

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



SUBJECTIVE COGNITIVE DECLINE AND ALZHEIMER'S DISEASE IN TARRANT COUNTY

SUBJECTIVE COGNITIVE DECLINE (SCD) is the self-reported experience of worsening or more frequent confusion or memory loss. It is a form of cognitive impairment and one of the earliest noticeable symptoms of Alzheimer's disease and related dementias. Alzheimer's disease is a type of dementia that causes problems with memory, thinking, and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. SCD can have implications for living with and managing chronic disease, or performing everyday activities like cooking or cleaning.

- In 2020, approximately **7%** of Tarrant County residents aged 45 years and older reported **experiencing confusion or memory loss** in the past 12 months that was happening more often or getting worse
- **49%** of Tarrant County residents who reported SCD have talked about it with a health care provider
- Limitations in cognitive ability may result in **poor health outcomes** by impacting a person's ability to:
 - care for themselves or others
 - perform activities of daily living
 - manage medication regimens
 - manage chronic diseases

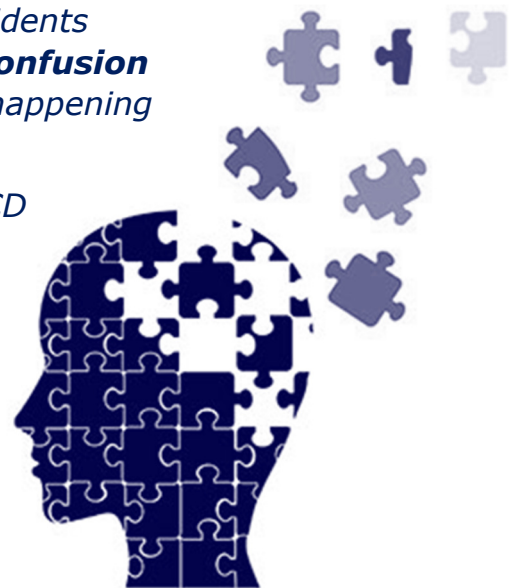
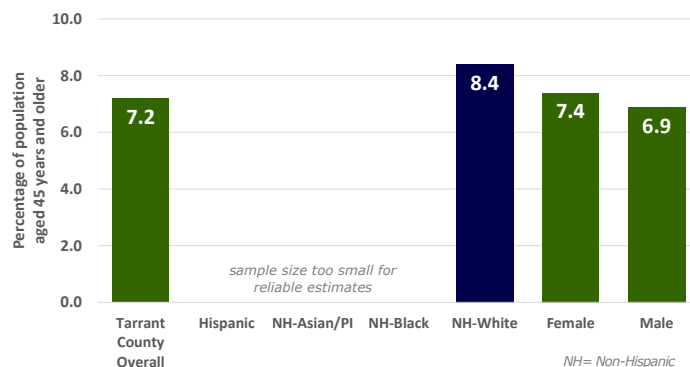
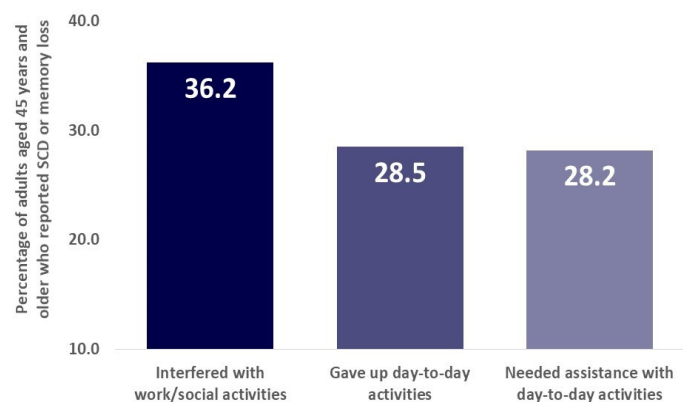


Figure 1. Prevalence of subjective cognitive decline among Tarrant County adults aged 45 years and older, 2020



Prevalence of subjective cognitive decline was higher among females compared to males, but not at a statistically significant level

Figure 2. Prevalence of functional difficulties among Tarrant County adults aged 45 years and older who reported subjective cognitive decline or memory loss, 2020



*Functional difficulties were identified among adults with increased confusion or memory loss if they responded, "always," "usually," or "sometimes" to one of two questions about whether confusion or memory loss interfered with their "ability to work, volunteer, or engage in social activities," or caused them to "give up household activities or chores" that they "used to do."

