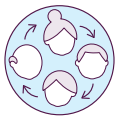


Social Isolation and Loneliness: The Hidden Epidemic

Insights from NIA's Ageing in Canada Survey of Canadians 50+



Understanding the Terms

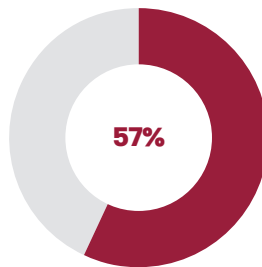
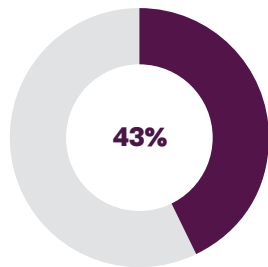


Social Isolation: refers to having few social connections with family, friends or the broader community

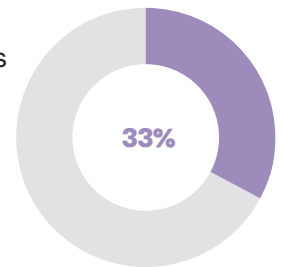
Loneliness: the subjective feeling of being disconnected, regardless of the number of relationships a person may have

The Current Landscape

43% of Canadians 50+ are at a high risk of social isolation; **57%** report feeling lonely.



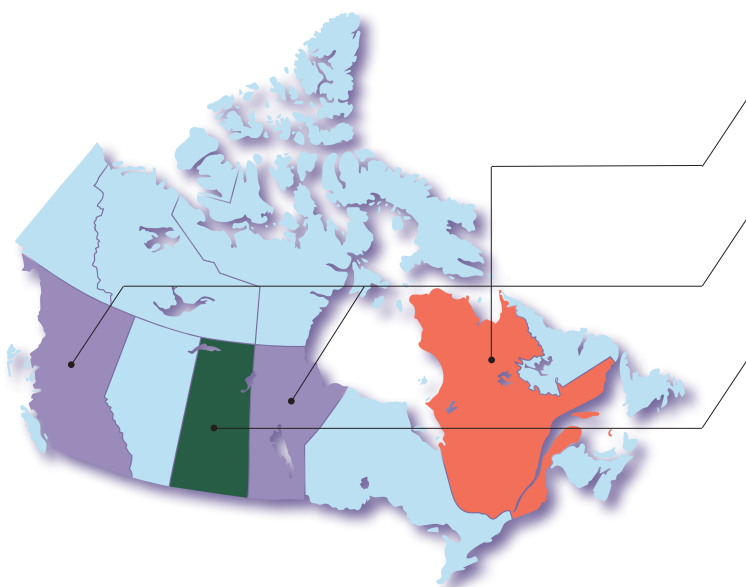
Only **33%** of Canadians 50+ participate in social, recreational or group activities at least once a week.



No improvement in rates since 2022.

Down from 39% last year.

The Geography of Social Connection



Most Isolated: Canadians 50+ in Quebec lead the country in social isolation risk (50%).

Loneliest: Canadians 50+ in Manitoba (61%) and British Columbia (60%) report the highest levels of loneliness.

Most Socially Active: Canadians 50+ in Saskatchewan are the most socially engaged group, with 40% participating in social, recreational or group activities at least once a week.

 Most Isolated  Loneliest  Most Socially Active

Who is Most at Risk?



Material Deprivation: 81% of those materially deprived feel lonely vs. 51% of those who aren't materially deprived.



Health: 66% of those in poor health feel lonely vs. 42% in excellent health.

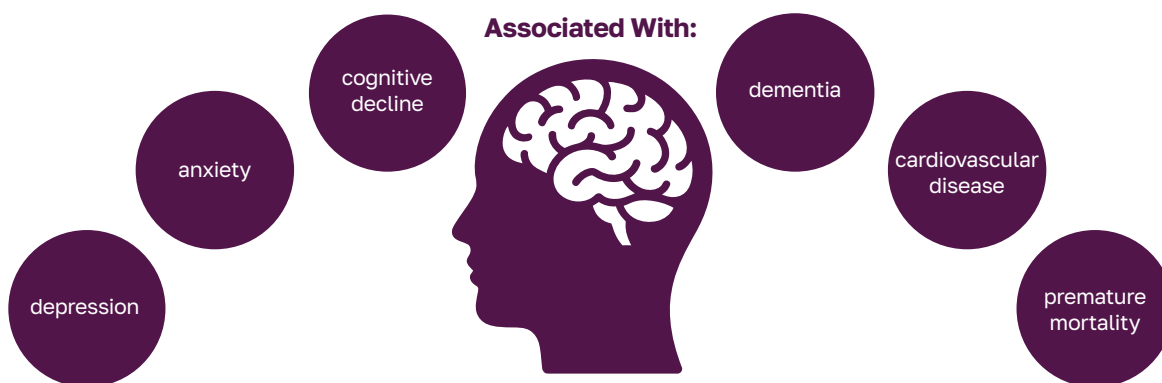


Housing: 66% of renters feel lonely vs. 52% of homeowners.



Family Structure: 54% of those without children are at a risk of social isolation vs. 38% of those with children.

The Impacts of Social Isolation



How Can We Tackle Social Isolation and Loneliness?

1 Reduce barriers to participation and ensure programs and services are flexible, affordable, and tailored to participant needs.

3 Apply consistent measurement and evaluation frameworks to understand the extent of social isolation and loneliness in Canada.

2 Build age-friendly communities that support healthy ageing and meaningful participation.

For detailed recommendations, read the [NIA's report](#) *Understanding the Factors Driving the Epidemic of Social Isolation and Loneliness among Older Canadians*.

