

COGNITIVE DECLINE AMONG OREGONIANS WITH DISABILITIES

According to the Centers for Disease Control and Prevention (CDC), memory loss problems are one of the first signs of cognitive decline.¹ The Behavioral Risk Factor Surveillance System (BRFSS) collects information from Oregonians regarding self-reported confusion or memory loss. Memory loss is becoming more common, and may hamper an individual’s ability to care for themselves and perform daily activities such as cooking and managing medications.²

In Oregon 11.4% of adults older than 45 have experienced confusion or memory loss in the past 12 months. Oregon data also showed that cognitive decline is equally likely in both genders. Approximately 11.5% of men and 11.3% of women older than 45 reported having experienced memory loss or confusion.

Cognitive decline is more common among Oregonians in older age groups. The proportion of Oregonians who reported cognitive decline ranged from 11.0% among adults age 45-64 to 13.5% among those 75 and older. Cognitive decline is also more common among people with lower income. For example, Oregonians who make less than \$25,000 a year are 3.4 times more likely to have reported

memory loss or confusion in comparison to those who earn more than \$50,000 a year (see Table 1).

More than 1 in 4 Oregonians with a disability, or 26.7%, reported experiences of memory loss in comparison to only 4.8% of Oregonians without a disability. In other words, Oregonians with a disability are 5.6 times more likely to have memory loss than Oregonians with no disability.

Figure 1: Percent of Oregon adults who have given up day-to-day activities because of memory loss^a

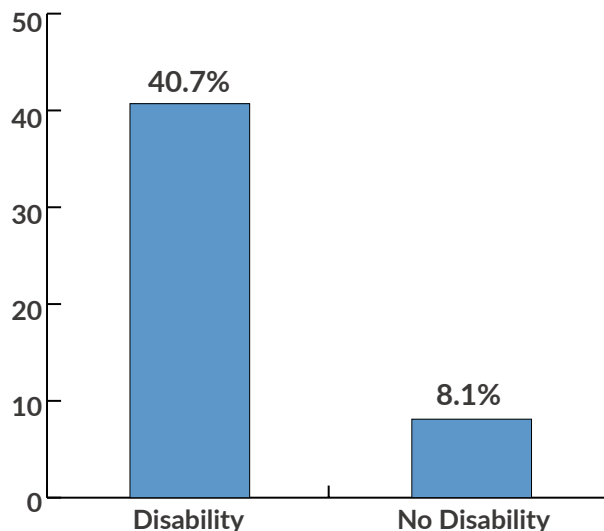


Table 1. Percentage of Oregonians who reported cognitive decline (age 45+) ^a

Overall	Age			Income		
	45-64	65-74	75+	< \$25,000	\$25,000-\$50,000	> \$50,000
11.4%	11.0%	11.3%	13.5%	20.3%	10.8%	6.1%

a. 2016 Oregon Behavioral Risk Factors Surveillance System

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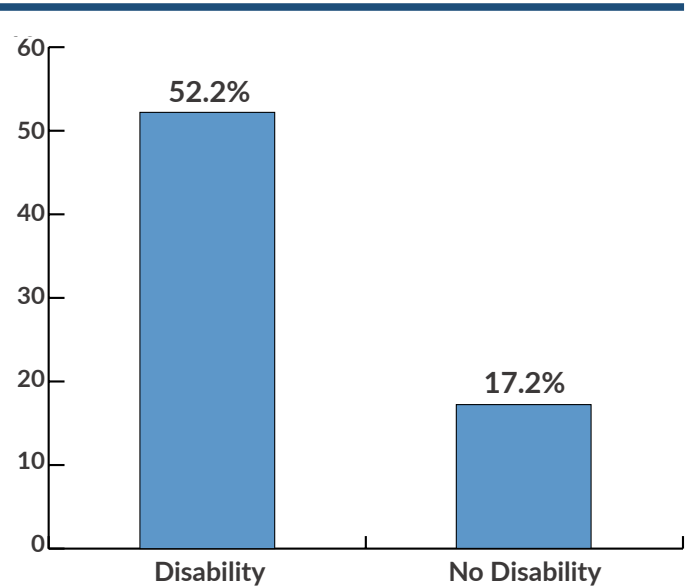
Among those with a disability and cognitive decline, 40.7% said that they have given up day-to-day household activities because of their memory loss, such as cooking, cleaning, taking medications, driving, or paying bills (see Figure 1).



Additionally, 52.2% of Oregonians with a disability need assistance with day-to-day activities because of their memory loss in comparison to only 17.2% of Oregonians with no disability (see Figure 2).



Figure 2: Percent of Oregon adults needing assistance because of memory loss ^a



If you have been experiencing memory loss or know someone who has, please contact your primary care provider or visit the following link for more information: www.alzheimers.gov

FOR MORE OODH DATA BRIEFS, VISIT:

<https://www.ohsu.edu/xd/research/centers-institutes/oregon-office-on-disability-and-health/data-statistics/>

REFERENCES

1. CDC. Self-reported increased confusion or memory loss and associated functional difficulties among adults aged ≥60 years — 21 States. MMWR. 2013;62(18):347-50. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6218a1.htm>. Accessed August 20, 2014.
2. National Institute on Aging. Alzheimer’s Disease Fact Sheet. Bethesda, MD: US Department of Health and Human Services, National Institutes of Health; 2013. <http://www.nia.nih.gov/alzheimers/publication/alzheimers-disease-fact-sheet>. Accessed August 20, 2018.

This project was supported by Cooperative Agreement Number NU27DD000014 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC. This data brief was prepared by Cesar Higgins Tejera, MPH; Larissa Yoshino, MPH; and Willi Horner-Johnson, PhD in the Oregon Office on Disability and Health (OODH).

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Oregon Office on Disability and Health. Data Brief: Cognitive Decline Among Oregonians with Disabilities. Portland, OR: Oregon Health & Science University; 2018. Available from <http://www.ohsu.edu/xd/research/centers-institutes/oregon-office-on-disability-and-health/data-statistics/>

