

# LONELINESS

## Facts & Stats

See Beyond found these interesting, even surprising, facts and statistics on loneliness. It reveals our human need for healthy connection.

Loneliness shortens life-span to the same degree as smoking **15 cigarettes a day**.

Loneliness reduces our life-span **more than obesity**.

Lonely people are **more than twice** as likely to develop **Alzheimer's**.



Those with **fewer than three people** for social support are twice as likely to die of all causes.

**54%** of people feel like no one knows them well.

**56%** say they feel like people around them “are not necessarily with them.”

Two of five people say “they **lack companionship**,” feel “**isolated** from others,” and their “relationships **aren't meaningful**.”



The number of people working exclusively from home was **up 115%** from 2005 to 2015, causing more isolation and loneliness.



Loneliness triggers the body's **stress response**, releasing **stress hormones**—cortisol and epinephrine—causing inflammation and weakened immunity.

The brain activity of someone feeling **rejection** strongly resembles the brain of someone experiencing **physical pain**.



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#### Our Facts and Stats Resources:

Libermen, Matthew A, Social: Why Our Brains Are Wired To Connect, 7 October 2014.

[www.npr.org/sections/health-shots/2018/05/01/606588504/americans-are-a-lonely-lot-and-young-people-bear-the-heaviest-burden](http://www.npr.org/sections/health-shots/2018/05/01/606588504/americans-are-a-lonely-lot-and-young-people-bear-the-heaviest-burden)

[www.psychologytoday.com/us/articles/201803/cure-disconnection](http://www.psychologytoday.com/us/articles/201803/cure-disconnection)

[www.quora.com/What-percentage-of-people-work-from-home](http://www.quora.com/What-percentage-of-people-work-from-home)