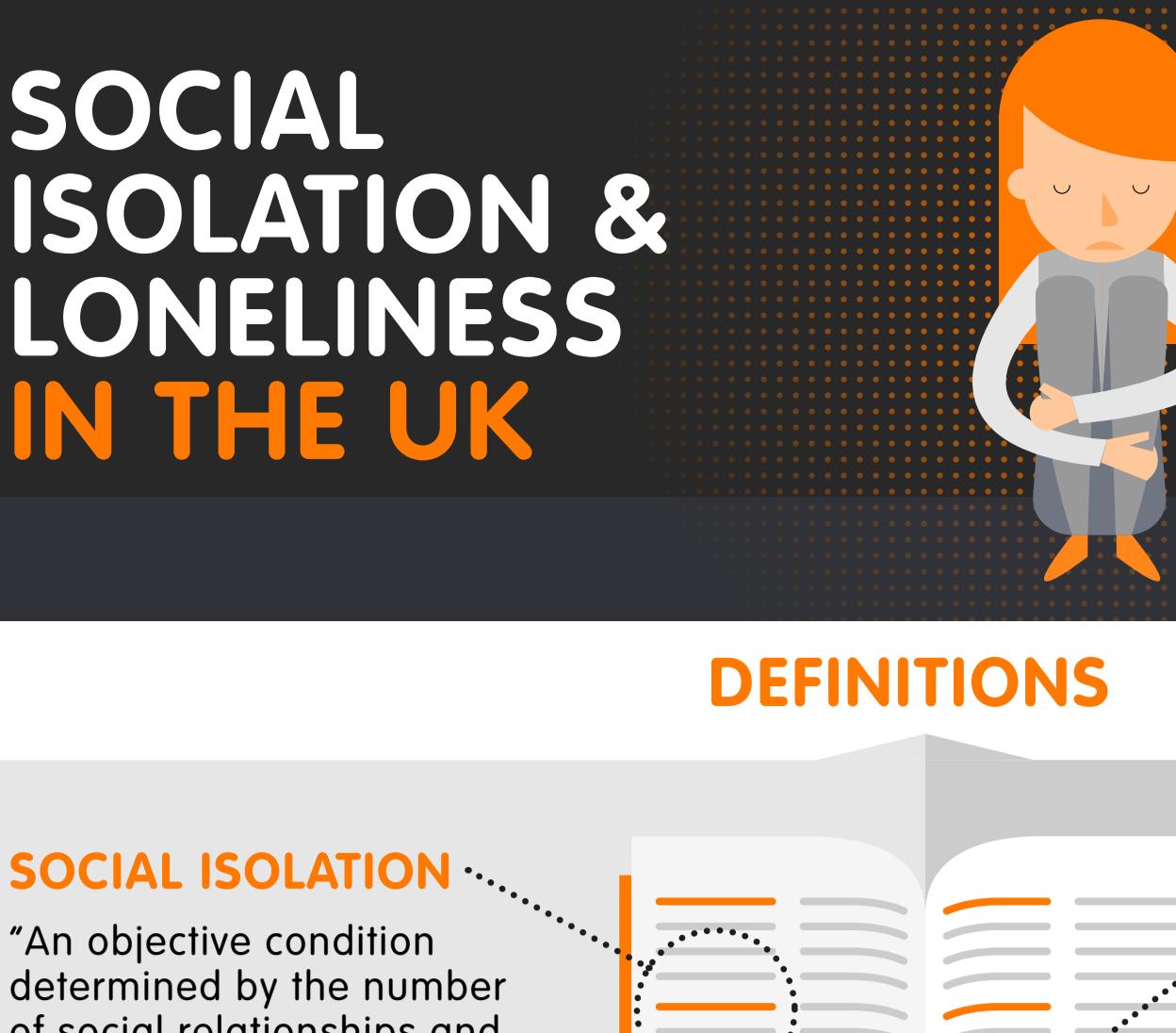


SOCIAL ISOLATION & LONELINESS IN THE UK

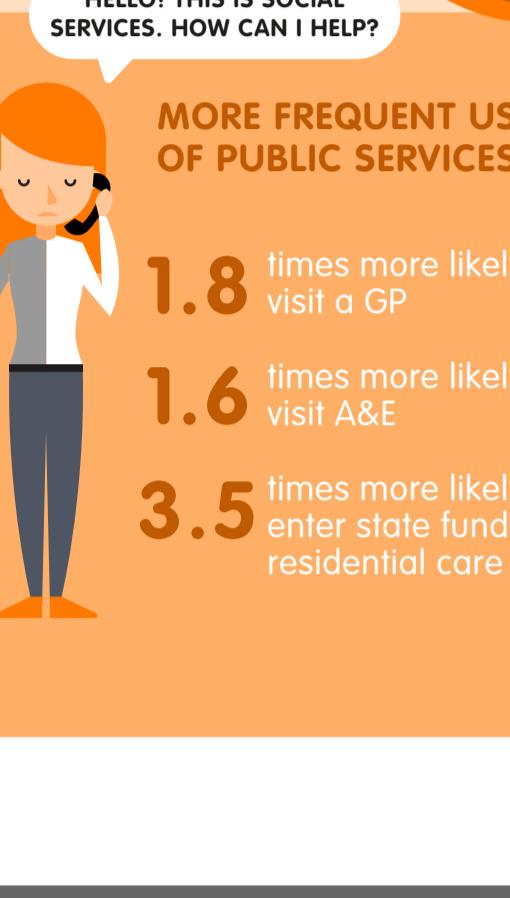
iot
UK



DEFINITIONS

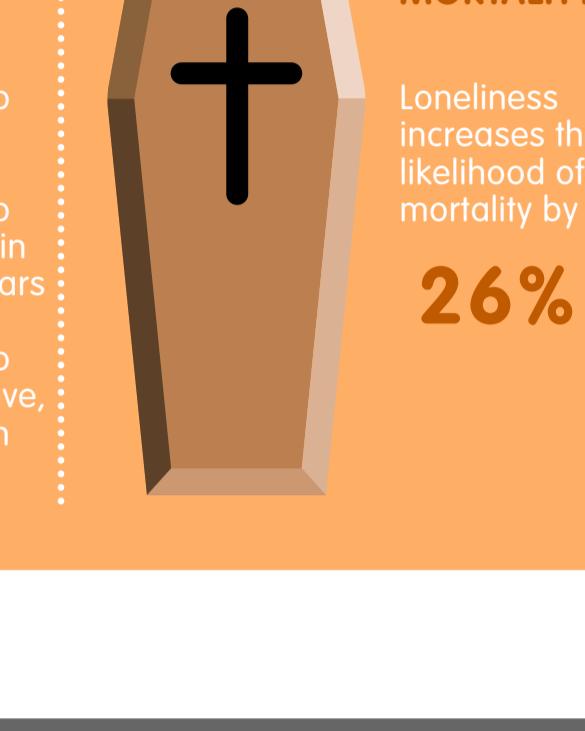
SOCIAL ISOLATION

"An objective condition determined by the number of social relationships and contacts between individuals, across groups and communities."



LONELINESS

"A subjective state based on a person's emotional perception of the number and/or quality of social connections they need, compared to what is currently being experienced."



It is possible to be socially isolated without feeling lonely, or conversely feel lonely without being socially isolated.

IMPACTS

NO =
SOCIAL CONNECTIONS

15
A DAY

Research has shown that, in terms of negative health outcomes, lacking social connections is comparable to smoking 15 cigarettes a day, and has worse health outcomes than risk factors such as obesity and physical inactivity.



