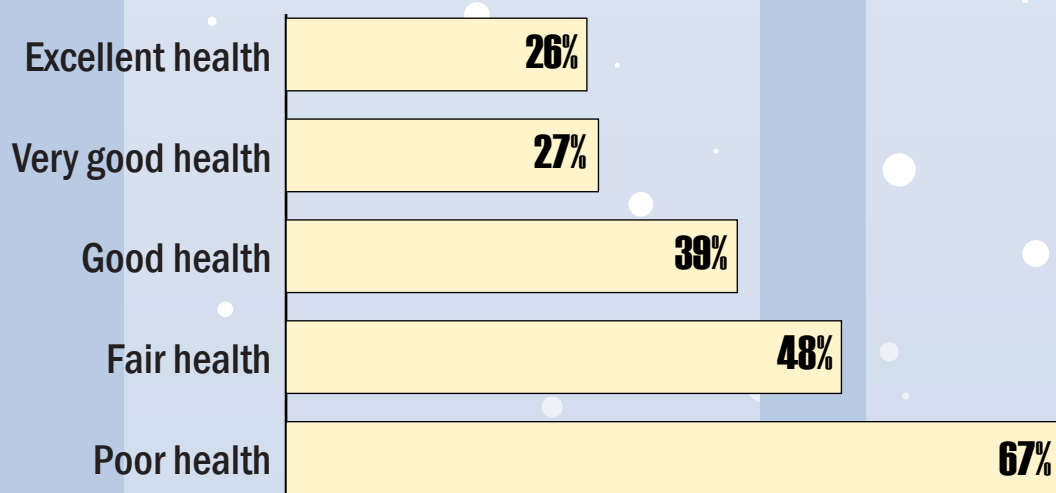


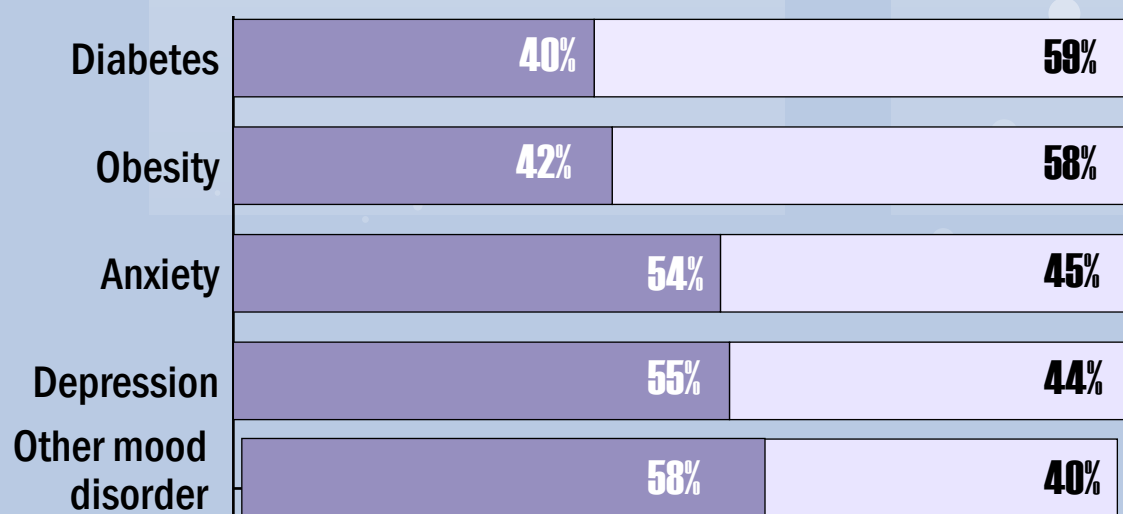
SENIORS, LONELINESS, AND HEALTH

Combating loneliness is increasingly gaining attention as the healthcare industry tries to grapple with the social determinants of health. The problem is pervasive and can have a dire impact on health, with several studies linking spikes in mortality to a person's social isolation.

Percentage of midlife and older adults who are lonely, ranked by health status:



Percentage of midlife and older adults who are lonely, ranked by medical condition:



1 in 3

adults age 45 and older reported being lonely in a 2018 AARP study.

28%

of people age 65 and older lived alone in 2017.

45%

of women age 75 and older lived alone in 2017.

A 2015 study in Perspectives of Psychological Science suggested that prolonged isolation has the same effects on someone as smoking

15

cigarettes a day.

Medicare spends **\$134 MORE PER MONTH** on each socially isolated adult than it would for people with normal levels of social contact...



...totalling about **\$6.7 BILLION** annually.