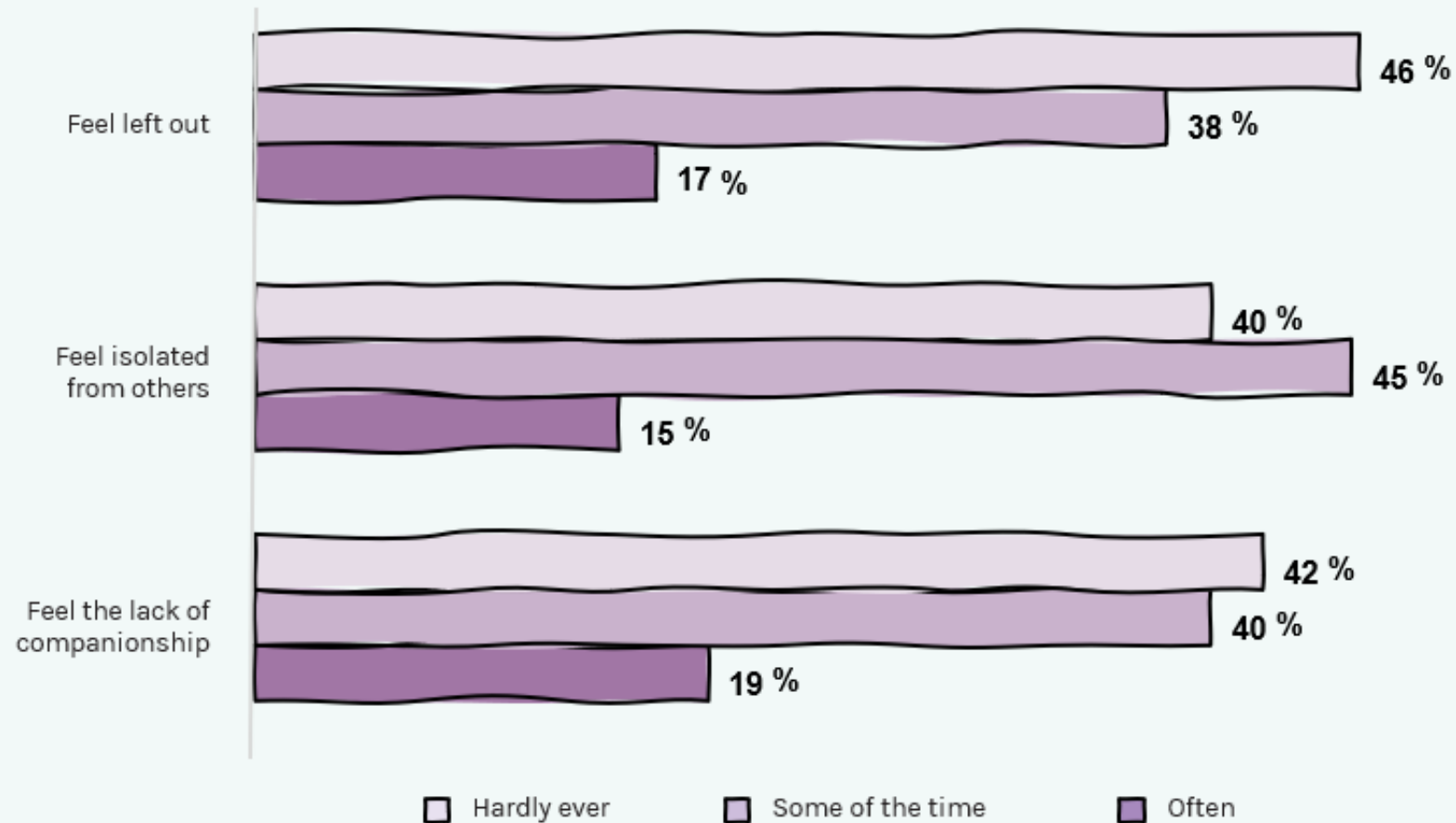


What is *loneliness*

Loneliness is the distressing, subjective feeling of a gap between the social connections you have and those you desire.

