



Disconnected: The escalating challenge of loneliness among adults 45-plus

A spotlight report on loneliness among U.S. veterans age 45 and older

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prepared by Ipsos Public Affairs

INTRODUCTION

AARP's most recent study on loneliness finds that 4 in 10 (38%) U.S. veterans¹ 45 and older are lonely, signaling an urgent and critical need to evolve both our understanding of this dynamic group and our solutions.

It has been more than five years since the COVID-19 pandemic normalized discussions of isolation and broader mental and physical health concerns.² And it has been more than two years since U.S. Surgeon General Dr. Vivek H. Murthy declared loneliness an epidemic in the U.S. and the World Health Organization deemed it a global health threat.³ Still, loneliness can strike anyone, at any age — and middle-age and older adults are vulnerable.

Social connections are our lifeline to well-being. Yet for veterans, the path to connection can be complicated by the diverse nature of military service. Each era of conflict leaves its own legacy — from unique health conditions to distinct reintegration challenges⁴ — that can inadvertently isolate veterans from one another and their communities. Post-9/11 veterans, for example, are more likely to have been deployed, seen combat, or experienced emotional trauma.⁵ Bridging these differences requires a multifaceted response: we must champion greater empathy and institutional change, while advocating for community programs, Veterans Affairs (VA) benefits, and policy solutions that clear more paths to belonging.

This research among U.S. veterans 45 and older reveals why such action is needed:

Mental health diagnoses⁶ emerge as the top loneliness predictor, with chronic conditions also taking a toll.

- Veterans with a mental health diagnosis are nearly three times more likely to be lonely than those without such a diagnosis.
- Meanwhile, 44% of Veterans with a chronic condition are lonely.



¹ Veterans are defined as having served on active duty in the U.S. Armed Forces, and are not serving now.

² Julianne Hold-Lunstad, "Social Connection as a Critical Factor for Mental and Physical Health: Evidence, Trends, Challenges, and Future Implications," *World Psychiatry* 23, no. 3, (2024): 312–32, <https://doi.org/10.1002/wps.21224>, PMID: 39279411

³ Dr. Tedros Adhanom Ghebreyesus, Chido Mpemba, and Dr. Vivek Murthy, "Loneliness and Isolation — The Hidden Threat to Global Health We Can No Longer Ignore," *World Health Organization* (July 14, 2025), <https://www.who.int/news-room/commentaries/detail/loneliness-and-isolation-the-hidden-threat-to-global-health-we-can-no-longer-ignore>

⁴ Maria Olenick, Monica Flowers, and Valerie Diaz, "US Veterans and Their Unique Issues: Enhancing Health Care Professional Awareness," *Advances in Medical Education and Practice* (December 1, 2015): 635–39, <https://doi.org/10.2147/AMEP.S89479>

⁵ Kim Parker et al., "The American Veteran Experience and the Post-9/11 Generation," *Pew Research Center* (Sept. 10, 2019), <https://www.pewresearch.org/social-trends/2019/09/10/the-american-veteran-experience-and-the-post-9-11-generation/>

⁶ Respondents were asked, "Which of the following medical conditions have you been diagnosed with, if any?" Mental health conditions included depression, anxiety, and other mood disorders (i.e., bipolar disorder).

Lonely veterans face depression, anxiety, dwindling social circles, and higher rates of recent loss.

- 34% have been diagnosed with depression, while 33% have received an anxiety diagnosis.
- 42% wish to be more socially connected; fear of rejection or social anxiety is a top barrier.
- 46% have fewer friends today than they did five years ago.
- 12% lost their spouse or partner in the last five years, while 17% had an adult child move away during this time.

Lonely and nonlonely veterans alike turn to hobbies as a coping strategy.

- Veterans who are lonely are less likely to make use of social, active, or creative loneliness coping mechanisms, instead gravitating toward those that are more solitary and sedentary.
- However, 62% of lonely veterans work on a hobby or personal interest during times of loneliness, about on par with veterans overall (66%).
- 57% of veterans overall are retired, compared to just 37% among U.S. adults age 45-plus, which may afford more time to pursue hobbies as a coping strategy.



Prolonged loneliness is an issue for many U.S. veterans 45 and older.

The survey identified loneliness among older U.S. adults through two direct measures: perceived loneliness and actual loneliness. The first measure, perceived loneliness, gauges frequency of feeling lonely by asking, “Overall, how often do you feel lonely or isolated from those around you?” Looking at perceived loneliness, one in three (33%) U.S. veterans 45 and older feel lonely always or sometimes. Among these individuals, nearly half (46%) say that feelings of loneliness and social isolation have persisted for six years or more, while one in three (33%) say they have persisted for more than 10 years. This finding translates to nearly 2 million who have felt lonely for six-plus years and about 1.4 million who have struggled with these feelings for more than 10 years. Meanwhile, among veterans who feel lonely always or sometimes, most say there is no specific source of their feelings of loneliness (63%).

