

# The Epidemic of Loneliness

## How It Affects Our Health

# Rates of Loneliness Have Doubled in the Past Three Decades



Loneliness now affects 1 in 4 people.

Swipe Right →

**NOVAONE**  
Transforming Behavioral Health

# Loneliness is Associated With



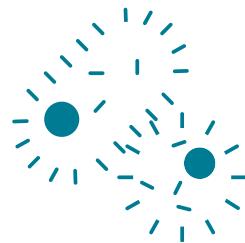
Chronic Disorders



Mental Illness



Depression  
& Social  
Withdrawal



Impaired  
Immune  
System



Changes In  
Gene  
Expression

Swipe Right →

# Tips to Fight Loneliness

## For Health Plans & Employers

A growing body of research supports interventions that strengthen connection and belonging.



### Social Prescribing Programs

Link members to community groups and volunteer activities.



### Digital Peer Communities

Provide online support groups and moderated forums.



### Behavioral Activation Therapy

Use structured interventions to help members re-engage with activities.



### Integrated Screening

Incorporate loneliness questions into annual wellness visits for early detection.



### Employer Connection Programs

Offer peer mentoring and employee network groups to increase belonging.

## For Individuals

The quality of relationships, not the number, is key to being connected and understood.



### Small, Daily Interactions

Greet a neighbor or chat with a barista to build a micro-connection.



### Regular Check-Ins with Others

Reach out to one friend or relative each day through a text, call or message.



### Supportive Daily Structure

Schedule small enjoyable or social activities, even when motivation is low.



### Healthier Existing Relationships

Express appreciation, share feelings or have more meaningful conversations.



### Greater Self-Compassion

Remind yourself that loneliness is common and not a personal failure.

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# **Loneliness is increasingly recognized as a measurable health determinant.**

At NovaOne, we view loneliness as a health-related risk that can be identified and monitored using validated screening tools and supported through integrated behavioral, physical and social approaches.

Connection matters, and it can be supported at scale through coordinated care and community-based resources.

Learn more at [NovaOneHealth.com](http://NovaOneHealth.com)

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