



Promote Research: Recommendations to Advance Social Connection



Coalition to End
Social Isolation
& Loneliness

We envision a society where every individual will one day have the opportunities and supports necessary to be socially engaged.

The Challenge

Social isolation and loneliness take a toll on individuals, leading to poorer health outcomes, higher rates of mortality, and higher healthcare costs. Social connection, or lack of social connection, is a social determinant of health that influences physical, mental, and emotional health outcomes. A lack of social connection has been compared to the health impact of smoking 15 cigarettes a day.

Our Recommendations

The Coalition's policy goals and strategies are informed by a robust evidence base about the effects of social isolation and loneliness and interventions that promote social connection. Research on social connection should be funded to similar levels as other health concerns such as diabetes and smoking.



To promote research activities and dissemination, policymakers should:

1. Generate comprehensive databases to establish the prevalence of social isolation, loneliness, and connection and amend Public Health Services Act section 301 ([42 U.S.C. § 241](#)) to include required research and survey items related to an individual's social health.



2. Existing surveillance data such as BRFSS and NHIS need to be more expansive and inclusive of different subpopulations.



3. Additional resources for federal agencies are needed to assess the baseline level and effects of social isolation, loneliness, and disconnection.



4. Federal grants for research evaluating the prevalence of social connection before and after interventions can inform local, state, and federal interventions.



5. Direct funding to organizations and research coalitions to create a knowledge base on the most effective interventions and existing research gaps across key factors identified in the SOCIAL Framework.



6. Continue current DOE funding that offers opportunities for research on preventative interventions for school-aged kids, such as the effects of social and emotional learning.



7. Request appropriations to study federal social service program requirements to identify opportunities to align and streamline beneficiary eligibility and enrollment across federal benefit programs.



8. Request a U.S. Government Accountability Office (GAO) report to study the impact of social isolation and government efforts currently underway to address it.



**Join us in advocating for solutions that encourage greater social connection.
Read our full 2023-2024 Policy Priorities [here](#).**

About Us

The Coalition to End Social Isolation & Loneliness, founded in 2018, advocates for policy change that combats the adverse effects of social isolation and loneliness. The Coalition represents some of the most influential consumer groups, patient advocates, health plans, community-based organizations, behavioral health groups, and private sector innovators in the United States. Visit our website at www.endsocialisolation.org