1 in 10 Marylanders over the age of 44 experience cognitive decline, including increased confusion or memory loss.

- Male: 10%
- Female: 11%
- White Non-Hispanic: 11%
- Black Non-Hispanic: 9%
- Ages 45-54: 12%
- Ages 55-54: 9%
- Age 65+: 11%

1/3 of older Marylanders with a disability also report cognitive decline.

- 22% of older Marylanders with an income of less than $25,000 report cognitive decline.
- Half of Marylanders with cognitive decline have not discussed their condition with a healthcare professional.

For individuals who experience cognitive decline, the burden of chronic diseases is significantly higher than those without cognitive decline.

- Asthma: 18% (8% with cognitive decline vs 10% without)
- Cardiovascular disease: 30% (16% with cognitive decline vs 14% without)
- Anxiety disorder: 33% (10% with cognitive decline vs 23% without)
- Depressive disorder: 51% (14% with cognitive decline vs 37% without)

If you are experiencing confusion or memory loss, speak with your doctor.
If you are a healthcare professional, incorporating cognitive assessments for your patients 44 and older is crucial.

Source: 2015 Maryland Behavioral Risk Factor Surveillance System
BeHealthyMaryland.org
alz.org