

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 associated with an increased risk of future dementia. Thus, this data indicate the potential future problem and burden.

Day-to-Day Limitations: Individuals with SCD are asked how often they have had to give up household activities or chores – such as cooking, cleaning, taking medications, driving, or paying bills – as a result of their memory problems. Those who responded “always, usually, or sometimes” are identified as having *day-to-day limitations*.

Need Assistance Day-to-Day: Individuals with SCD are then asked how often they need assistance with day-to-day activities as a result of their memory problems. Those who responded “always, usually, or sometimes” are identified as *needing assistance day-to-day*. While this group is, for all intents and purposes, a subset of those who have day-to-day limitations, the percentages included in the tables are the percentages of the total SCD population who need assistance, not the percentages of those with day-to-day limitations who need assistance. Because of the revision to the BRFSS Cognitive Module, the data in these tables regarding those who need assistance day-to-day are *not* comparable with the percentages identified as needing assistance in previous years’ surveys.

Work/Social Limitations: Individuals with SCD are asked how often their memory problems have interfered with their ability to work, volunteer, or engage in social activities. Those who responded “always, usually, or sometimes” are identified as having *work/social limitations*.

Functional Difficulties: Individuals are described as having *functional difficulties* if they have *day-to-day limitations* and/or *work/social limitations*.

Physically Inactive: Individuals were asked if, in the previous 30 days, they participated in any physical activities or exercises – such as running, calisthenics, golf, gardening, or walking for exercise – outside of their regular jobs. Those who reported no physical activity in the past month are considered *physically inactive*. This methodology for determining physical inactivity is different than in previous years, so comparisons with previous years’ data should be done with caution.

Body Mass Index (BMI): To determine whether a respondent is (a) obese, or (b) overweight but not obese, the individual’s Body Mass Index was calculated using standard methodology based on the individual’s height and weight. Those with a BMI between 25.0-29.9 are considered *overweight but not obese*; those with a BMI of 30.0 or greater are considered *obese*. As with standard BMI methodology, these thresholds apply to all adults regardless of age and sex.

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/or diabetes. These six conditions most closely correspond with 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 said they are in either fair or poor health. Evidence has shown 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.

Total: The totals listed in the tables are aggregated data across 33 states and the District of Columbia. 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 do not include all 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				
		45-59	60-64	65-74	75-79	80+
<i>Example: Among people aged 45-59, XX.X% have subjective cognitive decline.</i>						
Alabama	12.9%	14.0%	10.7%	11.2%	12.7%	15.6%
Arizona	13.4%	14.6%	12.3%	10.3%	15.3%	16.6%
Arkansas	16.2%	16.6%	16.8%	12.7%	19.8%	19.1%
California	11.7%	11.3%	8.6%	10.0%	20.0%	18.1%
Colorado	10.8%	10.9%	11.1%	9.5%	11.5%	12.6%
District of Columbia	12.1%	12.3%	11.3%	10.9%	13.1%	14.3%
Florida	11.3%	10.4%	10.4%	10.5%	14.9%	15.4%
Georgia	14.0%	11.9%	17.4%	13.5%	21.0%	16.5%
Hawaii	8.9%	7.8%	11.1%	7.7%	9.2%	12.7%
Illinois	9.6%	7.6%	9.1%	11.6%	16.6%	11.7%
Iowa	9.3%	8.6%	9.6%	6.6%	10.6%	16.7%
Louisiana	14.6%	14.5%	12.8%	17.7%	10.4%	13.7%
Maryland	10.6%	10.4%	9.7%	8.3%	8.6%	21.1%
Michigan	12.1%	11.0%	15.9%	9.9%	12.9%	15.6%
Minnesota	8.7%	7.9%	8.5%	7.7%	11.1%	14.0%
Mississippi	12.9%	15.1%	12.6%	9.3%	8.5%	14.9%
Nebraska	9.4%	8.5%	7.3%	9.0%	11.8%	16.7%
Nevada	16.3%	16.0%	16.7%	13.5%	N/A	20.1%
New Jersey	9.1%	8.7%	9.1%	9.8%	11.1%	8.4%
New York	11.1%	10.8%	10.7%	10.6%	13.6%	12.6%
North Dakota	9.9%	8.7%	7.8%	9.7%	12.5%	17.6%
Ohio	10.7%	11.4%	9.1%	9.1%	11.6%	13.2%
Oklahoma	13.6%	15.0%	18.1%	8.2%	11.3%	12.6%
Oregon	13.0%	14.8%	11.3%	10.4%	14.4%	14.1%
Puerto Rico	6.6%	7.0%	5.7%	7.3%	3.9%	6.7%
Rhode Island	11.5%	13.5%	11.0%	8.5%	6.5%	13.3%
South Carolina	12.1%	12.5%	12.3%	10.1%	10.5%	17.5%
South Dakota	6.0%	6.4%	4.0%	6.2%	5.8%	6.9%
Tennessee	13.3%	14.4%	14.3%	10.1%	10.8%	17.8%
Texas	13.1%	13.2%	12.1%	12.4%	7.1%	23.1%
Utah	11.0%	8.4%	11.8%	11.9%	13.1%	22.9%
Virginia	8.9%	8.1%	9.0%	8.7%	10.5%	13.7%
West Virginia	10.0%	11.7%	11.2%	6.7%	9.2%	8.9%
Wisconsin	10.9%	9.0%	12.2%	11.5%	12.9%	15.3%
Wyoming	11.2%	11.2%	10.4%	8.7%	12.8%	19.2%
TOTAL*	11.6%	11.2%	11.2%	10.4%	13.6%	15.6%

