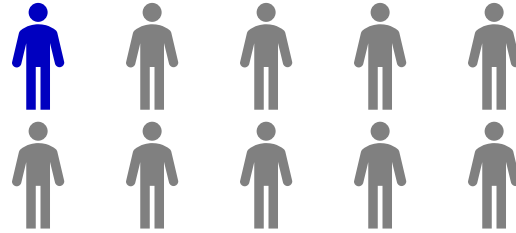


Subjective Cognitive Decline among Montanan Adults aged 45+, 2016

In 2016, **one in ten (9.8%)** Montanan adults aged 45 years or older reported experiencing confusion or memory loss that was happening more often or getting worse, called subjective cognitive decline (SCD). This report describes the prevalence of SCD among Montanan adults 45 years of age and older. Adults younger than 45 years of age were not included in the analyses.



Among Montana adults aged 45 years and older, the prevalence of SCD did not vary, statistically, by gender or race. However, SCD prevalence was greater among those with **less educational attainment** and those with a **lower household income** (Figures 1 and 2), as well as among **veterans** and **disabled adults** (Figures 3 and 4).

Figure 1. Prevalence of SCD was Higher among Montanan Adults with Less Educational Attainment

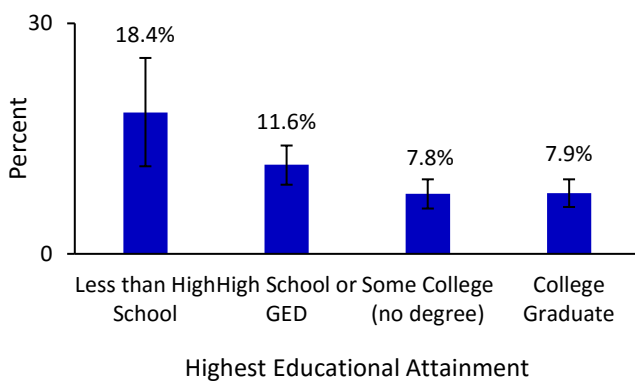


Figure 2. Prevalence of SCD was Higher among Montanan Adults with a Lower Household Income

