crisistrivia hotseat

Social isolation and loneliness are significant predictors of long-term health outcomes. But, how do they compare with other behaviors like smoking, inactivity and excessive drinking?
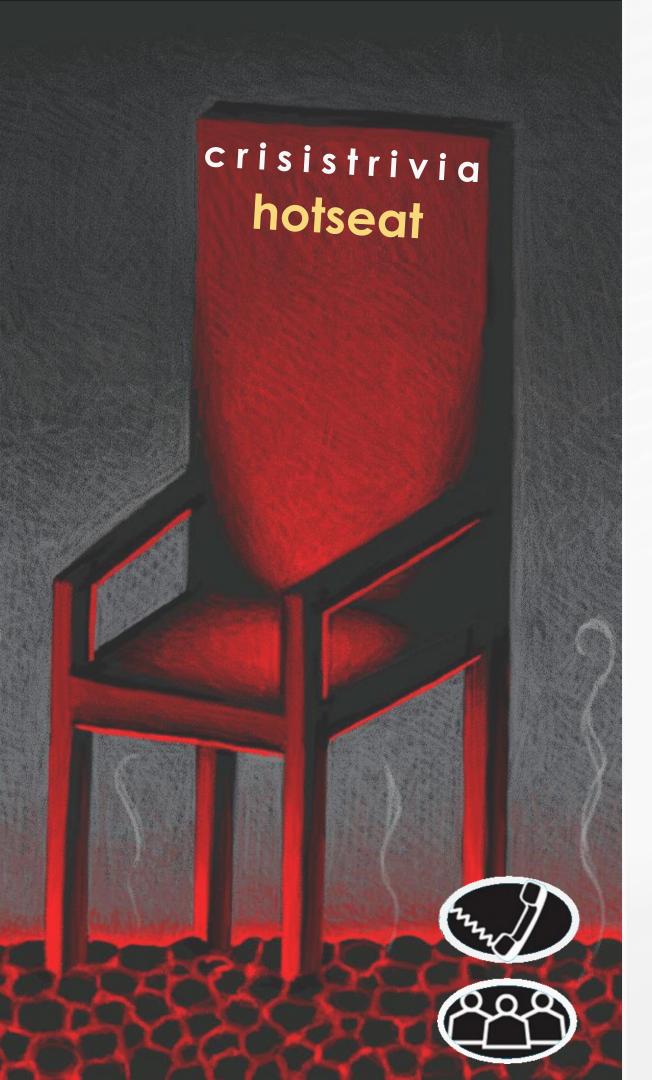
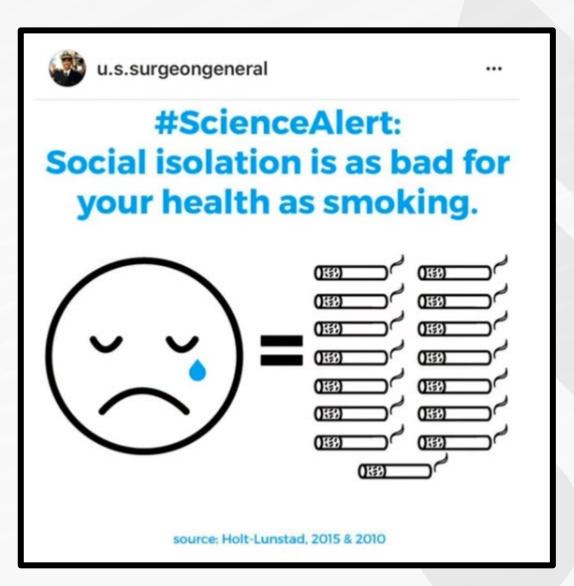Which of the following has the second greatest impact on health outcomes and longevity?

A: Social Disconnection

B: Smoking 15 Cigarettes Daily

C: Physical Inactivity

D: Excessive Drinking (more than six daily)

crisistrivia
hotseat

#ScienceAlert:
Social isolation is as bad for your health as smoking.

source: Holt-Lunstad, 2015 & 2010

u.s.surgeongeneral

And, that doesn't simply mean psychiatric challenges, but heart attack, stroke, diabetes, risk of dementia and more.

Which of the following has the second greatest impact on health outcomes and longevity?

A: Social Disconnection

B: Smoking 15 Cigarettes Daily

C: Physical Inactivity

D: Excessive Drinking (more than six daily)