It is worth noting that factors such as age, race, gender, and other characteristics can create distinct pathways to isolation within the veteran community, leading to varied experiences.⁷ Consider the experience of Black veterans who have a long history of serving the nation with distinction, yet face systemic inequities and bureaucratic barriers to obtaining their VA benefits.⁸ While veterans represent a wide range of backgrounds and experiences, the bond of military service offers a distinctive starting point for connection. Organizations like the Veterans of Foreign Wars, American Legion, and local veteran-focused nonprofits provide ready-made communities where veterans can find support and belonging.

The second measure, actual loneliness, is determined by the UCLA Loneliness Scale⁹ and reveals a sizable 38% of U.S. veterans age 45-plus to be lonely, or over 4.8 million in 2025. From this point forward, results in this report center on the second measure of loneliness — actual loneliness — determined by the UCLA Loneliness Scale.

The higher rates observed in the UCLA Loneliness Scale compared with the perceived loneliness measure align with research showing that people tend to under-report loneliness when asked about it directly using the word “loneliness.”¹⁰



Demographics

Two groups stand out as especially susceptible to loneliness:

Age 45 – 59

57%
are lonely

**Not married or living
with a partner**

52%
are lonely

⁷ Leeshe N. Grimes et al., “Intersectional Approaches to Veteran Identity — Moving Beyond the Monolith,” *Journal of Veterans Studies*, 11, no. 2 (2025): 62–88, <https://doi.org/10.21061/jvs.v11i2.769>

⁸ “Breaking Barriers: How Black Veterans Are Overcoming Challenges in Accessing VA Benefits,” <https://vetsguardian.com/blog/va-benefits-black-veterans/>

⁹ See Appendix A1 for more details about the UCLA Loneliness Scale.

¹⁰ D. W. Russell, W. T. Abraham, A. Austin, and J. Kim. “Measuring Loneliness Among Adults: An Evaluation of Current Models.” *Cambridge Handbook of Loneliness: Theory, Research, and Interventions*, forthcoming.

Patterns of emotional health and shifts in friendship networks are central to loneliness among veterans.

To better understand what shapes loneliness among veterans 45 and older, a logistic regression model was used to analyze socio-demographic measures, health behaviors, and connections to community.¹¹ The purpose of this approach was to understand the strength of the relationship between the included measures and the UCLA loneliness score.

Results reveal that emotional well-being is especially consequential in this group: Having a mental health diagnosis emerges as the strongest predictor of loneliness. Veterans with a mental health diagnosis face nearly three times the odds of feeling lonely compared to those without such a diagnosis.

Changes in personal connections also stand out. Veterans who report having fewer friends today than they did five years ago are about twice as likely to be lonely, and spending more hours alone also increases this likelihood. Solitary coping strategies add to this vulnerability as well.

Several social and personal resources offer meaningful protection. Veterans with at least two close friends or relatives, or those whose number of friends has increased over the past five years, show lower odds of loneliness. As age increases, the likelihood of loneliness also declines. These findings align with research suggesting that friendships — particularly enduring bonds formed during military service, sometimes described as fictive kinships — can serve as powerful sources of joy, resilience, and protection grounded in shared experiences and mutual understanding.¹²



¹¹ Results of this model are shown in Appendix A2.

¹² L. Brewster, B. McWade, and S. J. A. Clark, "A Point of Connection? Wellbeing, the Veteran Identity and Older adults." *Aging and Society*, 41, no. 9 (2020): 1984–2005, <https://doi.org/10.1017/S0144686X2000016>.



A myriad of barriers stand in the way of greater social connection

HEALTH

Health conditions and challenges can create a vicious cycle: fewer social interactions, declining mental and physical health, and increasing difficulty connecting. Both veterans age 45-plus who are in good, fair, or poor health, as well as those who identify as having a disability or chronic condition, are more apt to be lonely (each 44%).

“I have been diagnosed with diabetes, high blood pressure, obesity, enlarged prostate... I think with my health affecting my social connections, I honestly think that a lot of times I’m using that as an excuse because I’d be like, ‘I’m too tired. My back hurts. My knees hurt’ and I’ll use it as an excuse when I want to walk anywhere. You know, and plus, I think that I’m at a point where a lot of times I just don’t want to be bothered. I’d rather just be sitting there, left alone.”

– Male, 61

TIME ALONE

Also important is the number of hours spent alone. Veterans who are lonely average 8.3 hours alone each day, compared to 4.2 hours among those who are not lonely and 5.8 hours among veterans overall.

