

crisistrivia
hotseat



Our Epidemic of Loneliness and Isolation

2023



crisistrivia
hotseat

In May 2023, the Office of the U.S. Surgeon General released a public health Advisory, titled “Our Epidemic of Loneliness and Isolation: The Healing Effects of Social Connection and Community.”

Which of the following is a vital component of social connection according to Holt-Lunstad?

A: Number and variety of Relationships

B: Frequency of Interactions

C: Quality of Relationships and Interactions

D: All of the Above



YOLANDA CRUZ

Regional Manager
Sequoia Office SCDD
& CIT International



The Three Vital Components of Social Connection

Structure

The number and variety of relationships and frequency of interactions

EXAMPLES

Household size

Friend circle size

Marital/partnership status

Function

The degree to which relationships serve various needs

EXAMPLES

Emotional support

Mentorship

Support in a crisis

Quality

The positive and negative aspects of relationships and interactions

EXAMPLES

Relationship satisfaction

Relationship strain

Social inclusion or exclusion

crisistrivia
hotseat

On a cross-country listening tour, people shared with Dr. Murthy that they felt isolated, invisible, and insignificant. “I have to shoulder all of life’s burdens by myself,” or “if I disappear tomorrow, no one will even notice.”

Which of the following is a vital component of social connection according to Holt-Lunstad?

A: Number and variety of Relationships

B: Frequency of Interactions

C: Quality of Relationships and Interactions

D: All of the Above



YOLANDA CRUZ

Regional Manager
Sequoia Office SCDD
& CIT International