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

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

State	All	Gender		Veteran Status	
		Men	Women	Veteran	Not
<i>Example: Among women, XX.X% have subjective cognitive decline.</i>					
Alabama	12.9%	11.2%	14.3%	10.4%	13.4%
Arizona	13.4%	14.8%	12.3%	14.2%	13.3%
Arkansas	16.2%	16.0%	16.4%	16.9%	16.0%
California	11.7%	11.3%	12.1%	17.2%	11.0%
Colorado	10.8%	11.7%	10.0%	15.0%	10.0%
District of Columbia	12.1%	12.0%	12.1%	10.9%	12.2%
Florida	11.3%	10.1%	12.4%	11.2%	11.3%
Georgia	14.0%	14.8%	13.4%	17.0%	13.5%
Hawaii	8.9%	8.6%	9.2%	10.2%	8.6%
Illinois	9.6%	9.6%	9.6%	15.6%	8.7%
Iowa	9.3%	9.2%	9.3%	11.9%	8.8%
Louisiana	14.6%	15.1%	14.1%	15.6%	14.4%
Maryland	10.6%	10.1%	11.1%	11.7%	10.5%
Michigan	12.1%	12.2%	11.9%	13.3%	11.9%
Minnesota	8.7%	8.5%	8.8%	12.5%	8.0%
Mississippi	12.9%	12.2%	13.6%	13.7%	12.9%
Nebraska	9.4%	10.2%	8.6%	12.6%	8.8%
Nevada	16.3%	17.3%	15.5%	22.5%	15.1%
New Jersey	9.1%	9.3%	9.0%	9.3%	9.1%
New York	11.1%	12.0%	10.3%	12.7%	10.9%
North Dakota	9.9%	11.0%	8.9%	15.1%	9.0%
Ohio	10.7%	10.9%	10.5%	13.6%	10.1%
Oklahoma	13.6%	14.7%	12.6%	12.0%	14.0%
Oregon	13.0%	13.4%	12.7%	12.5%	13.2%
Puerto Rico	6.6%	7.2%	6.1%	7.0%	6.6%
Rhode Island	11.5%	13.5%	9.8%	12.3%	11.3%
South Carolina	12.1%	12.6%	11.7%	13.7%	11.7%
South Dakota	6.0%	6.1%	5.8%	6.8%	5.8%
Tennessee	13.3%	14.5%	12.4%	15.6%	12.9%
Texas	13.1%	13.6%	12.6%	14.8%	12.8%
Utah	11.0%	12.9%	9.2%	20.6%	9.5%
Virginia	8.9%	8.5%	9.3%	11.2%	8.4%
West Virginia	10.0%	10.3%	9.8%	10.3%	9.9%
Wisconsin	10.9%	11.4%	10.4%	12.8%	10.5%
Wyoming	11.2%	13.3%	9.1%	15.1%	10.4%
TOTAL*	11.6%	11.5%	11.7%	13.8%	11.2%