Health status and disability or chronic condition status

Among veterans age 45-plus who are lonely

HEALTH STATUS

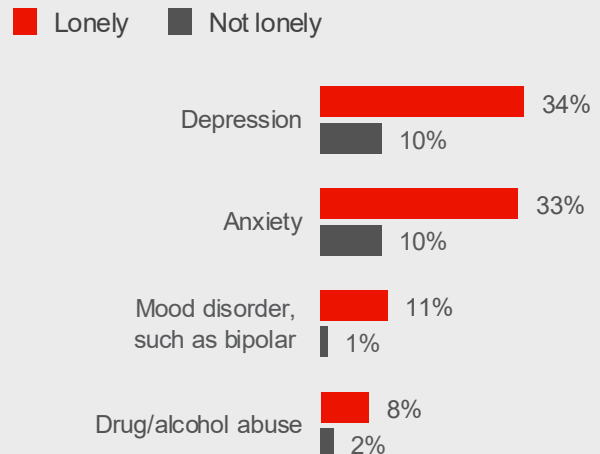


DISABILITY OR CHRONIC CONDITION



Mental Health

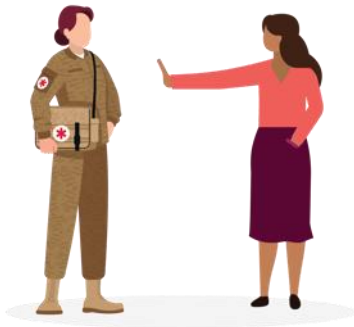
U.S. veterans age 45-plus who are lonely are more likely than those who are not lonely to have been diagnosed with mental health conditions, such as:



Many lonely veterans have sleep disorders like insomnia or sleep apnea (41%), compared to 33% of veterans age 45-plus and just 21% among U.S. adults age 45-plus.

PSYCHOLOGICAL AND OTHER BARRIERS

Meanwhile, U.S. veterans 45 and older were asked if they would like to be more socially connected to others. Most (70%) veterans say “no,” compared to 63% of U.S. adults age 45-plus overall. Still, 3 in 10 (28%) veterans do wish for greater social connection. Among those wanting to be more socially connected, the top five roadblocks are not enough time (23%), lack of confidence or motivation (23%), fear of rejection (19%), difference in values (19%), and work responsibilities (19%).



4 in 10 (42%)

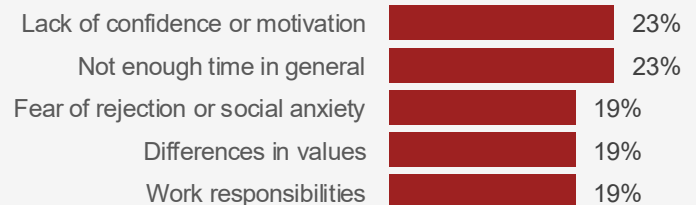
U.S. veterans 45 and older who are lonely wish to be more socially connected.

27% cite fear of rejection as a barrier, ranking in second place (right behind lack of confidence or motivation, 29%).

Top barriers to being more socially connected

Among veterans ages 45-plus, total vs. lonely

TOTAL



LONELY



LIFE TRANSITIONS

The survey explored several life transitions, including the loss of someone close, a loved one moving away, and retirement. Thinking about the past five years, specifically, 2 in 3 (64%) U.S. veterans 45 and older report at least one close relative (43%) or good friend (34%) passing away, or that their spouse/partner passed away (8%). One in 4 (25%) experienced a good friend (11%), an adult child (13%), or another close relative (4%) moving away in the past five years.

Nearly 6 in 10 (57%) veterans 45 and older are retired — much higher than U.S. adults 45-plus overall (37%) — having made this transition an average of 8.4 years ago. Seven in 10 (70%) retirees keep in touch with former colleagues, some (35%) doing so occasionally, if not regularly, helping to preserve these relationships.

Lonely veterans age 45-plus are more likely than those who are not lonely to report:

Among total respondents

Spouse passing away

12% vs. 6%

LONELY

NOT LONELY

Adult child moving away

17% vs. 10%

LONELY

NOT LONELY

Skewing younger, lonely adults are less likely to be retired.

Lonely veterans are **significantly less likely to be retired (45% vs. 63%)**, a gap that likely reflects age differences between the two groups:

veterans
age 45 – 59

57%
are lonely

veterans
age 60-plus

31%
are lonely



With few close friendships, lonely veterans age 45-plus have a limited social network.

The survey incorporated a Social Resources Index (SRI),¹³ a composite measure of social resources. The SRI addresses four types of social connections — marital status, number of close family and friends, participation in religious services or events, and volunteering and membership in other community organizations — and allows veterans 45-plus to be categorized into two groups: those with low social resources and those with high social resources. The study finds 1 in 3 (32%) veterans age 45-plus falling into the low social resources group, including 45% among those who are lonely.

