

How Does Social Isolation Impact Brain Health in Aging Adults?



In a NEW STUDY, researchers examined how **social isolation** impacts cognitive function over time in adults 45+ living in four countries.



What is social isolation?

- Living alone
- Lack of time spent with loved ones (i.e., children, grandchildren)
- Limited contact with friends, acquaintances, neighbors, etc.
- Not engaging in community groups, events, or activities

Socially isolated older adults had worse brain health



Brain health gap between social and non-social older adults was worse in Mexico and China.



Friendship was vital for brain health in US and Mexico.



Socialization and brain health was less distinct in England.

Take Action

1 **Involve older adults** (who live alone or with limited contact with children) in community or support groups.

2 **Invest in spaces** for social clubs, community centers, and learning programs for socializing.

3 **Study social isolation** differences in more countries to further compare.

Tip Corner

Learn about social isolation and how to address it!