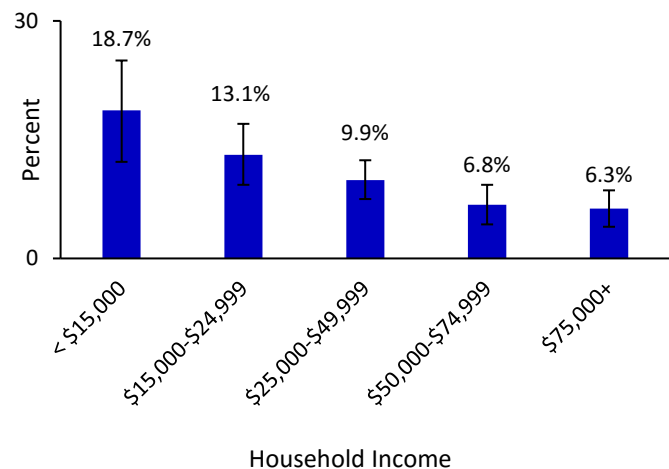


Figure 3. Prevalence of SCD was Higher among Veterans than Non-Veterans

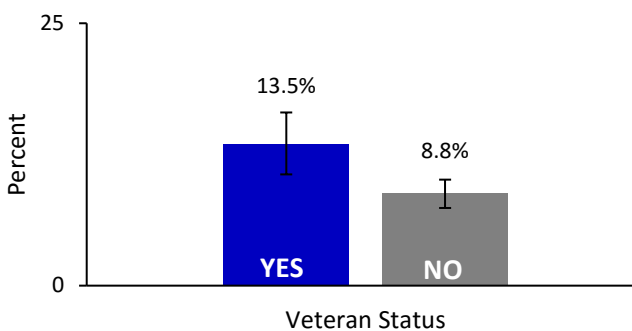
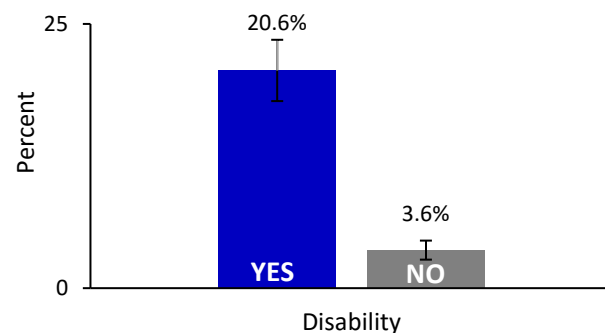


Figure 4. Prevalence of SCD was Higher among Disabled Adults than Adults with No Disability



Data Source: 2016 MT BRFS

Adults who reported SCD also reported generally worse health than their counterparts.

- Over half (52.1%) of adults with SCD reported “fair or poor” general health, compared to 19.0% of adults without SCD
 - 41.4% of adults with SCD reported 14+ days of poor physical health (in the past 30 days), compared to 13.3% of adults without SCD
 - 31.8% of adults with SCD reported frequent mental distress (14+ days in the past 30 of poor mental health), versus 6.8% of adults without SCD
 - 42.1% of adults with SCD reported ever being diagnosed with a depressive disorder, versus 16.4% of adults without SCD
- 83.0% of adults with SCD reported at least one chronic condition (arthritis, asthma, cancer, CVD, COPD, or diabetes), compared to 58.2% of adults without SCD

Most Montanan adults with SCD did not report interference on their day-to-day activities.

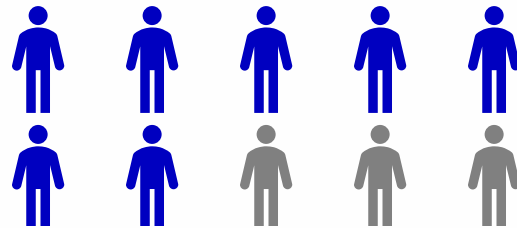
- 62.2% of adults with SCD reported *rarely or never* needing to give up day-to-day household activities or chores due to confusion or memory loss
 - 22.3% reported *sometimes* needing to give up day-to-day household activities or chores
 - 15.4% reported *usually or always* needing to give up day-to-day household activities or chores
- 69.2% of adults with SCD reported *rarely or never* needing assistance with day-to-day activities due to confusion or memory loss
 - 20.1% reported *sometimes* needing assistance with day-to-day activities due to confusion or memory loss
 - 10.7% reported *usually or always* needing assistance with day-to-day activities due to confusion or memory loss

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Among adults who reported needing assistance, most were able to get help when needed.

- 7 out of 10 adults who reported *sometimes, usually, or always* needing assistance with day-to-day activities also reported *usually or always* being able to get help when needed



Interference with social activities

- 67.1% of adults who reported SCD also reported that confusion or memory loss *rarely or never* interfered with their ability to work, volunteer, or engage in social activities outside of the home
 - 15.9% reported *sometimes* being unable to engage in social activities outside of the home
 - 17.1% reported *usually or always* being unable to engage in social activities outside of the home

Discussed confusion or memory loss with a health care professional

Among Montanan adults who reported SCD, less than half (46.7%) reported having ever discussed their confusion or memory loss with a health care professional.

Although not all adults who experience SCD will develop dementia, SCD can serve as an indicator of the future burden of dementia in the aging adult population. Adults experiencing confusion or memory loss that is happening more often or getting worse, should speak with a health care professional who can assess cognitive decline and address treatment or management of symptoms.

Data Limitations:

Estimates of SCD do not include adults already in nursing homes or other care facilities, nor are adults who are unable to respond to the survey due to physical and/or mental barriers included.

Data Source:

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