Looking at one of the measures that underpins social resources — friends — a large majority (81%) of veterans 45 and older have at least one close friend with whom they feel at ease and can discuss private matters. In fact, they have an average of 2.7 close friends.

Still, a sizable 18% have no close friends, and many older veterans report shrinking friend groups. One in 3 (35%) say they have fewer friends today than they did five years ago, while only 7% say they now have more friends. The remaining 59% report no change in the number of friends.

Lonely adults have a smaller network of close friends

1.7 mean number of close friends

Have no one to discuss private matters

28%

Have fewer friends today than 5 years ago

46%

College connection among veterans 45-plus

Veterans with at least a four-year college degree are likely to have community connections via:

Volunteering in the past year

46% vs. 27%

4-YEAR DEGREE

LESS THAN A 4-YEAR DEGREE

Belonging to a local community organization, club, or group

34% vs. 23%

4-YEAR DEGREE

LESS THAN A 4-YEAR DEGREE

More likely to fall into the high social resources group

78% vs. 64%

4-YEAR DEGREE

LESS THAN A 4-YEAR DEGREE

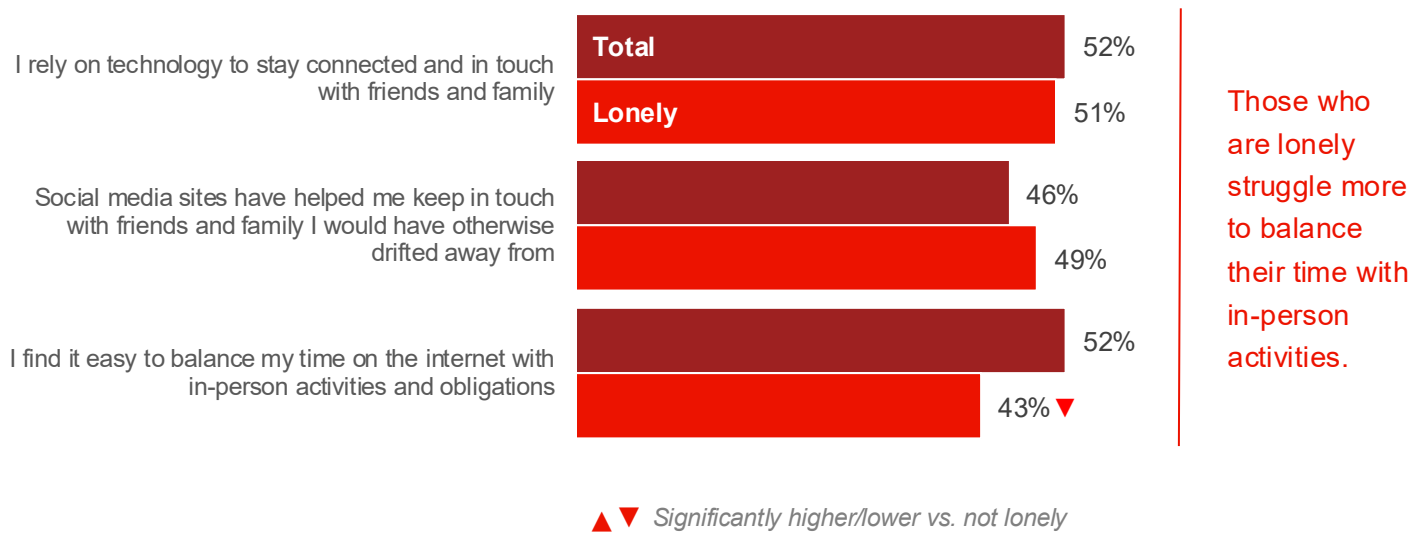
¹³ L. F. Berkman and S. L. Syme (1979). "Social Networks, Host Resistance, and Mortality: A Nine-Year Follow-Up of Alameda County Residents," *American Journal of Epidemiology*, 109, (1979):186–204, <https://doi.org/10.1093/oxfordjournals.aje.a112674>; E. Loucks et al., "Social Networks and Inflammatory Markers in the Framingham Heart Study," *Journal of Biosocial Science*, 38, no. 6 (November): 835–42, <https://doi.org/10.1017/s0021932005001203>; A. Steptoe et al., "Social Isolation, Loneliness, and All-Cause Mortality in Older Men and Women," *Proceedings of the National Academy of Sciences*, 110, no. 15, (2013): 5797–580, <https://doi.org/10.1073/pnas.1219686110>.

