



CIGNA U.S.

LONELINESS

INDEX

Most Americans are Considered Lonely

as measured by a score of 43 or higher
on the UCLA Loneliness Scale



Sleep



People who say they sleep just the right amount have lower loneliness scores.

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The Workplace



People who say they work just the right amount have lower loneliness scores.

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Spending Time with Family



People who say they spend just the right amount of time with family have lower loneliness scores.

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Physical Activity

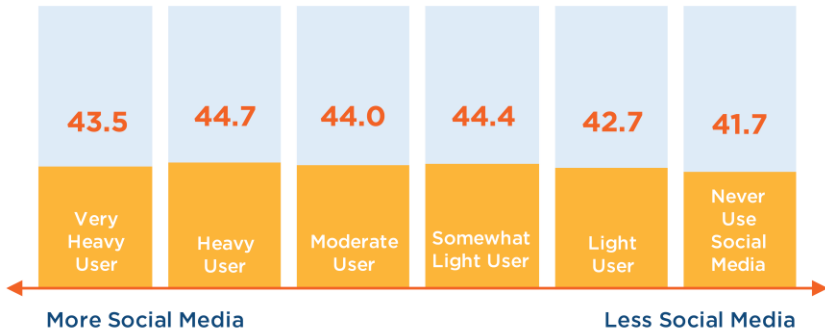


People who say they exercise just the right amount have the lowest loneliness scores.

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No correlation found between social media use alone and feelings of loneliness.



Cigna Loneliness Index

Most Americans are considered lonely.



**1 in 4 Americans rarely or never feel as though
there are people that really understand them.**

Loneliness measured by a score of 43 or higher
on the UCLA Loneliness Scale

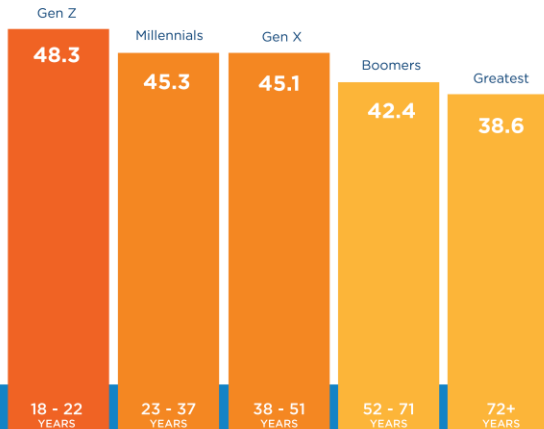
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Gen Z is the loneliest generation and claims to be in worse health than older generations

U.S. Loneliness Index Report, Cigna, 2018.

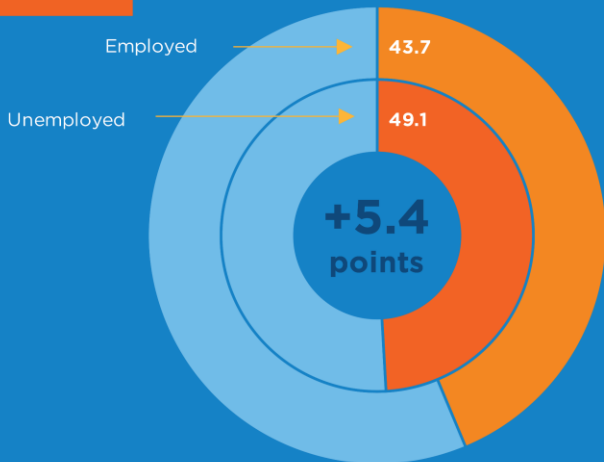


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Being employed and having good relationships with coworkers improves feelings of loneliness.



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Individuals with lower incomes had higher loneliness scores than those with higher incomes.



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There was no major difference between men and women and no major differences between races when it came to average loneliness scores.

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39.6

Daily Activity

+20 point
difference

59.6

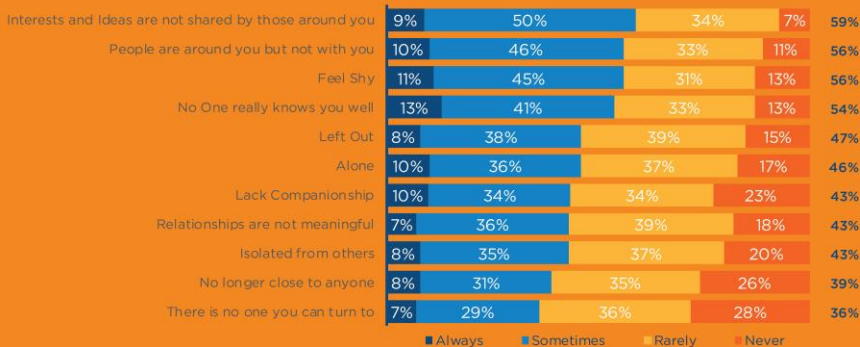
No Meaningful
In-person
Activity

People who have daily meaningful in-person interactions score 20 points lower on the Loneliness Index and are healthier than those who never have meaningful in-person interactions.

Only 53% of Americans have meaningful in-person interactions on a daily basis.

U.S. Loneliness Index Report, Cigna, 2018.

At Least a Third of Participants Experience Feelings Associated With Loneliness.



% Always or Sometimes
feel this way



Feelings of Loneliness Most Prevalent Among Generation Z.

