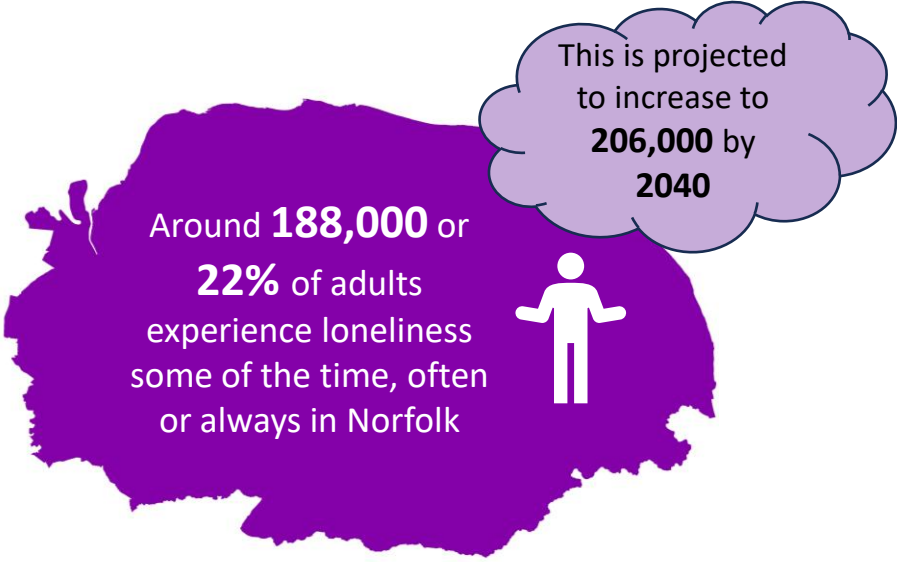


Norfolk Loneliness and Social Isolation Needs Assessment



Definition

Loneliness is a perceived/subjective condition in which an individual is dissatisfied with the quality and/or quantity of their social relationships

Social Isolation is an objective condition characterised by a lack of contact with other people and being disengaged from groups and social activities

Loneliness and social isolation can often overlap, but they are not the same. While loneliness is an emotional experience, social isolation is a lack of social contact. Loneliness is a subjective feeling, whereas isolation is an objective state.

Health Impacts

Increased risk of high blood pressure, heart disease, stroke, poor sleep quality, chronic pain, poorer mental health

More likely to access GP or hospital services

26% increase likelihood of premature mortality

Risk Factors

Age	LGBTQ+
Poor mental health	Live in a deprived area
Live alone	Facing bereavement
Lower income	Carer
Not working	Disabled
Lack of transport	Recently moved house

Inequalities

1 in 3 in the most deprived areas and **1 in 5** in the least experience loneliness

21% men, **28%** women and **50%** of those who do not identify as male or female experience loneliness

29% of older adults aged **85+** report feeling lonely. While **39%** of young adults aged **16-24** report feeling lonely

23% of White British adult's report feeling lonely compared to **31%** from other ethnic groups

How much more likely are you to feel lonely?

- 5.5x** : without someone to open up to
- 5.2x** : widowed
- 3.7x** : poor health
- 3.0x** : without a sense of belonging in the neighbourhood
- 2.3x** : with money issues
- 1.6x** : living alone

Economic Impacts

Severe loneliness costs an estimated **£9,900** per person per year.

48% of adults who have never worked or are in long-term unemployment experience loneliness

Estimated to cost UK employers **£2.5 billion** per year