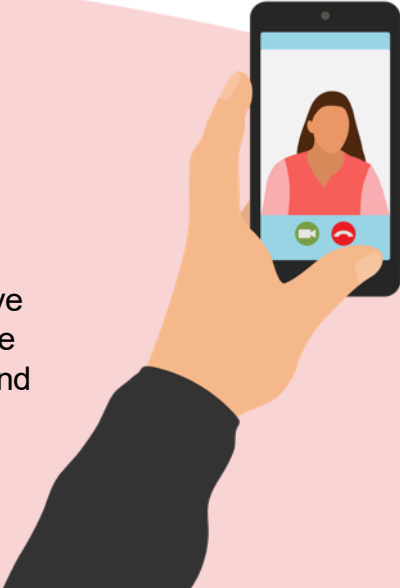
Tech’s double edge: enhancing connection and deepening isolation among U.S. veterans age 45-plus.

In 2025, virtually all (99%) U.S. veterans 45 and older have some form of internet connection at home. Ownership of one or more internet-enabled personal devices, such as desktop or laptop computers, tablets (90%), smartphones (86%), and wearables (28%), is also high.

Among those who own and use internet-enabled personal devices, half (52%) rely on technology to stay connected to family and friends. Slightly fewer (46%) agree that social media sites like Facebook and Instagram help them keep in touch with friends and family from whom they otherwise would have drifted away. Another 52% say they find it easy to balance their time on the internet with in-person activities and obligations.

Attitudes toward technology
Among veterans age 45-plus, total vs. lonely





1 in 5 (20%)
veterans 45-plus say they have met at least one person online who they didn't know before and now consider a real friend.

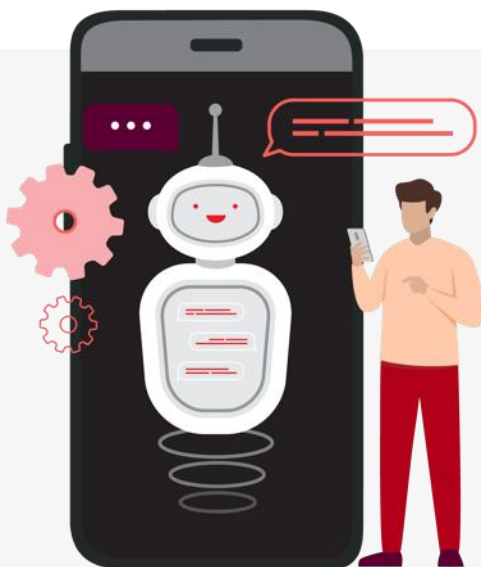
Few (6%) of those who own/use internet-enabled personal devices seek online relationships to avoid feeling lonely; however, this figure is higher among those who are lonely (9% vs. 2% among those not lonely).

“If it wasn’t for social media, I would have never met my wife. Before the time of Facebook, I had something called Yahoo groups where I used to share pictures of African American art. And my wife happened to join the group and she’s like, ‘Oh, I like that picture’... and here we are 20 some years later.”

– Male, 61



While online interactions enhance connection for some, many veterans age 45-plus express reservations about these interactions. Two in 3 (64%) say that online communication is less satisfying than communicating by phone or in person, while half (50%) worry that interactions online are not genuine or honest. Other, less widely held, negative views about digital communication include the idea that the internet has led to fewer “deep” friendships and that communicating online increases feelings of loneliness (both 14%).



Embracing tech for connection

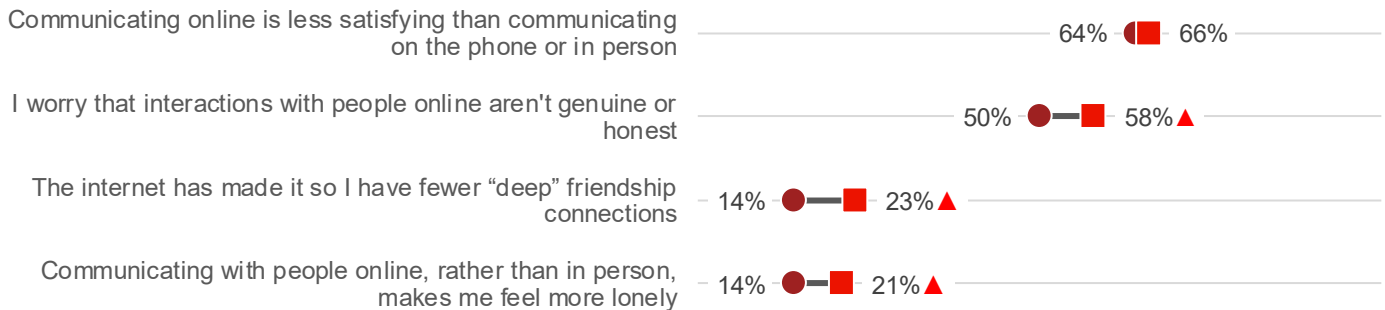
Lonely veterans age 45-plus are more likely to express interest in new technologies, including AI, to offer companionship, conversation, or reminders to connect with others.