* Total does not include 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 Grad
<i>Example: Among college graduates, XX.X% have subjective cognitive decline.</i>					
Alabama	12.9%	19.9%	13.0%	12.1%	7.7%
Arizona	13.4%	21.6%	14.9%	13.8%	7.6%
Arkansas	16.2%	25.3%	15.6%	16.6%	9.3%
California	11.7%	14.5%	10.1%	14.7%	8.8%
Colorado	10.8%	18.4%	10.3%	12.7%	7.9%
District of Columbia	12.1%	17.8%	14.0%	14.6%	7.8%
Florida	11.3%	17.9%	11.1%	12.0%	6.9%
Georgia	14.0%	24.1%	14.6%	13.1%	7.6%
Hawaii	8.9%	17.2%	9.1%	8.7%	6.8%
Illinois	9.6%	16.5%	10.3%	9.7%	6.0%
Iowa	9.3%	15.4%	10.0%	8.6%	6.6%
Louisiana	14.6%	24.9%	12.7%	13.8%	9.0%
Maryland	10.6%	21.1%	12.3%	11.3%	6.1%
Michigan	12.1%	20.0%	14.6%	10.6%	7.6%
Minnesota	8.7%	12.5%	10.0%	8.5%	6.6%
Mississippi	12.9%	21.2%	12.8%	11.0%	5.8%
Nebraska	9.4%	16.8%	9.6%	9.4%	6.7%
Nevada	16.3%	22.0%	14.6%	19.2%	10.9%
New Jersey	9.1%	13.7%	9.1%	10.6%	6.5%
New York	11.1%	17.7%	14.0%	9.0%	7.2%
North Dakota	9.9%	17.0%	9.6%	8.9%	9.0%
Ohio	10.7%	18.9%	10.3%	11.6%	6.2%
Oklahoma	13.6%	19.1%	16.2%	12.5%	8.4%
Oregon	13.0%	20.2%	14.5%	13.0%	9.1%
Puerto Rico	6.6%	7.2%	6.5%	7.4%	4.3%
Rhode Island	11.5%	22.0%	9.6%	12.8%	7.4%
South Carolina	12.1%	19.4%	12.7%	11.1%	7.4%
South Dakota	6.0%	N/A	6.9%	4.8%	5.3%
Tennessee	13.3%	22.6%	13.2%	10.8%	8.6%
Texas	13.1%	22.5%	15.7%	11.6%	7.1%
Utah	11.0%	22.1%	11.2%	10.1%	8.7%
Virginia	8.9%	15.3%	9.8%	8.1%	6.1%
West Virginia	10.0%	16.5%	9.5%	8.7%	5.6%
Wisconsin	10.9%	15.4%	10.7%	11.9%	8.0%
Wyoming	11.2%	17.7%	12.2%	11.4%	7.9%
TOTAL*	11.6%	18.6%	12.1%	11.7%	7.4%

* Total does not include 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+
<i>Example: Among people with a household income under \$15,000/year, XX.X% have subjective cognitive decline.</i>						
Alabama	12.9%	25.2%	17.4%	10.5%	7.9%	6.7%
Arizona	13.4%	27.4%	21.4%	14.0%	10.1%	7.0%
Arkansas	16.2%	28.2%	22.9%	14.7%	13.4%	6.4%
California	11.7%	21.1%	10.9%	13.1%	15.4%	7.6%
Colorado	10.8%	25.5%	20.8%	11.5%	8.7%	6.1%
District of Columbia	12.1%	13.9%	30.9%	10.2%	12.0%	6.0%
Florida	11.3%	24.4%	14.9%	11.7%	7.7%	6.6%
Georgia	14.0%	29.8%	20.7%	12.5%	11.0%	5.8%
Hawaii	8.9%	13.7%	14.0%	11.9%	8.6%	5.0%
Illinois	9.6%	17.4%	15.9%	11.0%	9.0%	5.2%
Iowa	9.3%	24.2%	14.0%	10.9%	6.1%	4.5%
Louisiana	14.6%	26.1%	19.2%	14.4%	10.2%	6.6%
Maryland	10.6%	21.9%	21.6%	10.5%	8.8%	6.7%
Michigan	12.1%	22.9%	19.7%	14.5%	10.2%	4.9%
Minnesota	8.7%	23.3%	15.2%	9.7%	6.8%	4.8%
Mississippi	12.9%	22.8%	15.3%	10.8%	7.5%	5.9%
Nebraska	9.4%	24.0%	13.4%	9.9%	5.8%	5.6%
Nevada	16.3%	33.7%	21.3%	17.0%	14.9%	10.6%
New Jersey	9.1%	22.1%	14.4%	11.1%	8.5%	5.2%
New York	11.1%	22.1%	15.3%	11.9%	8.4%	6.0%
North Dakota	9.9%	28.9%	9.9%	11.3%	7.8%	6.2%
Ohio	10.7%	18.8%	15.2%	11.9%	7.0%	6.9%
Oklahoma	13.6%	27.7%	19.5%	14.1%	13.6%	6.1%
Oregon	13.0%	28.6%	19.9%	13.3%	9.5%	5.6%
Puerto Rico	6.6%	8.1%	5.8%	4.8%	N/A	N/A
Rhode Island	11.5%	25.8%	21.5%	10.7%	5.5%	7.6%
South Carolina	12.1%	26.9%	17.1%	10.4%	8.2%	4.7%
South Dakota	6.0%	12.7%	9.4%	5.2%	6.2%	3.6%
Tennessee	13.3%	31.2%	19.6%	10.4%	9.5%	5.6%
Texas	13.1%	31.2%	17.8%	13.6%	6.3%	6.0%
Utah	11.0%	31.3%	18.5%	12.2%	7.1%	6.6%
Virginia	8.9%	22.9%	12.3%	9.7%	8.4%	5.3%
West Virginia	10.0%	22.6%	12.4%	8.2%	6.7%	4.7%
Wisconsin	10.9%	20.2%	15.8%	12.1%	8.5%	6.9%
Wyoming	11.2%	22.5%	17.8%	12.2%	9.1%	6.7%
TOTAL*	11.6%	24.2%	16.4%	12.2%	9.5%	6.2%

