Our Epidemic of Loneliness and Isolation

Key takeaways from the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community

Humans are wired for social connection, but we've become more isolated over time

Social connection is as essential to our long-term survival as food and water. But today, loneliness is more widespread than other major health issues in the U.S. Our epidemic of loneliness and isolation is a major public health concern.

Social connection significantly improves the health and well-being of all individuals

Social connection reduces the risk of premature mortality. It can predict better physical and mental health outcomes and ease stress. Higher levels of connection can influence health-related behaviors. Educational and economic achievement are even impacted by connection.

Social connection is vital to community health and success

Socially connected communities enjoy better population-level health. They are more prepared for — and resilient in the face — of disaster situations. They also experience greater economic prosperity and reduced levels of crime and violence.

Together, we can advance social connection and improve our nation's public health

Fostering social connection requires that we each commit to our relationships and communities. Our actions today can create sustainable changes to society and bring better health to all.

We all have a role to play in supporting social connection.
Learn how you can take action by reading the advisory at:
surgeongeneral.gov/connection

Office *of the*
U.S. Surgeon General