

The effects of socializing on our health

Greater life expectancy



People who have strong social ties reduce their risk of early death by 50%, compared to those who have weak social ties.¹

Heart health benefits



If your social ties are weak, the risk of cardiovascular disease increases by 29%, and the risk of a cerebrovascular accident (stroke) increases by 32%.²



Helps avoid chronic diseases and conditions



Having social ties reduces the risk of suffering type 2 diabetes, colds, depression, anxiety, poor cognitive function, and even dementia.³

Promotes a better lifestyle



Spending time with someone else has a positive effect on your nutrition, physical activity, and sleeping patterns.³

Humans are social beings that seek to relate to each other to form ties, establish communities, and perpetuate our evolution and existence.

Socializing is healthy!

This health information does not substitute an evaluation with your doctor or health professional.

Sources:

¹ Studies of Julianne Holt-Lunstad as cited in Together: The Healing Power of Human Connection in a Sometimes Lonely World, Vivek Murthy, MD Published by Harper Wave. 2020

² Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System, The National Academies of Science, Engineering, Medicine. 2020.

³ Health Policy Brief: Social Isolation and Health, Health Affairs Organization, June 2020 by Julianne Holt-Lunstad