In Virginia, 11.4 percent – one in nine – of those aged 45 and over report they are experiencing confusion or memory loss that is happening more often or is getting worse.

More than 70 percent of them have not talked to a health care professional about it.

For those with worsening memory problems, more than 40 percent say it has interfered with household activities and/or work or social activities.

### Percent of Those Aged 45+ Reporting Worsening Memory Problems in Previous 12 Months

<table>
<thead>
<tr>
<th>All</th>
<th>Gender</th>
<th>Age</th>
<th>Educational Attainment</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.4%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Men</td>
<td>Women</td>
<td>45-54</td>
</tr>
<tr>
<td>9.7%</td>
<td>12.9%</td>
<td></td>
<td>11.6%</td>
</tr>
</tbody>
</table>

### Percent with memory problems who say it created difficulties and burden

- Memory Problems Interfered with Activities: 43.4%
- Needed Assistance: 55.7%
- Received Help from Family and Friends: 9.2%

### Percent with memory problems who have not talked to a health care provider

- 72.9%

### Percent with memory problems who live alone

- 22.9%

### Percent with memory problems who have at least one other chronic condition*

- 79.0%

*Defined as arthritis, asthma, COPD, cancer, cardiovascular disease, and diabetes

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