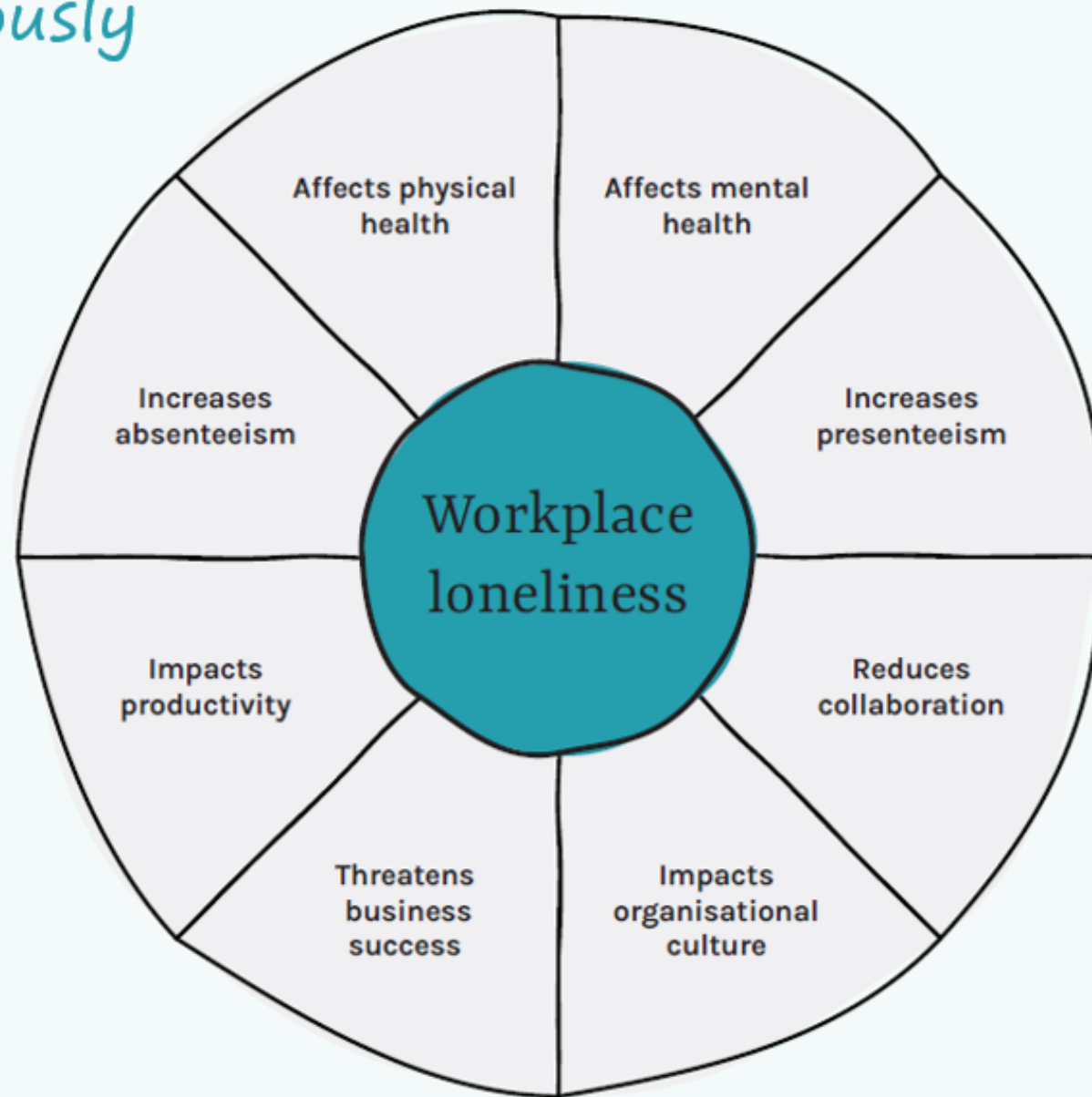
It is not merely being alone, but a, often painful, sense of isolation even when surrounded by others.