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

Table 5. Percentage of those aged 45 and over with subjective cognitive decline. Total and by race/ethnicity.

State	All	Race/Ethnicity [†]		
		White	Black	Hispanic
<i>Example: Among black Americans, XX.X% have subjective cognitive decline.</i>				
Alabama	12.9%	12.4%	13.8%	N/A
Arizona	13.4%	13.0%	20.2%	15.4%
Arkansas	16.2%	17.3%	11.0%	N/A
California	11.7%	13.3%	N/A	10.3%
Colorado	10.8%	9.7%	N/A	16.9%
District of Columbia	12.1%	10.1%	13.9%	N/A
Florida	11.3%	11.4%	13.4%	8.2%
Georgia	14.0%	13.2%	15.2%	N/A
Hawaii	8.9%	8.7%	N/A	12.8%
Illinois	9.6%	9.0%	9.6%	14.9%
Iowa	9.3%	9.1%	N/A	N/A
Louisiana	14.6%	14.4%	13.5%	N/A
Maryland	10.6%	10.5%	9.4%	N/A
Michigan	12.1%	10.4%	18.0%	N/A
Minnesota	8.7%	8.3%	13.7%	N/A
Mississippi	12.9%	13.0%	12.9%	N/A
Nebraska	9.4%	9.3%	N/A	N/A
Nevada	16.3%	17.7%	N/A	12.6%
New Jersey	9.1%	8.3%	9.2%	11.9%
New York	11.1%	10.0%	11.9%	13.6%
North Dakota	9.9%	9.3%	N/A	N/A
Ohio	10.7%	10.4%	11.7%	N/A
Oklahoma	13.6%	12.9%	N/A	N/A
Oregon	13.0%	12.1%	N/A	25.9%
Puerto Rico	6.6%	N/A	N/A	6.6%
Rhode Island	11.5%	9.9%	N/A	27.2%
South Carolina	12.1%	11.3%	14.9%	N/A
South Dakota	6.0%	5.8%	N/A	N/A
Tennessee	13.3%	13.9%	11.7%	N/A
Texas	13.1%	12.3%	18.5%	13.1%
Utah	11.0%	10.8%	N/A	13.3%
Virginia	8.9%	8.7%	12.3%	N/A
West Virginia	10.0%	10.0%	N/A	N/A
Wisconsin	10.9%	10.3%	N/A	N/A
Wyoming	11.2%	10.6%	N/A	N/A
TOTAL*	11.6%	11.2%	13.5%	11.7%

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

† Among Asians and Pacific Islanders, 7.9 percent have subjective cognitive decline. Sample sizes in individual states were not large enough to obtain statistically valid data, except for Hawaii where 7.6 percent of Asians and Pacific Islanders reported subjective cognitive decline.

Table 6. Burden of subjective cognitive decline. By percentage of those with subjective cognitive decline who have day-to-day limitations, need assistance with day-to-day activities, have work/social limitations, and have functional difficulties.

