LONELINESS

**INDEX** 

## **Most Americans are Considered Lonely**

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







45.7 41.7 49.0

Too Little Just Right Too Much

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

#### **CIGNA U.S. LONELINESS INDEX**



### 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**

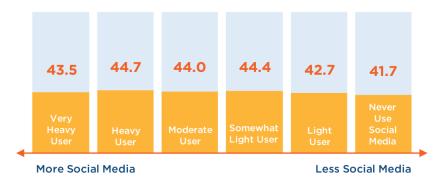


People who say they exercise just the right amount have the lowest loneliness scores.

#### **CIGNA U.S. LONELINESS INDEX**



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



# **Cigna Loneliness Index**

### **CIGNA U.S. LONELINESS INDEX**

Most Americans are considered lonely.



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

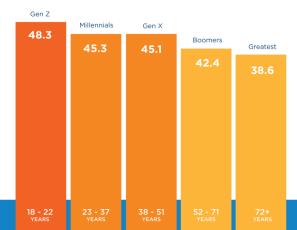
Loneliness measured by a score of 43 or higher on the UCLA Loneliness Scale



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**INDEX** 

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



**LONELINESS** 

**INDEX** 

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





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LONELINESS

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





**LONELINESS** 

**INDEX** 



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



**LONELINESS** 

**INDEX** 

**39.6**Daily Activity

+20 point difference

59.6

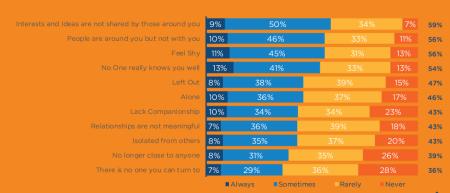
No Meaningful In-person Activity

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.



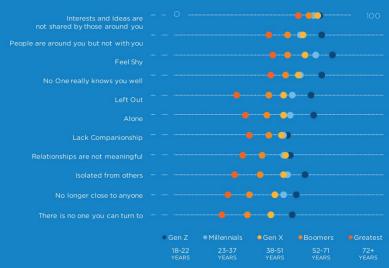
# At Least a Third of Participants Experience Feelings Associated With Loneliness.



% Always or Sometimes feel this way



# Feelings of Loneliness Most Prevalent Among Generation Z.







#### 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 20,0% adults ages 18 and over from the continental U.S., Alaska and Hawaii was interviewed online, in English. The precision of Ipsosonline 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-liem 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 abne?) 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 lotal average loneliness score both nationally and across different cities throughout the U.S.

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