

Social Isolation: Is Your Health at Risk?

A growing body of research shows the health risks of social isolation.



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Did you know that the health effects of prolonged social isolation are equivalent to smoking **15 CIGARETTES** a day?

Or that social isolation is **TWICE AS HARMFUL** to physical and mental health as obesity?

Social isolation is linked to **INCREASED RISK OF DEATH.**

Besides higher mortality rates, chronic social isolation can lead to:

- Anxiety
- Dementia
- Depression
- Diminished cognitive function
- Emotional pain
- Alcohol and substance abuse
- Heart disease
- High blood pressure
- More sedentary lifestyles
- Obesity
- Self-harm and suicidal ideation/attempts
- Sleep problems
- Stroke
- Weakened immune function

*The bottom line:
Social isolation and
loneliness are bad for
your brain and
your body.*

Sources: National Institutes of Health; National Institute on Aging; AARP Foundation.

Having social connections at all stages of life helps us prevent disease, disability and injury, as well as ward off premature death.



Discover the steps you can take to build and strengthen social connections at CommitToConnect.org.