State	Day-to-Day Limitations	Need Assistance Day-to-Day	Work/Social Limitations	Functional Difficulties [†]
<i>Example: Among people with subjective cognitive decline, XX.X% had work or social limitations.</i>				
Alabama	52.5%	45.2%	47.0%	62.5%
Arizona	38.4%	38.2%	36.1%	49.2%
Arkansas	46.6%	35.8%	37.7%	56.7%
California	32.5%	33.3%	31.2%	41.5%
Colorado	33.4%	26.1%	32.4%	43.7%
District of Columbia	40.1%	33.5%	40.1%	49.9%
Florida	46.9%	36.1%	40.3%	56.0%
Georgia	42.0%	41.0%	38.6%	54.7%
Hawaii	40.9%	28.3%	29.1%	49.9%
Illinois	43.2%	35.2%	30.7%	50.4%
Iowa	25.7%	22.7%	26.4%	35.6%
Louisiana	44.9%	39.5%	39.3%	56.4%
Maryland	37.4%	33.2%	37.0%	46.5%
Michigan	37.7%	31.2%	29.7%	45.5%
Minnesota	29.8%	24.2%	28.7%	38.6%
Mississippi	55.6%	49.9%	47.2%	67.4%
Nebraska	37.8%	29.1%	29.2%	45.5%
Nevada	30.1%	26.5%	38.7%	45.1%
New Jersey	37.6%	33.1%	37.6%	50.2%
New York	44.1%	35.2%	33.7%	51.1%
North Dakota	34.9%	29.4%	35.5%	46.7%
Ohio	41.7%	33.4%	36.8%	51.6%
Oklahoma	49.5%	41.5%	42.8%	58.3%
Oregon	41.1%	36.4%	39.2%	50.9%
Puerto Rico	74.7%	64.8%	61.6%	78.6%
Rhode Island	46.7%	39.9%	40.2%	54.7%
South Carolina	50.2%	46.2%	46.7%	60.6%
South Dakota	38.3%	30.3%	30.6%	44.8%
Tennessee	49.5%	46.3%	43.8%	58.1%
Texas	42.0%	40.4%	41.7%	57.9%
Utah	28.6%	32.2%	28.9%	36.3%
Virginia	35.6%	29.6%	37.8%	48.6%
West Virginia	45.1%	35.2%	38.6%	54.8%
Wisconsin	32.1%	29.2%	28.3%	40.2%
Wyoming	27.7%	23.6%	34.6%	41.1%
TOTAL*	40.5%	35.7%	36.5%	50.7%

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

† Functional Difficulties are those who experience day-to-day limitations and/or work/social limitations.

Table 7. Characteristics of those with subjective cognitive decline. By percentage of those with subjective cognitive decline who live alone, report no physical activity outside of work, are overweight or obese, and currently smoke.

State	Live Alone	Physically Inactive	BMI		Current Smoker
			Obese	Overweight but not Obese	
<i>Example: Among people with subjective cognitive decline, XX.X% currently smoke.</i>					
Alabama	28.7%	49.1%	43.7%	33.6%	23.1%
Arizona	29.2%	36.0%	33.5%	35.7%	18.4%
Arkansas	29.8%	51.4%	39.7%	36.3%	26.8%
California	27.1%	27.3%	28.0%	36.4%	16.4%
Colorado	25.6%	27.5%	23.9%	44.8%	22.9%
District of Columbia	36.6%	31.5%	43.5%	30.2%	25.7%
Florida	32.2%	42.1%	29.1%	37.0%	19.7%
Georgia	29.4%	42.0%	45.5%	28.1%	22.2%
Hawaii	21.5%	29.7%	25.7%	40.8%	13.6%
Illinois	23.9%	41.1%	40.8%	30.8%	17.2%
Iowa	32.9%	45.1%	42.2%	30.0%	19.9%
Louisiana	30.8%	51.8%	41.2%	32.9%	28.5%
Maryland	30.4%	40.1%	38.2%	32.3%	19.7%
Michigan	28.0%	33.8%	43.4%	37.3%	22.2%
Minnesota	33.2%	34.3%	37.8%	35.0%	22.5%
Mississippi	30.9%	59.2%	38.1%	34.5%	28.5%
Nebraska	27.9%	41.3%	32.8%	41.7%	19.8%
Nevada	23.0%	36.4%	30.8%	43.3%	27.6%
New Jersey	31.3%	42.1%	42.0%	30.4%	17.6%
New York	31.0%	40.1%	31.0%	36.4%	23.6%
North Dakota	30.2%	38.8%	38.6%	36.2%	22.3%
Ohio	32.9%	47.4%	40.1%	38.4%	28.0%
Oklahoma	31.5%	50.6%	45.7%	32.2%	29.5%
Oregon	30.3%	34.3%	40.4%	32.4%	21.8%
Puerto Rico	19.8%	66.9%	37.0%	38.8%	9.2%
Rhode Island	30.1%	47.6%	37.1%	32.0%	22.3%
South Carolina	27.5%	46.6%	37.2%	34.7%	25.6%
South Dakota	19.7%	40.0%	42.7%	34.9%	27.0%
Tennessee	30.8%	50.8%	35.4%	39.7%	31.5%
Texas	22.8%	43.6%	37.9%	38.0%	23.3%
Utah	23.2%	33.7%	33.5%	30.2%	14.2%
Virginia	31.0%	34.8%	41.9%	29.7%	23.3%
West Virginia	33.1%	46.8%	42.4%	34.0%	29.7%
Wisconsin	52.2%	37.9%	37.5%	40.8%	19.5%
Wyoming	34.4%	41.5%	38.0%	37.6%	21.3%
TOTAL*	29.2%	80.2%	36.0%	35.6%	21.9%

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

Table 8. Health characteristics of those with subjective cognitive decline. By percentage of those with subjective cognitive decline who have at least one additional chronic condition. Total and by specific condition.