20% vs. **12%** vs. **15%**
LONELY NOT LONELY OVERALL

Attitudes toward technology

Among veterans age 45-plus, total vs. lonely

● Total ■ Lonely



Lonely veterans express a range of concerns about communicating online, including a sizable 6 in 10 questioning the authenticity of online interactions.

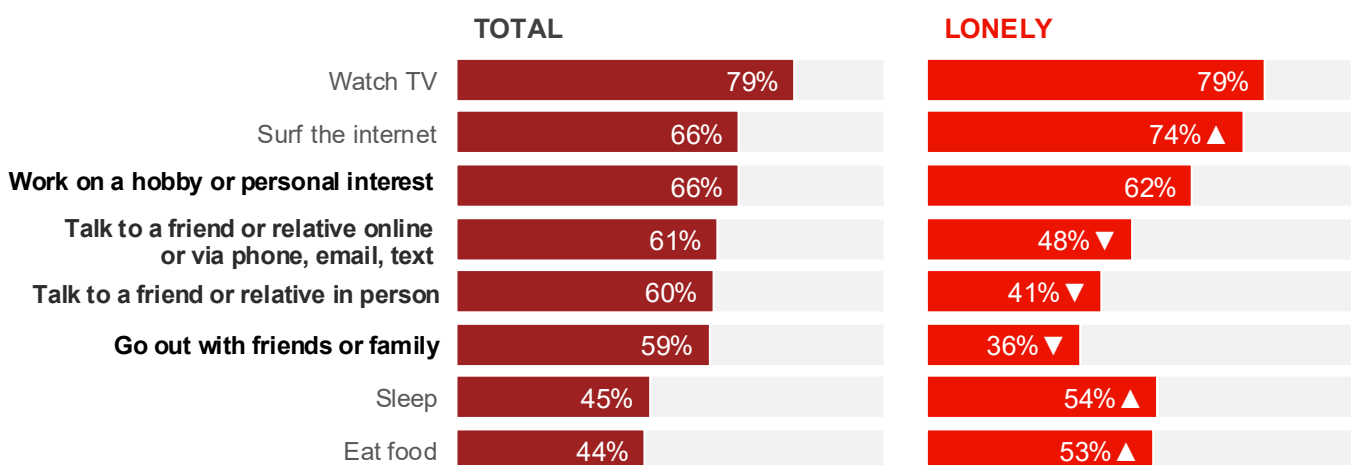
▲ ▼ Significantly higher/lower vs. not lonely

U.S. veterans 45 and older leverage a variety of coping strategies. Lonely adults gravitate toward the solitary.

Individuals often use different coping strategies to deal with loneliness. Overall, the top strategies among U.S. veterans 45 and older are a mix of social and solitary. On the social side, majorities prefer talking to a friend or relative in person (60%) or via phone, text, email, or the internet (61%). Some examples of more solitary coping mechanisms include things like watching television (79%) or surfing the internet (66%).

Behaviors to cope with feelings of loneliness or isolation

Among veterans age 45-plus, total vs. lonely



Social coping strategies are in bold black type. ▲ ▼ Significantly higher/lower vs. not lonely

Nearly half of lonely veterans scroll or post on social media (49%) or go out alone (45%) to cope with feelings of loneliness — significantly higher than those who are not lonely.

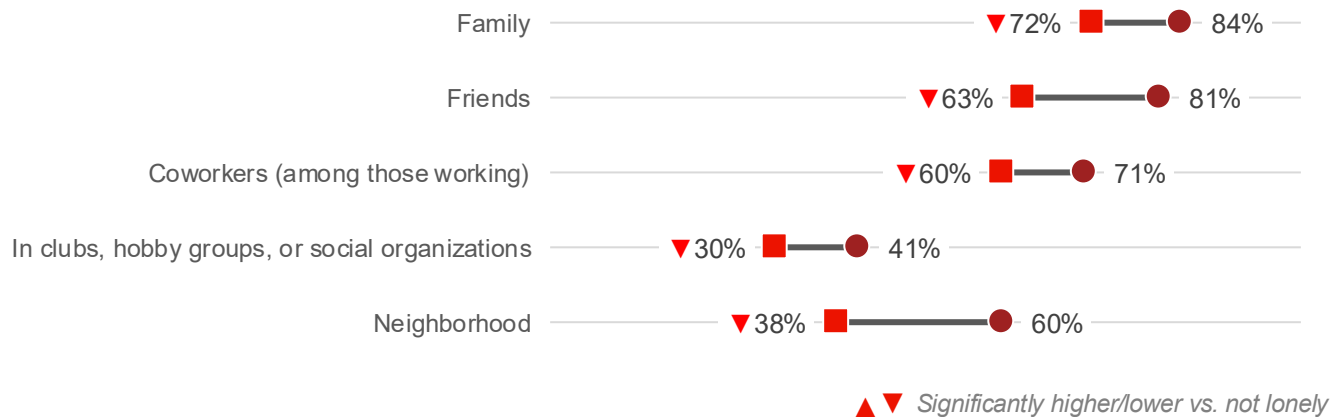
Feelings of true belonging provide a foundation for connection, for both lonely and nonlonely veterans.

