27.1%
Michigan	26.4%	33.9%	19.2%	26.0%	26.9%	20.7%	26.1%
Minnesota	20.3%	26.8%	12.6%	20.5%	20.1%	N/A	19.8%
Nevada	19.4%	22.6%	16.0%	N/A	21.0%	26.5%	13.4%
New Mexico	29.0%	36.1%	23.0%	26.8%	31.3%	23.1%	32.1%
New York	22.6%	25.4%	19.9%	26.0%	19.2%	18.6%	25.3%
Oregon	32.4%	44.4%	21.2%	27.0%	38.7%	33.1%	32.3%
Puerto Rico	57.9%	61.3%	53.7%	56.6%	59.4%	40.2%	64.1%
South Dakota	26.0%	31.8%	21.4%	N/A	30.9%	36.0%	N/A
Texas	19.7%	21.0%	18.4%	17.0%	21.8%	17.3%	20.6%
Vermont	25.7%	33.6%	19.6%	21.7%	29.7%	26.2%	26.5%
Virginia	27.1%	32.3%	21.7%	30.6%	24.7%	19.4%	27.2%
<b>TOTAL</b>	<b>24.4%*</b>	<b>29.0%†</b>	<b>19.8%†</b>	<b>24.5%†</b>	<b>24.6%†</b>	<b>21.7%†</b>	<b>25.4%†</b>

\* Total does not include Puerto Rico. See Technical Notes.

† Total does not include Minnesota or Puerto Rico. See Technical Notes.