Most Americans are Considered Lonely

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

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

CIGNA U.S. LONELINESS INDEX

The Workplace

48.0  
Too Little

41.9  
Just Right

45.0  
Too Much

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

CIGNA U.S. LONELINESS INDEX

Spending Time with Family

48.0  41.3  46.1
Too Little  Just Right  Too Much

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

CIGNA U.S. LONELINESS INDEX

Physical Activity

45.4 Too Little
41.7 Just Right
45.2 Too Much

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

CIGNA U.S. LONELINESS INDEX

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

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


- Gen Z: 48.3
- Millennials: 45.3
- Gen X: 45.1
- Boomers: 42.4
- Greatest: 38.6
Being employed and having good relationships with coworkers improves feelings of loneliness.

CIGNA U.S. LONELINESS INDEX

Employed

43.7

Unemployed

49.1

+5.4 points

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

High Income (>150k): 41.0
Low Income (<10k): 49.7

+8.7 points

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

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.

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

- Interests and Ideas are not shared by those around you: 9% Always, 50% Sometimes, 34% Rarely, 7% Never
- People are around you but not with you: 10% Always, 46% Sometimes, 33% Rarely, 11% Never
- Feel Shy: 11% Always, 45% Sometimes, 31% Rarely, 13% Never
- No One really knows you well: 13% Always, 41% Sometimes, 33% Rarely, 13% Never
- Left Out: 8% Always, 38% Sometimes, 39% Rarely, 15% Never
- Alone: 10% Always, 36% Sometimes, 37% Rarely, 17% Never
- Lack Companionship: 10% Always, 34% Sometimes, 34% Rarely, 23% Never
- Relationships are not meaningful: 7% Always, 36% Sometimes, 39% Rarely, 18% Never
- Isolated from others: 8% Always, 35% Sometimes, 37% Rarely, 20% Never
- No longer close to anyone: 8% Always, 31% Sometimes, 35% Rarely, 26% Never
- There is no one you can turn to: 7% Always, 29% Sometimes, 36% Rarely, 28% Never

% Always or Sometimes feel this way

Cigna
Feelings of Loneliness Most Prevalent Among Generation Z.

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About the Study
These are the findings from an Ipsos poll conducted February 21 – March 6, 2018 on behalf of Cigna. For the survey, a sample of 20,096 adults ages 18 and over from the continental U.S., Alaska and Hawaii was interviewed online, in English. The precision of Ipsos online polls is measured using a credibility interval. In this case, the poll has a credibility interval of ±0.8 percentage points for all respondents surveyed.

The study’s questionnaire is based on the UCLA Loneliness Scale, a 20-item questionnaire developed to assess subjective feelings of loneliness or social isolation. An index was created based on these 20 statements, which include a balanced mix of positive (e.g., How often do you feel outgoing and friendly?) and negative (e.g., How often do you feel alone?) statements, and respondents were assigned a loneliness score based on their responses to these questions. Higher scores indicate increased loneliness. Individual respondent scores were combined to obtain a total average loneliness score both nationally and across different cities throughout the U.S.

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