Despite the many disparities observed between veterans 45-plus who are lonely and those who are not, the notion of truly belonging resonates across the board and has the potential to create positive change. The majority of U.S. veterans age 45-plus say they always or sometimes feel as though they truly belong when they are with important people in their lives, such as family (84%), friends (81%), and co-workers (71%, among those working). Smaller shares — though still majorities — feel they truly belong in their neighborhood (60%). Far fewer say they rarely or never feel they truly belong. These findings underscore the importance of leveraging existing bonds in one's social network. Maintaining and further cultivating these relationships can help safeguard against loneliness and social isolation.

Sometimes or always feel like they "truly belong" with...

Among veterans age 45-plus, total vs. lonely

● Total ■ Lonely



While lonely adults are less likely to feel they truly belong with these individuals, a similar pattern is seen (i.e., the share who feel true belonging always or sometimes is typically higher than those who feel this way rarely or never.) (Neighborhood is the exception.)

"Two or three times a year I might go do some type of volunteer work with the veterans . . . I think that being connected with that type of community is something that brings me joy, because I was part of that community . . . like I basically gave my life for this country. There's a brotherhood."

— Male, 61

Implications

Today, many U.S. veterans 45 and older are struggling with feelings of loneliness, and many have been for years. The consequences of inaction can be dire: increased risk of heart disease, anxiety and depression, and dementia, to name a few. These health impacts compound the challenges many veterans already face from service-connected conditions and transitioning to civilian life.

Yet there is reason for hope. Though veterans come from diverse backgrounds and service experiences, the bond of military service provides a unique foundation for connection, support, and advocacy. Connecting veterans through peer support groups, community events, and veteran-specific programs can go a long way in helping veterans feel less alone.

Effective loneliness solutions, particularly for older U.S. veterans, must be as nuanced and complex as the challenge itself, requiring action at every level and across identity groups and socio-economic statuses. At the individual level, we should all feel empowered to reach out to veterans in our communities, volunteer to provide practical support, such as transportation to medical appointments, or contribute to organizations serving veterans. Organizations, from employers to nonprofits, should design programs that anticipate the full range of veteran experiences, including physical and mental health challenges and mixed views of technology for connection. Most importantly, they must create inclusive spaces that welcome veterans from all eras of service, circumstances, and identity groups. At the broader level, robust public service campaigns that illuminate the specific challenges veterans face can engender greater empathy. Policy solutions like the Improving Measurements for Loneliness and Isolation Act¹⁴ are essential to enacting change. Ultimately, all solutions — whether personal, organizational, or policy-driven — must be expansive in their reach and acknowledge the unique and diverse experiences veterans navigate to be truly designed to work for everyone.



¹⁴ Improving Measurements for Loneliness and Isolation Act of 2025, H.R. 1305, 119th Cong. (2025), <https://www.congress.gov/bills/119th/congress/house-bill/1305>.

Methodology

Data for this study were collected by Ipsos through the KnowledgePanel®, an online research panel that is representative of the entire U.S. population. KnowledgePanel® panelists are randomly recruited by probability-based sampling, and households are provided access to the internet and hardware if needed.

The survey included questions about health, health behaviors, current relationships, size of social network, frequency and methods of communication with individuals in that network, participation in religious services, feelings of loneliness and coping strategies, connections with neighbors, and use of social communication technology.

The survey was fielded from August 4 to 19, 2025. Surveys were completed in both English and Spanish, according to panelists' language preference. The sample for the main study consisted of 4,561 US residents 45 and older. Of those sampled, 3,358 completed the survey and 3,276 qualified, yielding a 74% completion rate and a 97% qualification rate. All differences noted throughout the report are at the 95% confidence level unless stated otherwise.

In addition to the main sample, a number of oversamples were conducted among respondents 45 and older, including veterans (n=614) — the subject of this report — as well as LGBTQ+ (n=711), non-Hispanic African American/Black (n=550), non-Hispanic Asian American, Native Hawaiian and Pacific Islander (AANHPI) (n=547), and Hispanic (n=618).