MORE FREQUENT USE OF PUBLIC SERVICES

- 1.8 times more likely to visit a GP
- 1.6 times more likely to visit A&E
- 3.5 times more likely to enter state funded residential care

INCREASED LIKELIHOOD OF DEVELOPING CERTAIN HEALTH CONDITIONS

- 3.4 times more likely to suffer depression
- 1.9 times more likely to develop dementia in the following 15 years
- 2 to 3 times more likely to be physically inactive, which may result in many health conditions

INCREASED MORTALITY

- Loneliness increases the likelihood of mortality by 26%



WHO IS AFFECTED ?

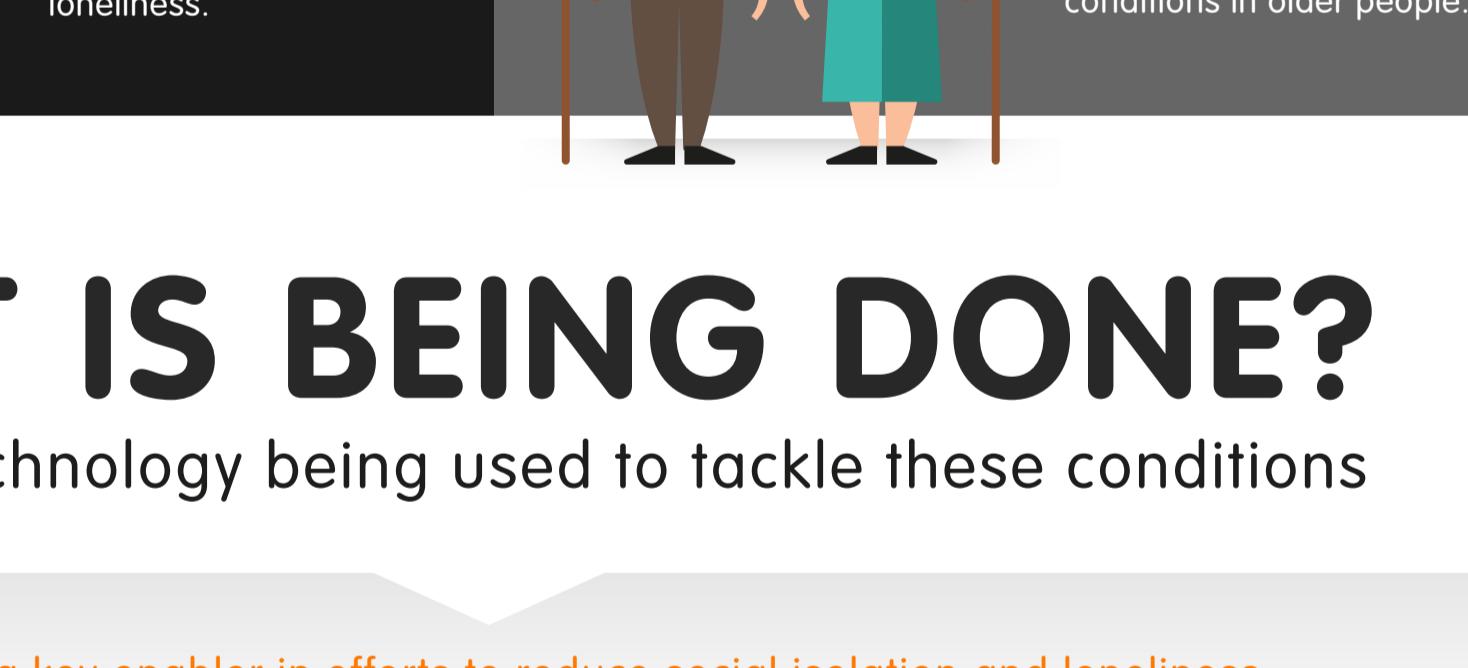
It is not just older people that suffer from social isolation and loneliness.

The conditions affect people throughout the life-course and the effects are compounded as life progresses.