ALZHEIMER'S DISEASE is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and eventually the ability to carry out the simplest tasks. It is the most common type of dementia and the **6th leading cause of mortality** in Tarrant County, resulting in **813 deaths** in 2020.

Figure 3. Alzheimer's disease mortality by geographic area, 2011-2020

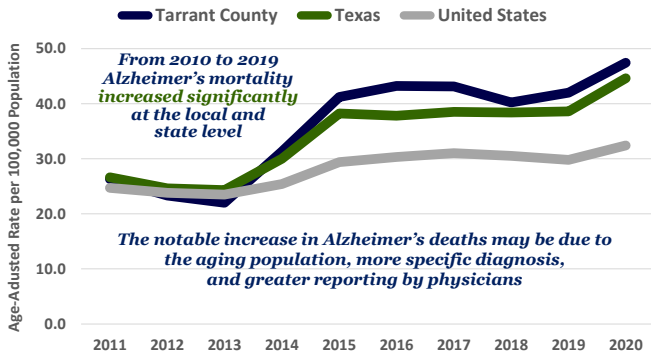


Figure 4. Alzheimer's disease mortality among Tarrant County residents by race/ethnicity and gender, 2020

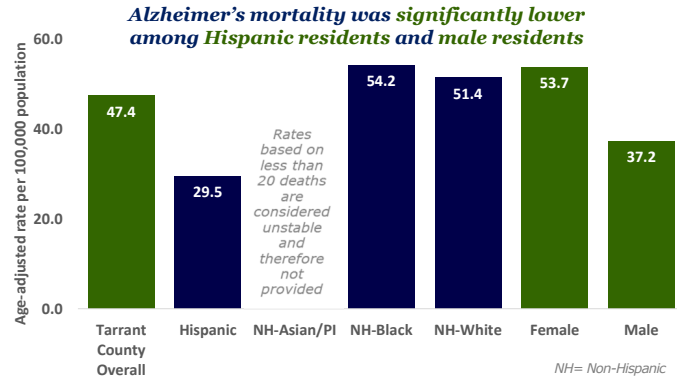
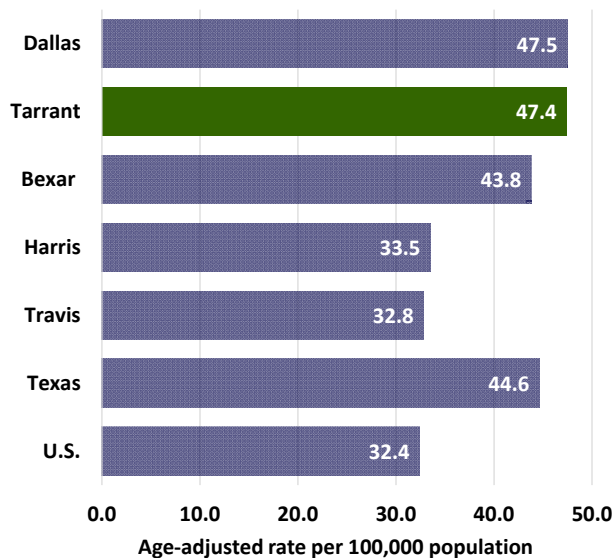


Figure 5. Alzheimer's disease mortality among peer counties, Texas, and the United States, 2020



Alzheimer's disease mortality in Tarrant County was significantly higher than in Harris County, Travis County, and the United States

Older adults who are experiencing symptoms of memory loss should talk to their health care provider

Symptoms, Risk Factors, and Prevention of Alzheimer's Disease:

Symptoms

- Memory loss
- Confusion and difficulty making decisions
- Difficulty completing daily activities

Risk Factors

- Advanced age
- Family history
- Genetics

Prevention Measures

- Physical activity
- Regular checkups
- Healthy diet
- Mental stimulation
- Socialization

Resources and Support:

- **Tarrant County Public Health** [health.tarrantcounty.com]
Chronic Disease Prevention Division: Provides education to help understand, prevent, and/or manage Alzheimer's Disease
- **Texas Alzheimer's Disease Program** [dshs.texas.gov/alzheimers]
- **Alzheimer's Association** [alz.org]
- **Centers for Disease Control and Prevention** [cdc.gov/aging]

All significant differences detected at the 95% confidence level
Data sources: National Center for Health Statistics
Data Brief provided by: Division of Epidemiology and Health Information