

Combating the Social Isolation & Loneliness Epidemic



The highest rates of social isolation are found among **older adults**.



Social isolation can increase the risk for premature death as much as smoking **15 CIGARETTES A DAY**



Poor or insufficient social connection is associated with:

- 29%** increased risk of heart disease
- 32%** increased risk of stroke
- increased risk for **ANXIETY, DEPRESSION AND DEMENTIA**
- increased susceptibility to **VIRUSES AND RESPIRATORY ILLNESS**



Social Isolation is responsible for **\$6.7 BILLION** excess Medicare costs each year

Nutrition and Loneliness **Overlap**

Older adults who feel lonely are more likely to skip meals **TWICE** as likely because they do not have the desire and **THREE TIMES** as likely because they lack the energy.

Lonely older adults in the U.S. receive **157 FEWER** servings of fruit and vegetables per year than those who are socially connected. In Canada, they get **111 MORE** servings of fat per year.

Older adults do not get the right amount of at least one important element of nutrition:

- 75%** in the U.S.
- 69%** in Canada

U.S. older adults who eat most of their meals without a companion are **42% MORE LIKELY** to have feelings of loneliness.

Companionship is the **Best** Diet

Research conducted by Home Instead, Inc. suggests that enjoying meals with loved ones can improve overall nutrition and feelings of isolation and depression.



Craving Companionship

72% of lonely seniors wish they ate more meals with loved ones.



Eating Alone is a Growing Trend

50% of seniors believe their parents ate more sit-down meals with loved ones at their current age and **76%** of lonely seniors feel they have fewer sit-down meals with family than they used to.

For more resources and information, go to HomeInstead.com/CompanionshipDiet