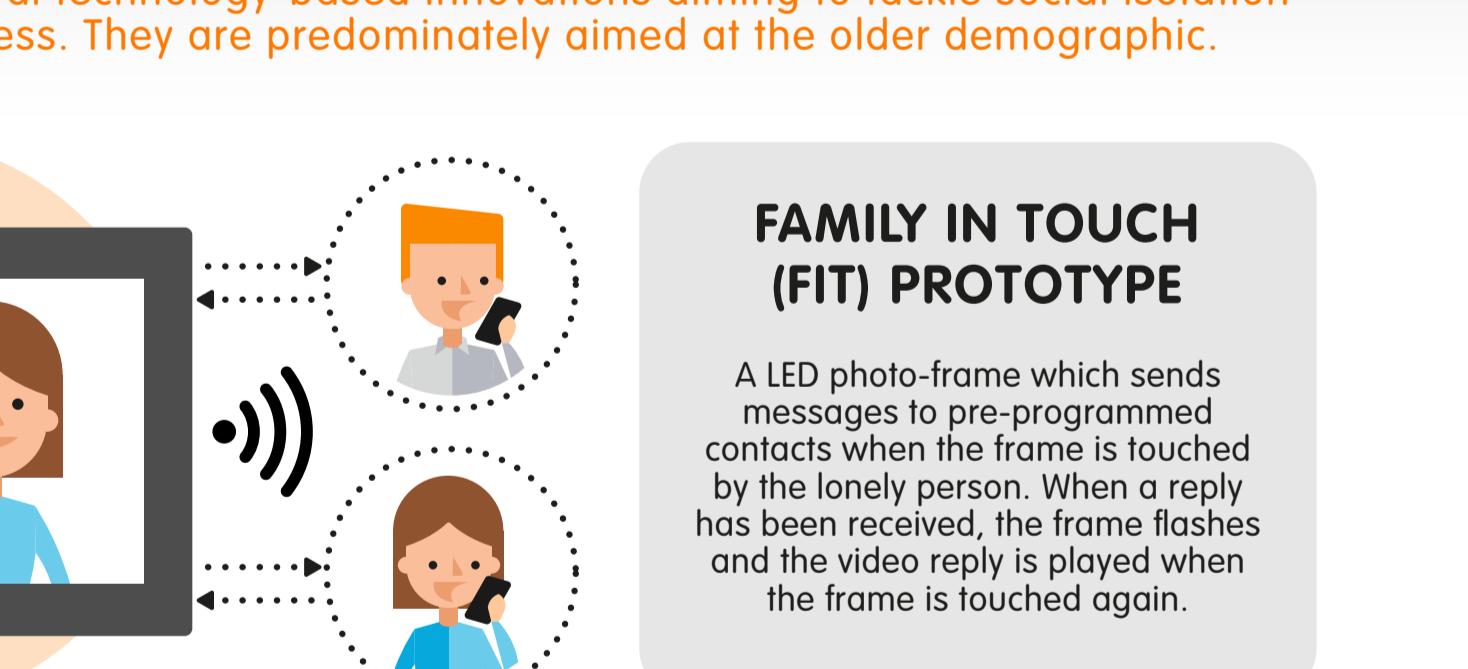


GENERAL CONTRIBUTING FACTORS

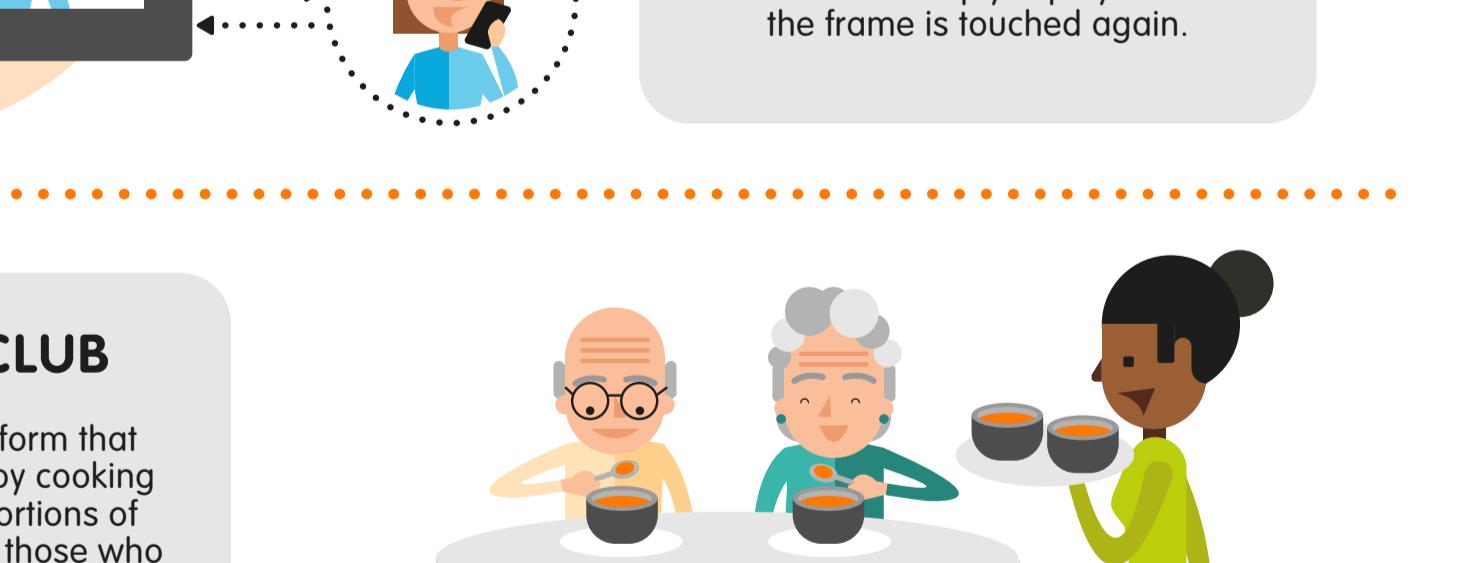
INDIVIDUAL-LEVEL CONTRIBUTING FACTORS



COMMUNITY-LEVEL CONTRIBUTING FACTORS



SOCIETAL-LEVEL CONTRIBUTING FACTORS



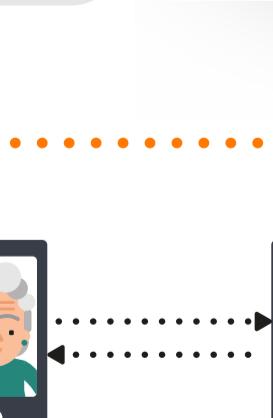
LIFE-COURSE TRIGGERS



PREGNANCY

20%

of expectant mothers lack a supportive social environment to support them through their pregnancy.



CHILDHOOD & ADOLESCENCE

Social isolation and loneliness in the young is generally caused by bullying due to differences in physical appearance, cultural attitudes, spoken languages and sexuality.



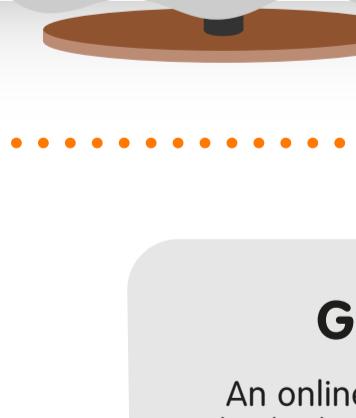
YOUNG ADULTS

The major life change that occurs after leaving school has been a trigger for social isolation and loneliness for many young adults.



WORKING AGE

Loss of employment, parenthood and formative experiences such as addiction can trigger the onset of social isolation and loneliness.



RETIREMENT & LATER LIFE

Decreasing economic resources, declining health, mobility impairments and the death of peers all contribute to the onset of these conditions in older people.