Response *by question*



Source: Assure Loneliness Survey Data 2025

Why take *it seriously*



Health *implications*



**Cardiovascular
disease and
physiological
stress**



**Mortality and
reduced life
expectancy**



**Behavioural
health risks**



**Mental distress
and psychological
suffering**



**Poor sleep and
circadian
disruption**



**Depression and
anxiety disorders,
suicide risk and
self-harm**



**Immune system
dysfunction and
inflammation**



**Cognitive
decline and
dementia**



**Reduced quality
of life and
functioning**



**Chronic
disease
burden**

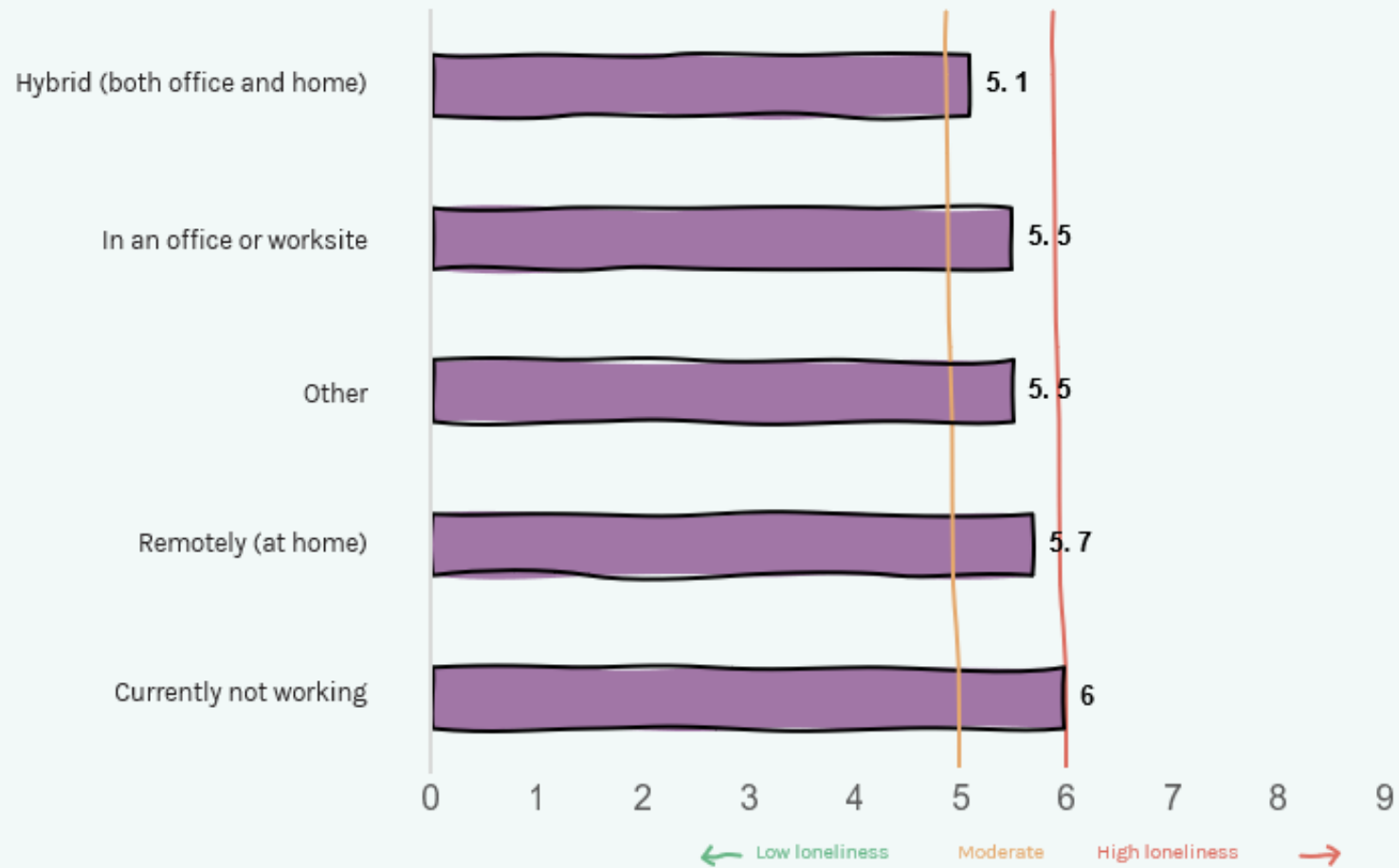
The risks *are significant*

- Comparable mortality risk of smoking up to 15 cigarettes per day
- 17% higher risk of cardiovascular disease
- Higher risk of stroke
- Chronic stress responses
- Increased risk of depression and anxiety
- Lower life satisfaction