State	One or More Other Chronic Condition(s)	Specific Condition					
		Arthritis	Asthma	Cancer	Cardiovascular Disease	COPD	Diabetes
<i>Example: Among people with subjective cognitive decline, XX.X% have diabetes.</i>							
Alabama	87.4%	68.7%	19.2%	15.7%	31.3%	28.5%	25.8%
Arizona	79.5%	60.7%	14.9%	16.6%	25.1%	22.7%	23.1%
Arkansas	77.9%	61.1%	17.7%	12.2%	34.7%	24.3%	30.6%
California	70.5%	55.0%	9.2%	14.1%	20.3%	11.6%	21.8%
Colorado	74.6%	60.0%	15.2%	15.5%	23.9%	16.4%	16.5%
District of Columbia	77.7%	62.1%	30.2%	11.2%	23.1%	23.7%	22.8%
Florida	84.0%	63.5%	14.9%	13.5%	29.3%	30.4%	26.5%
Georgia	85.6%	66.0%	22.5%	13.8%	35.0%	25.7%	34.8%
Hawaii	74.3%	47.9%	17.3%	14.9%	25.9%	11.4%	21.9%
Illinois	84.3%	64.2%	15.5%	20.4%	28.2%	22.9%	27.1%
Iowa	79.5%	64.2%	13.6%	17.0%	23.4%	20.4%	23.8%
Louisiana	80.0%	62.3%	15.6%	13.2%	32.6%	24.9%	25.6%
Maryland	82.2%	59.0%	18.2%	12.1%	31.0%	19.3%	26.2%
Michigan	89.0%	73.1%	14.9%	17.5%	25.1%	24.0%	24.4%
Minnesota	73.6%	54.8%	14.6%	14.5%	25.5%	18.0%	20.9%
Mississippi	86.6%	70.6%	14.4%	13.6%	35.2%	28.7%	33.2%
Nebraska	77.7%	55.3%	12.1%	18.9%	27.8%	19.6%	20.9%
Nevada	77.2%	52.8%	12.3%	17.9%	24.8%	20.7%	24.0%
New Jersey	79.0%	58.5%	15.2%	16.2%	25.9%	15.0%	27.1%
New York	75.9%	57.8%	15.6%	13.5%	26.4%	19.9%	24.8%
North Dakota	78.3%	56.7%	16.1%	14.9%	29.3%	13.3%	26.1%
Ohio	83.4%	66.1%	18.5%	13.6%	32.2%	20.2%	31.0%
Oklahoma	84.4%	63.6%	21.8%	15.3%	35.8%	31.3%	32.4%
Oregon	82.4%	65.9%	18.6%	14.0%	26.3%	16.0%	25.3%
Puerto Rico	84.8%	66.6%	25.0%	12.4%	38.2%	14.3%	37.2%
Rhode Island	75.3%	56.7%	18.2%	15.6%	22.5%	18.8%	24.1%
South Carolina	88.0%	73.9%	18.7%	16.8%	28.4%	26.3%	28.2%
South Dakota	78.9%	55.4%	18.5%	13.9%	25.3%	19.9%	21.4%
Tennessee	87.0%	69.5%	17.4%	13.0%	38.3%	32.1%	29.2%
Texas	82.4%	56.6%	13.8%	12.9%	34.0%	22.9%	34.7%
Utah	74.0%	63.3%	16.8%	18.1%	26.2%	13.1%	18.7%
Virginia	79.9%	62.4%	12.5%	16.6%	30.6%	20.5%	25.3%
West Virginia	91.9%	76.3%	20.3%	16.1%	38.1%	32.1%	30.8%
Wisconsin	73.7%	53.5%	13.9%	18.7%	23.1%	16.3%	21.4%
Wyoming	73.8%	50.9%	12.1%	13.7%	22.8%	22.9%	23.1%
TOTAL*	80.2%	61.3%	15.1%	14.8%	28.4%	26.7%	21.5%

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

Table 9. Health characteristics of those with subjective cognitive decline. By percentage of those with subjective cognitive decline who have a history of depression, are in fair/poor health, and had 14 or more physically or mentally unhealthy days in the previous month.

