

What is loneliness and social isolation?

Loneliness: the feeling of being alone, regardless of the amount of social contact

Social Isolation: having few social relationships or infrequent social contact with others

More people are feeling lonely & isolated as the pandemic goes on

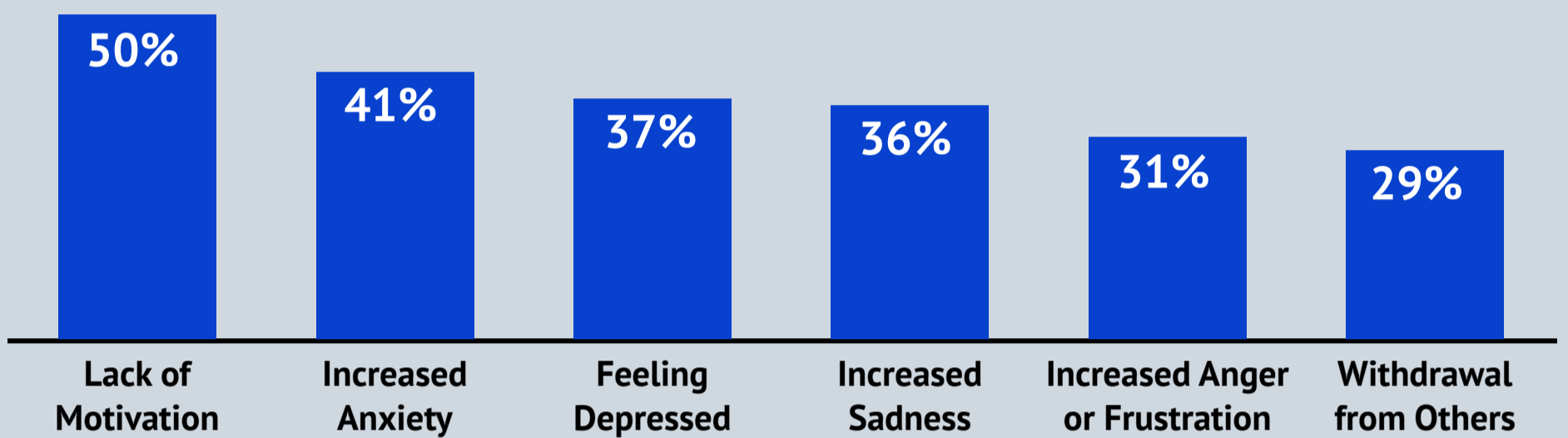
Before the pandemic approximately 20% of adults in the US said they often or always felt lonely or socially isolated. Reports from August 2020 showed:

28% of adults reported feeling lonely

41% of adults have reported feeling socially isolated

Younger generations are more likely to report loneliness and social isolation during the pandemic

A majority of those experiencing social isolation also reported:



Risk factors of being lonely

Factors that decrease loneliness

- Increased age
- Marriage
- Hobbies
- Good night's sleep
- Social network size

Factors that increase loneliness

- Social isolation
- LGBTQ status
- Mental illness diagnosis
- Lower income
- Urban environments

Factors that have little to no effect

- Education
- Race/Ethnicity
- Gender

Loneliness & social isolation can be damaging to physical health

41% of people have not visited or seen a health care professional since March

Social isolation can be as damaging to health as smoking **15** cigarettes a day



Social isolation has been associated with a **50%** increased risk of dementia



Poor social relationships have been associated with a **29%** increased risk of heart disease



Social isolation and loneliness significantly increase a person's risk of premature death from all causes

Solutions and strategies to combating loneliness & isolation

During COVID-19 social restrictions & beyond



Talk with Family and Friends Regularly
Phone, virtual platform, email and social media



Keep a Healthy Lifestyle
Eat a balanced diet, exercise and get quality sleep



Get Outdoors as Much as Possible
Get as much sunlight, fresh air and nature as you can



Get Help and Reach Out When Needed
Take part in support groups or therapy, virtual or in person