Work *arrangement*

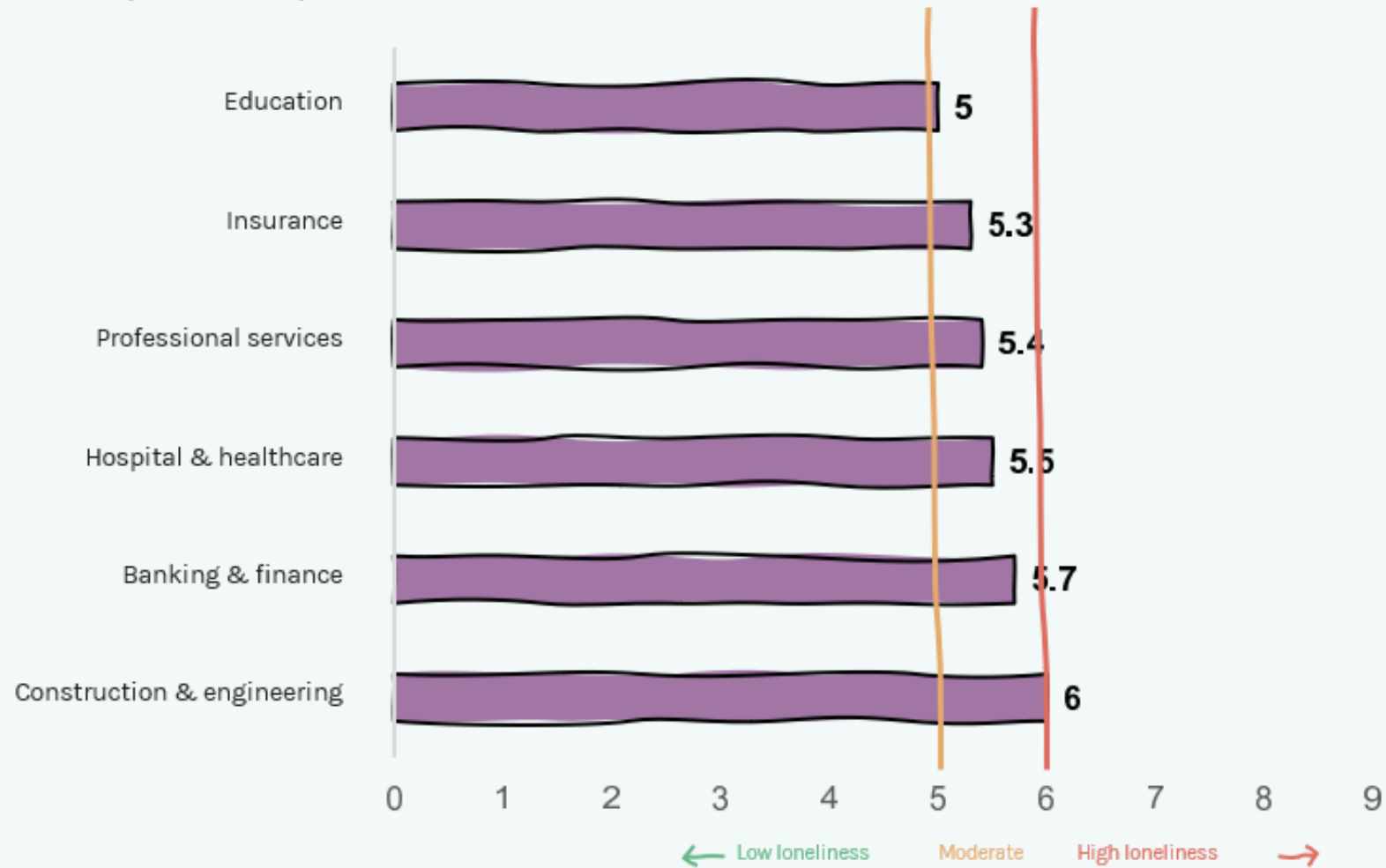
Average loneliness score by work arrangement