State	Depression	Fair/Poor Health	14 or More Unhealthy Days	
			Physically	Mentally
<i>Example: Among people with subjective cognitive decline, XX.X% are in fair/poor health.</i>				
Alabama	53.1%	61.7%	49.1%	37.7%
Arizona	52.5%	50.5%	42.2%	33.2%
Arkansas	47.2%	61.0%	45.7%	39.2%
California	46.7%	43.6%	31.5%	30.6%
Colorado	50.4%	45.2%	39.8%	31.7%
District of Columbia	51.9%	40.4%	31.0%	35.2%
Florida	47.8%	50.8%	40.2%	38.5%
Georgia	50.8%	59.3%	41.8%	35.0%
Hawaii	33.9%	42.8%	29.9%	22.8%
Illinois	40.9%	54.4%	41.3%	28.2%
Iowa	41.1%	45.1%	37.9%	26.1%
Louisiana	50.1%	58.0%	44.6%	34.2%
Maryland	51.2%	50.7%	35.3%	35.7%
Michigan	51.7%	49.3%	36.6%	25.8%
Minnesota	48.4%	43.6%	36.4%	27.6%
Mississippi	54.5%	68.0%	50.0%	47.6%
Nebraska	38.2%	43.5%	35.0%	24.2%
Nevada	46.8%	49.5%	33.6%	25.9%
New Jersey	43.3%	47.8%	39.1%	34.9%
New York	49.4%	46.4%	36.7%	35.9%
North Dakota	43.2%	43.1%	34.4%	20.9%
Ohio	55.0%	57.0%	46.2%	35.9%
Oklahoma	57.3%	59.3%	49.4%	39.6%
Oregon	54.9%	52.7%	44.7%	37.5%
Puerto Rico	69.8%	84.5%	51.2%	51.1%
Rhode Island	54.3%	51.9%	43.8%	37.6%
South Carolina	56.0%	54.4%	47.8%	41.2%
South Dakota	44.1%	43.9%	25.6%	24.0%
Tennessee	56.2%	63.8%	53.2%	41.8%
Texas	44.1%	57.4%	37.4%	27.5%
Utah	48.3%	42.1%	34.9%	25.7%
Virginia	46.5%	46.2%	39.4%	28.9%
West Virginia	54.9%	68.5%	55.1%	43.7%
Wisconsin	43.0%	39.5%	35.8%	29.7%
Wyoming	44.9%	42.8%	32.7%	30.3%
TOTAL*	48.6%	51.5%	39.4%	33.1%

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

Table 10. Percentage of those aged 45 and over with subjective cognitive decline who have NOT talked to a health care provider. Total and by age, gender, and living status.

State	All	Age ≥ 60	Gender		Live Alone	
			Men	Women	Yes	No
<i>Example: Among women with subjective cognitive decline, XX.X% have not talked to a provider.</i>						
Alabama	51.0%	58.3%	55.8%	47.9%	49.3%	51.7%
Arizona	58.3%	62.1%	62.4%	54.1%	57.8%	58.5%
Arkansas	58.4%	65.2%	60.0%	57.1%	66.3%	55.1%
California	58.4%	56.9%	66.7%	51.8%	57.0%	58.9%
Colorado	53.8%	55.9%	53.7%	53.8%	60.6%	52.1%
District of Columbia	50.0%	60.4%	53.2%	47.3%	44.3%	53.3%
Florida	54.1%	55.2%	62.5%	48.0%	53.4%	54.7%
Georgia	53.9%	58.7%	50.9%	56.5%	57.2%	52.2%
Hawaii	62.3%	64.2%	60.6%	63.8%	55.7%	64.2%
Illinois	52.7%	53.5%	55.3%	50.4%	59.2%	50.7%
Iowa	60.4%	64.7%	62.7%	58.3%	65.9%	58.0%
Louisiana	61.7%	61.9%	66.1%	57.6%	59.1%	62.8%
Maryland	50.8%	60.6%	57.5%	45.7%	52.3%	50.2%
Michigan	58.9%	56.9%	65.5%	52.8%	71.2%	55.7%
Minnesota	55.7%	58.9%	57.8%	53.8%	54.2%	56.5%
Mississippi	54.4%	59.4%	57.0%	52.5%	68.5%	47.7%
Nebraska	63.9%	67.8%	69.9%	57.5%	60.7%	65.5%
Nevada	49.6%	52.7%	52.7%	46.7%	49.6%	49.6%
New Jersey	56.6%	59.7%	65.5%	48.9%	57.2%	56.4%
New York	53.2%	56.3%	61.2%	45.6%	52.4%	53.3%
North Dakota	59.3%	60.7%	64.5%	53.2%	66.4%	56.1%
Ohio	52.7%	57.5%	54.8%	50.8%	53.0%	52.5%
Oklahoma	55.7%	53.2%	64.5%	46.8%	52.6%	57.0%
Oregon	57.1%	57.8%	62.5%	51.9%	56.3%	57.3%
Puerto Rico	28.8%	32.2%	25.6%	32.0%	28.5%	28.9%
Rhode Island	48.4%	46.9%	56.8%	38.8%	36.9%	53.4%
South Carolina	54.3%	58.1%	57.7%	51.3%	56.3%	53.4%
South Dakota	56.7%	60.3%	67.6%	46.1%	46.6%	59.2%
Tennessee	47.5%	56.5%	45.2%	49.6%	57.8%	42.9%
Texas	58.9%	58.7%	63.9%	54.3%	59.0%	58.8%
Utah	59.4%	66.5%	68.6%	46.9%	56.4%	60.3%
Virginia	48.3%	49.4%	52.9%	44.8%	52.1%	46.5%
West Virginia	52.4%	51.8%	58.6%	46.4%	54.4%	51.5%
Wisconsin	55.2%	54.9%	57.9%	52.4%	56.3%	53.9%
Wyoming	62.6%	67.8%	65.0%	59.2%	67.1%	60.1%
TOTAL*	55.5%	57.3%	51.0%	60.6%	56.5%	55.0%

