

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



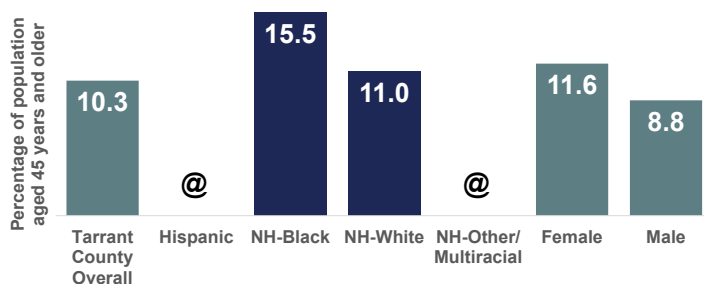
SUBJECTIVE COGNITIVE DECLINE AND ALZHEIMER'S DISEASE IN TARRANT COUNTY

SUBJECTIVE COGNITIVE DECLINE (SCD) is the self-reported experience of worsening or more frequent confusion or memory loss. While most of those experiencing SCD will not continue to decline and some may even improve, it is also 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 2024, approximately **10%** 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
- **39%** 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



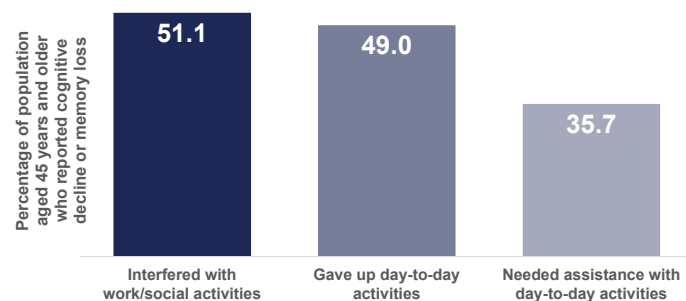
Figure 1. Prevalence of subjective cognitive decline among Tarrant County adults aged 45 years and older, 2024



@ = Sample size too small to calculate reliable estimates; NH = Non-Hispanic

There were no significant differences in the prevalence of subjective cognitive decline by race/ethnicity or by gender

Figure 2. Prevalence of functional difficulties among Tarrant County adults aged 45 years and older who reported subjective cognitive decline or memory loss, 2024



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

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 **5th leading cause of death** in Tarrant County, resulting in **664 deaths in 2023**.

Figure 3. Alzheimer's Disease mortality rate in Tarrant County, Texas, and the United States, 2014-2023

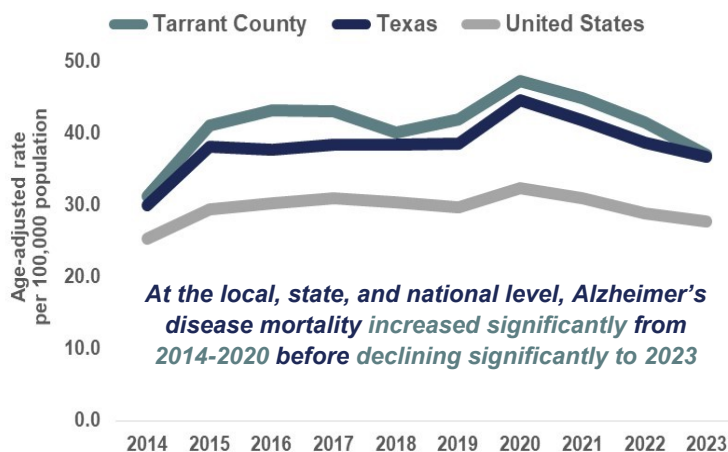


Figure 4. Alzheimer's Disease mortality rate among selected geographic locations, 2023

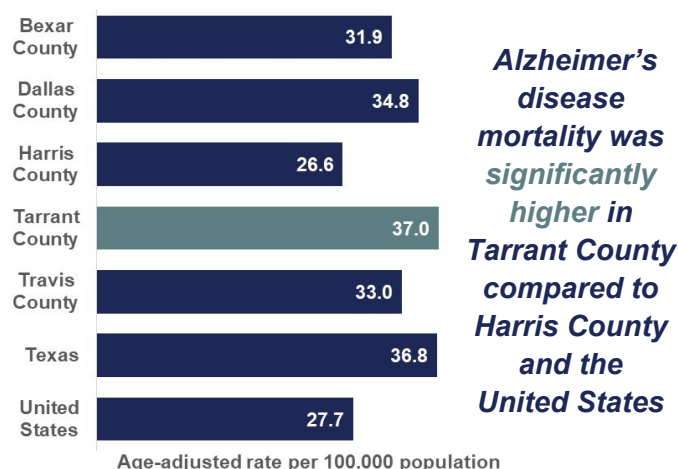
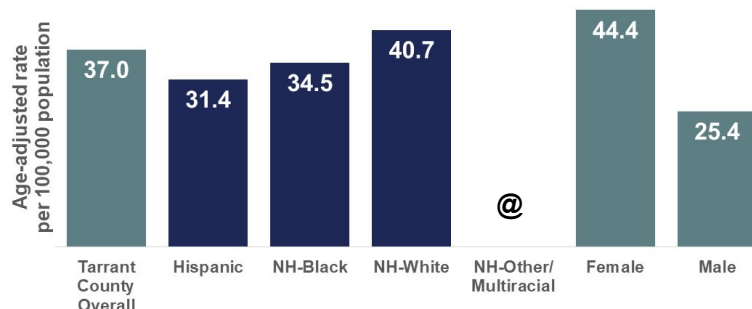


Figure 5. Alzheimer's Disease mortality rate among Tarrant County residents by selected demographics, 2023



While Alzheimer's disease mortality was **highest among non-Hispanic white residents**, there were no significant differences among race/ethnicity groups.

Alzheimer's disease mortality was **significantly higher among females compared to males**.

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: Alzheimer's Awareness
[\[tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/alzheimer-s-awareness.html\]](https://tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/alzheimer-s-awareness.html)

Dementia Friendly Fort Worth: [\[dfffw.org\]](https://dfffw.org)

JPS Health Network: [\[jpshealthnet.org/get-care/services/geriatrics\]](https://jpshealthnet.org/get-care/services/geriatrics)

United Way of Tarrant County: Area Agency on Aging of Tarrant County (AAATC)
[\[unitedwaytarrant.org/what-we-do/area-agency-aging-aaa/\]](https://unitedwaytarrant.org/what-we-do/area-agency-aging-aaa/)

Texas Alzheimer's Disease Program
[\[dshts.texas.gov/alzheimers-disease/\]](https://dshts.texas.gov/alzheimers-disease/)

Centers for Disease Control and Prevention
[\[cdc.gov/alzheimers-dementia/about/alzheimers.html\]](https://cdc.gov/alzheimers-dementia/about/alzheimers.html)

Alzheimer's Association [\[alz.org\]](https://alz.org)