Source: Assure Loneliness Survey Data 2025

Score *by industry*

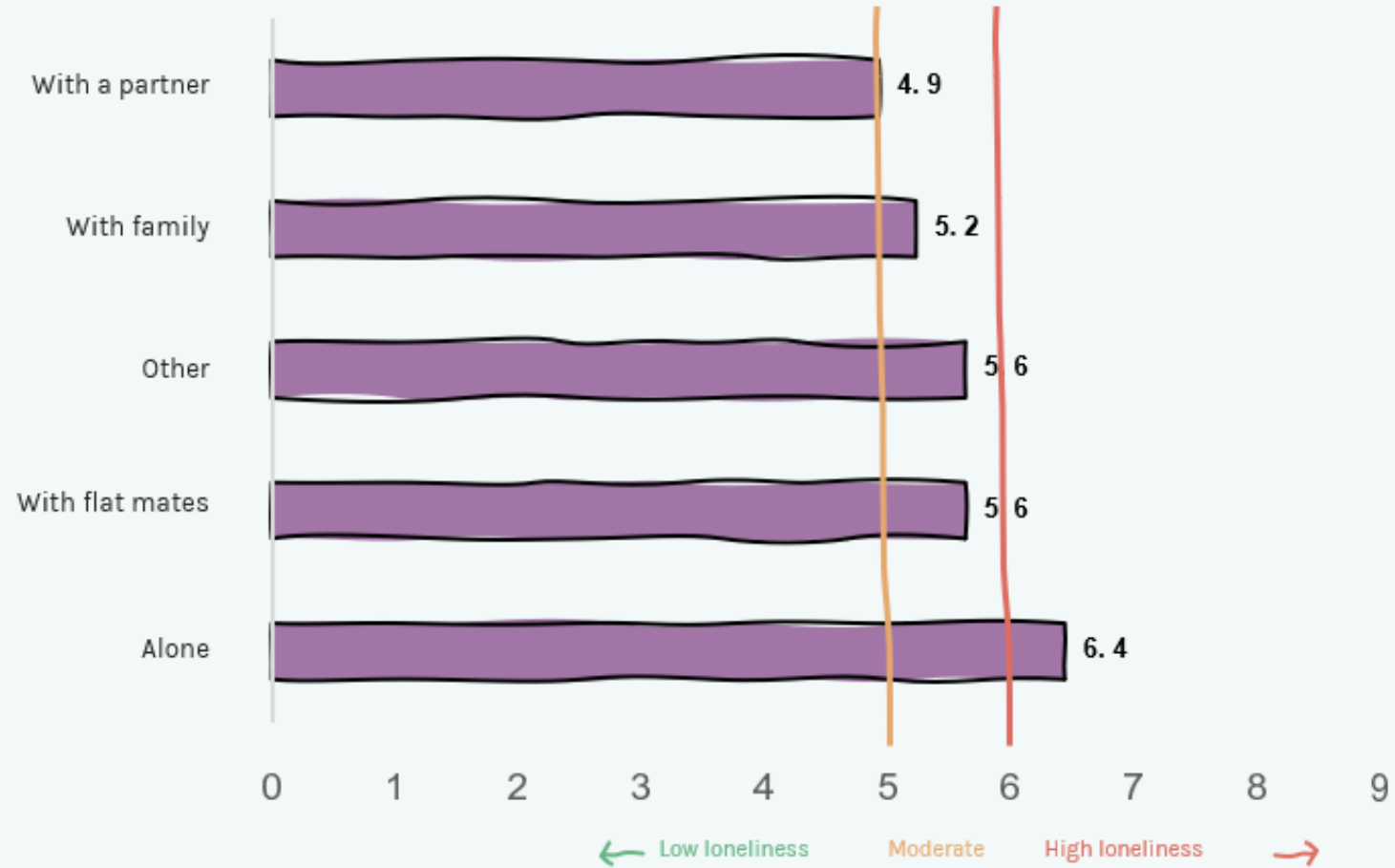
Average loneliness score by industry



Source: Assure Loneliness Survey Data 2025

Living arrangement

Average loneliness score by living arrangement



Source: Assure Loneliness Survey Data 2025