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

Table 11. Percentage of those aged 45 and over with subjective cognitive decline who have NOT talked to a health care provider. Total and by education level.

State	All	Education Level			
		Less Than High School	High School	Some College	College Grad
<i>Example: Among college grads with subjective cognitive decline, XX.X% have not talked to a provider.</i>					
Alabama	51.0%	60.1%	49.1%	41.0%	56.5%
Arizona	58.3%	68.7%	64.1%	48.5%	55.0%
Arkansas	58.4%	65.9%	64.7%	52.5%	39.7%
California	58.4%	N/A	73.3%	44.1%	58.6%
Colorado	53.8%	N/A	60.1%	54.1%	49.4%
District of Columbia	50.0%	N/A	41.8%	N/A	55.3%
Florida	54.1%	N/A	57.3%	50.0%	53.8%
Georgia	53.9%	61.8%	48.2%	47.2%	62.1%
Hawaii	62.3%	N/A	73.3%	66.0%	55.8%
Illinois	52.7%	N/A	62.3%	47.0%	51.4%
Iowa	60.4%	N/A	66.4%	53.2%	47.4%
Louisiana	61.7%	76.7%	61.3%	46.5%	53.3%
Maryland	50.8%	N/A	44.1%	38.7%	56.4%
Michigan	58.9%	N/A	57.9%	64.8%	43.3%
Minnesota	55.7%	77.0%	56.6%	49.4%	53.3%
Mississippi	54.4%	58.0%	57.1%	46.4%	52.2%
Nebraska	63.9%	62.5%	70.2%	63.2%	56.9%
Nevada	49.6%	N/A	45.5%	48.2%	65.3%
New Jersey	56.6%	65.7%	60.3%	48.7%	53.5%
New York	53.2%	43.8%	58.1%	51.5%	57.6%
North Dakota	59.3%	N/A	62.7%	61.0%	49.3%
Ohio	52.7%	65.1%	49.0%	50.0%	50.3%
Oklahoma	55.7%	N/A	61.1%	47.3%	54.0%
Oregon	57.1%	N/A	56.7%	56.0%	58.9%
Puerto Rico	28.8%	33.7%	28.4%	17.9%	N/A
Rhode Island	48.4%	51.3%	56.8%	43.2%	43.4%
South Carolina	54.3%	63.8%	56.0%	46.2%	48.5%
South Dakota	56.7%	N/A	56.5%	53.8%	50.5%
Tennessee	47.5%	47.7%	50.7%	43.5%	43.0%
Texas	58.9%	71.1%	56.4%	49.8%	61.2%
Utah	59.4%	N/A	44.5%	55.3%	65.3%
Virginia	48.3%	47.0%	56.7%	44.2%	44.4%
West Virginia	52.4%	65.8%	50.7%	38.1%	45.5%
Wisconsin	55.2%	N/A	54.4%	56.2%	50.0%
Wyoming	62.6%	N/A	67.9%	65.6%	47.2%
TOTAL*	55.5%	62.1%	57.8%	49.1%	54.7%

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