Appendix

Appendix A1 — UCLA Loneliness Scale

Respondents were asked how often they feel the way described in the 20 statements below — always, sometimes, rarely, or never. Items 1, 5, 6, 9, 10, 15, 16, 19, 20 were reverse scored. Respondents with a score of under 44 are considered “not lonely,” while those with a score of 44 or higher are considered “lonely.”

1. How often do you feel that you are “in tune” with the people around you?
2. How often do you feel that you lack companionship?
3. How often do you feel that there is no one you can turn to?
4. How often do you feel alone?
5. How often do you feel part of a group of friends?
6. How often do you feel that you have a lot in common with the people around you?
7. How often do you feel that you are no longer close to anyone?
8. How often do you feel that your interests and ideas are not shared by those around you?
9. How often do you feel outgoing and friendly?
10. How often do you feel close to people?
11. How often do you feel left out?
12. How often do you feel that your relationships with others are not meaningful?
13. How often do you feel that no one really knows you well?
14. How often do you feel isolated from others?
15. How often do you feel you can find companionship when you want it?
16. How often do you feel that there are people who really understand you?
17. How often do you feel shy?
18. How often do you feel that people are around you but not with you?
19. How often do you feel that there are people you can talk to?
20. How often do you feel that there are people you can turn to?

Appendix A2 — Predictors of Loneliness

Logit Probability Model: Likelihood of 0=being not lonely or 1=lonely, using the UCLA Loneliness Scale cut point. Positive figures indicate a greater likelihood of being lonely, while negative figures indicate a greater likelihood of not being lonely.

Factors significantly increasing the likelihood of being lonely			
Demographic / Characteristic	Additional context	B	Exp (B) Odd +/-
Mental health diagnosis	Those diagnosed with a mood disorder are nearly three times as likely to report being lonely.	1.086	2.964
Have fewer friends than five years ago	Having fewer friends now than five years ago increases the odds of being lonely by about two times (relative to having the same number of friends).	0.664	1.943
Number of hours spent alone	As the number of hours increases, likelihood of being lonely increases.	0.433	1.542
Leverages negative coping strategies	For each reported negative coping behaviors (nine total), the likelihood of being lonely increases by 15%.	0.14	1.151

Factors significantly decreasing the likelihood of being lonely			
Demographic / Characteristic	Additional context	B	Exp (B) Odd +/-
Number of close friends and relatives (note: a component of Social Resource Index)	Having at least two close relatives or two close friends reduces the odds of being lonely to about 3 in 10; alternatively, the odds of being lonely are reduced from “equal odds” by about 70% [i.e., 1 - 0.28] for those with this social resource.	-1.271	0.28
Age (in 10-year increments)	As age increases, likelihood of being lonely decreases.	-0.496	0.609
Have more friends today than five years ago	Having more friends reduces the odds of being lonely by 37% (1 - 0.63), relative to having the same number of friends in the past five years.	-0.459	0.632
Leverages positive coping strategies	For each reported positive coping behavior (nine total), the likelihood of being lonely decreases by 25%.	-0.287	0.751

Control variables and relevant, but not significant, predictors of loneliness			
Demographic / Characteristic	Additional context	B	Exp (B) Odd +/-
Retired	Those who are retired are no more or less likely to be lonely than those who are not working (but in the workforce).	-0.395	0.674
Working	Those who are working are no more or less likely to be lonely than those who are not working (but in the workforce).	-0.192	0.826
Female	Women are no more or less likely than men to report being lonely.	-0.177	0.837
Household income of less than \$50,000	The odds of being lonely are no greater for those earning less than \$50K than for those earning \$50K–99K.	-0.167	0.846
Attend worship services at least once per month (a component of the Social Resource Index)		-0.066	0.936
Urban	Relative to Suburban	0.084	1.088
Rural	Relative to Suburban	0.002	1.002
Married or living with partner (a component of the Social Resource Index)		-0.053	0.948
Household income of \$100,000 or more	Those with incomes of \$100K or more are no more or less likely than those earning \$50K–99K to report being lonely.	-0.022	0.978
Group engagement, volunteering (a component of the Social Resource Index)		-0.022	0.978
Self-reported health status	As health status improves, likelihood of being lonely is unaffected.	-0.007	0.993

About AARP

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering people 50 and older to choose how they live as they age. With a nationwide presence, AARP strengthens communities and advocates for what matters most to the 125 million Americans 50-plus and their families: health and financial security, and personal fulfillment. AARP also produces the nation's largest-circulation publications: AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org/about-aarp/, www.aarp.org/español or follow @AARP, @AARPLatino and @AARPadvocates on social media.

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