The aggregate CI burden was $627B (95%CI: $511B–$743B): 59% due to ADRD and 41% to MCI. Individuals with MCI without progression to ADRD lost healthy life years valued at $119K (95%CI: $99K–$139K). Those with early CI onset were more likely to be from disadvantaged populations and carried the largest per capita burden [$376K (95% CI: $315K–$436K)] cumulating to 60% on aggregate, nearly half of which experienced during MCI. Individuals with lower education, progression to ADRD, or racial/ethnic minorities also carried disproportionate burden. MCI represents 41% of the overall CI burden and disproportionately affects individuals with early CI onset. Characterizing CI-related health and economic disparities at milder stages and younger ages should be prioritized.