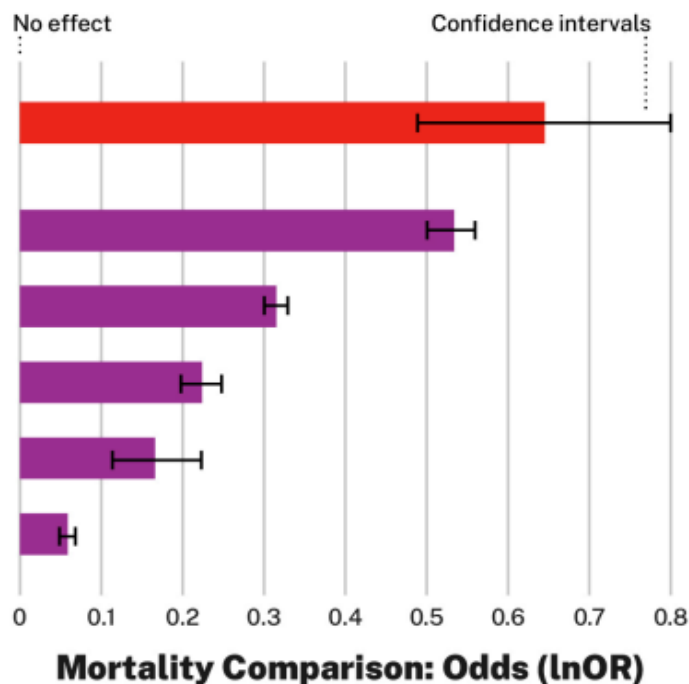


Lacking social connection is as dangerous as smoking up to 15 cigarettes a day.



Lacking Social Connection

Smoking up to 15 cigarettes daily

Drinking 6 alcoholic drinks daily

Physical inactivity

Obesity

Air pollution

Source: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community (2023). *Our Epidemic of Loneliness and Isolation* (primary source is noted on the graphic).

<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>

Comparison groups: Complex measures of social integration: high v. low; not smoking v. smoking < 15 cigarettes daily; alcohol abstinence v. drinking > 6 alcoholic drinks daily; physical activity v. inactivity; low BMI v. high BMI; low air pollution v. high air pollution.

Source: Holt-Lunstad J, Robles TF, Sbarra DA. Advancing Social Connection as a Public Health Priority in the United States. *American Psychology*. 2017;72(6):517-530. doi:10.1037/amp0000103. This graph is a visual approximation.



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