

ACTS OF CONNECTION WELD

RATES AND TRENDS

3 IN 5 US ADULTS (61%)
Reported feeling lonely before
the pandemic

ONLY 39% OF ADULTS
Reported feeling very
connected to others in 2022

**79% OF YOUNG
ADULTS**
Reported feeling lonely at least
some of the time in 2021

**24 MORE HOURS OF
ISOLATION**
monthly per adult in 2020 compared
to 2003

LESS THAN 20%
Who are lonely or isolated
recognize it as a major problem

HEALTH EFFECTS

**50% INCREASED
ODDS OF SURVIVAL**

Attributed to social
connection

**INCREASED RISK OF
DEMENTIA BY 50%, HEART
DISEASE BY 29%, AND
STROKE BY 32%**

Due to isolation/loneliness

**INCREASED
SUSCEPTIBILITY TO
ILLNESS**

Due to isolation/loneliness

15 CIGARETTES A DAY

Has similar health impacts to
being social isolated

**INCREASED RISK OF
ANXIETY, DEPRESSION,
AND SUICIDE**

Due to isolation/loneliness



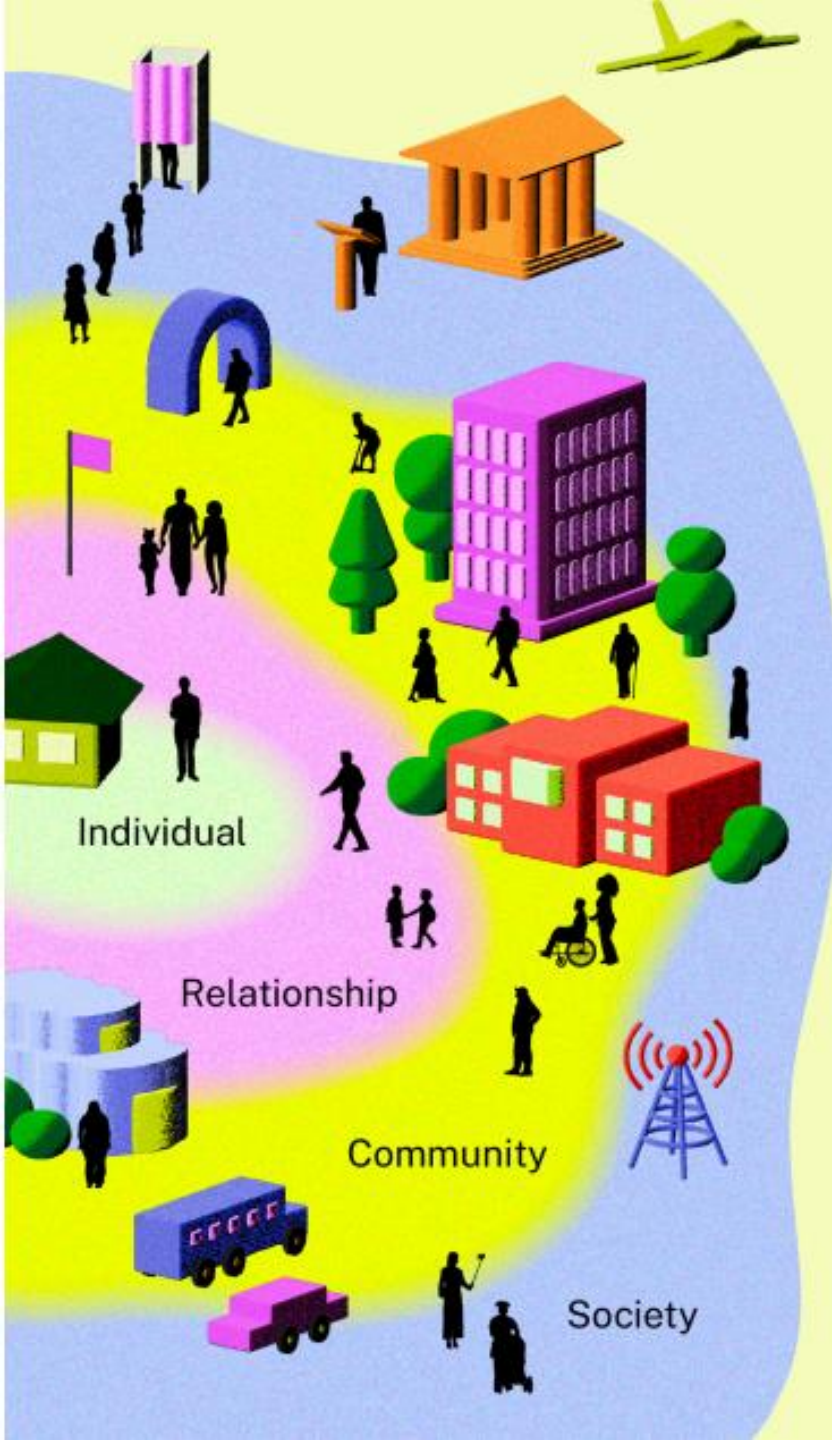
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FACTORS THAT SHAPE SOCIAL CONNECTION



Individual

- Chronic disease
- Sensory and functional impairments
- Mental health
- Physical health
- Personality
- Race
- Gender
- Socioeconomic status
- Life stage

Relationships

- Structure, function, and quality
- Household size
- Characteristics and behaviors of others
- Empathy

Community

- Outdoor space
- Housing
- Schools
- Workplace
- Local government
- Local business
- Community organizations
- Health care
- Transportation

Society

- Norms and values
- Public policies
- Tech environment and use
- Civic engagement
- Democratic norms
- Historical inequities