

# SUBJECTIVE COGNITIVE DECLINE

## AMONG LESBIAN, GAY, BISEXUAL, TRANSGENDER (LGBT) ADULTS

2019–2020 Behavioral Risk Factor Surveillance System (BRFSS) Data from Lesbian, Gay, Bisexual, Transgender (LGBT) Adults in 30 States: People Aged 45 Years and Older

**1 in 7** 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.

**41%** of people with SCD had to give up day-to-day activities



**84%** of people with SCD have at least one chronic condition

**one in three** of people with SCD say it interfered with social activities, work or volunteering



**only half** of people with SCD have discussed their symptoms with a healthcare provider

**39%** of people with SCD need help with household tasks



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