

Cognitive Decline in a Diverse Aging Population



Many older adults delay seeking help for due to stigma, mistrust, or past negative experiences. One in five say they would feel insulted if a provider suggested a cognitive assessment, and half of Black Americans—along with many Native American, Asian, and Hispanic adults—report discrimination when seeking care.

Who is Affected?

1 in 3

Adults 65+ Face Cognitive Challenges

Across the U.S.

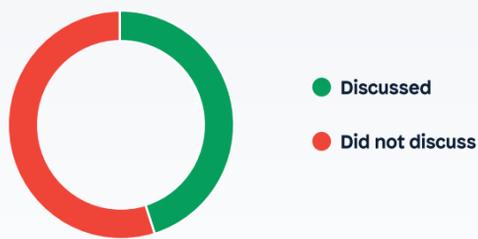


Cognitive decline shapes how older adults move through daily life and interact with others.

55%

Of Asian, Black, and Latin Adults

Did Not Talk to Healthcare Providers.



Asian, Black, and Latino adults were less likely to discuss symptoms with providers.

Understanding Why Cognitive Decline Often Goes Undiagnosed

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1 in 5

Would Feel Insulted

By cognitive assessment suggestion

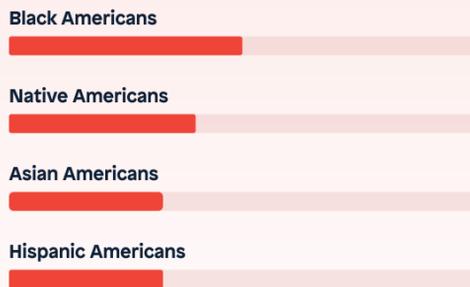


Some view memory loss as a normal part of aging rather than a cause for concern.

50%

Experienced Healthcare Discrimination

Among Black Americans seeking care



Generations of inequalities and under-treatment contribute to healthcare avoidance.

States Taking Action to Close the Gaps in Cognitive Care

Massachusetts, Minnesota, and Pennsylvania are leading efforts to make cognitive care more equitable and inclusive. Each has launched dementia-friendly initiatives that partner with culturally specific organizations, prioritize equity and underserved communities, and use tailored outreach to better connect diverse populations with the care and support they need.

States Leading the Way

Policy-level equity initiatives



Massachusetts



Minnesota



Pennsylvania

- ✓ Dementia-friendly initiative
- ✓ Focus on equity and underserved communities
- ✓ Partnering with culturally-specific organizations
- ✓ Tailored outreach materials



West Health Mosaic

Mosaic is where stories and statistics come together to reveal the realities of aging in America. With rich data, meaningful insights, and intuitive tools, Mosaic empowers changemakers to drive better healthcare, inform policy, and shape a future where every person can age with dignity.

<https://westhealthmosaic.com>