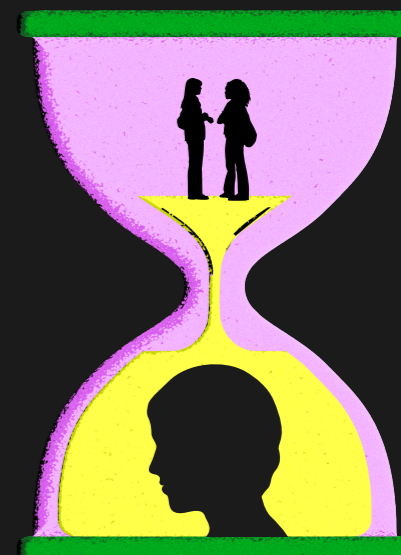
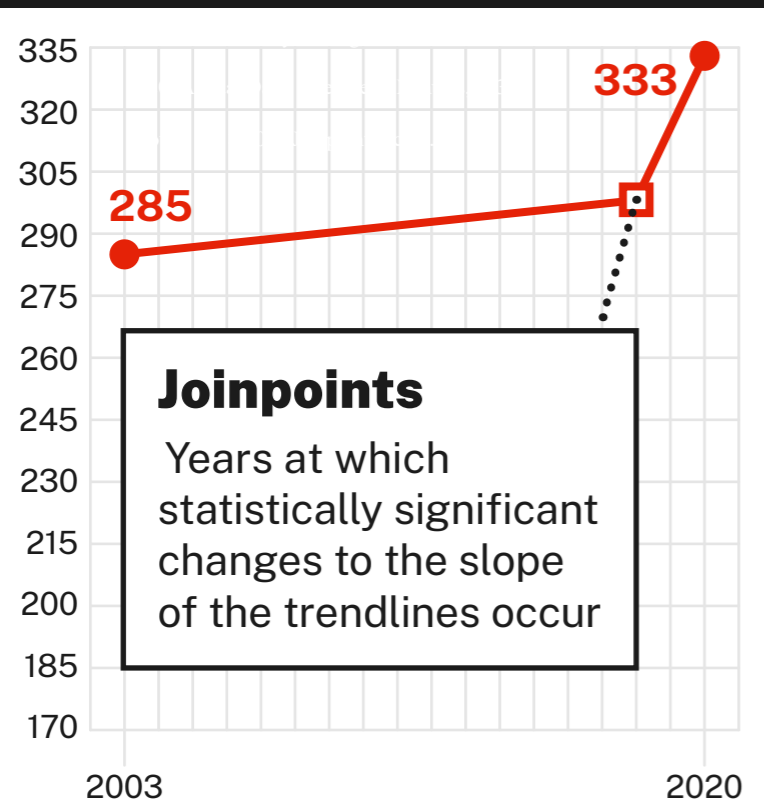


National Trends for Social Connection

From 2003 to 2020, time spent alone increased, while time spent on in-person social engagement decreased.

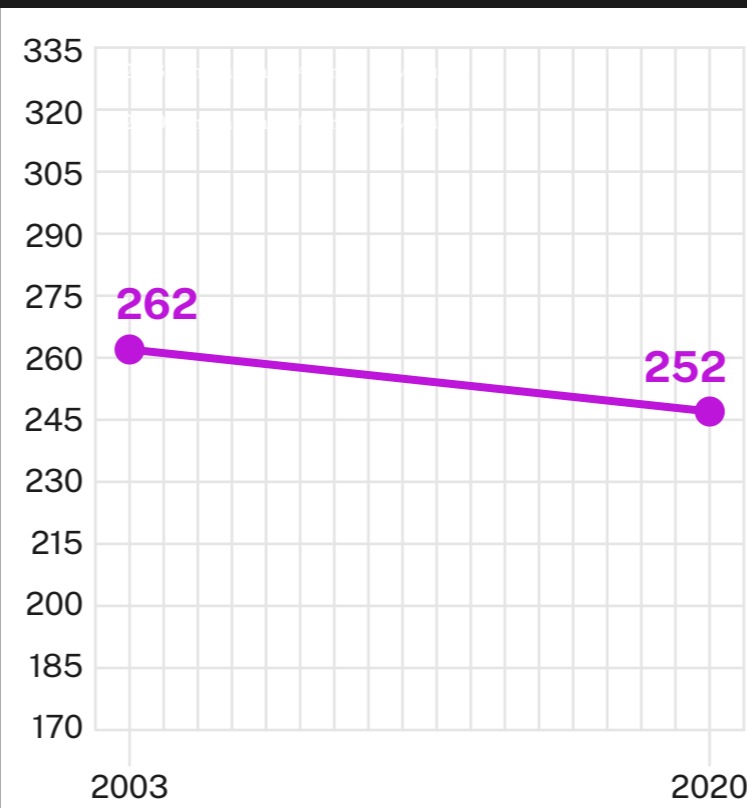


ANNUAL DAILY AVERAGE IN MINUTES



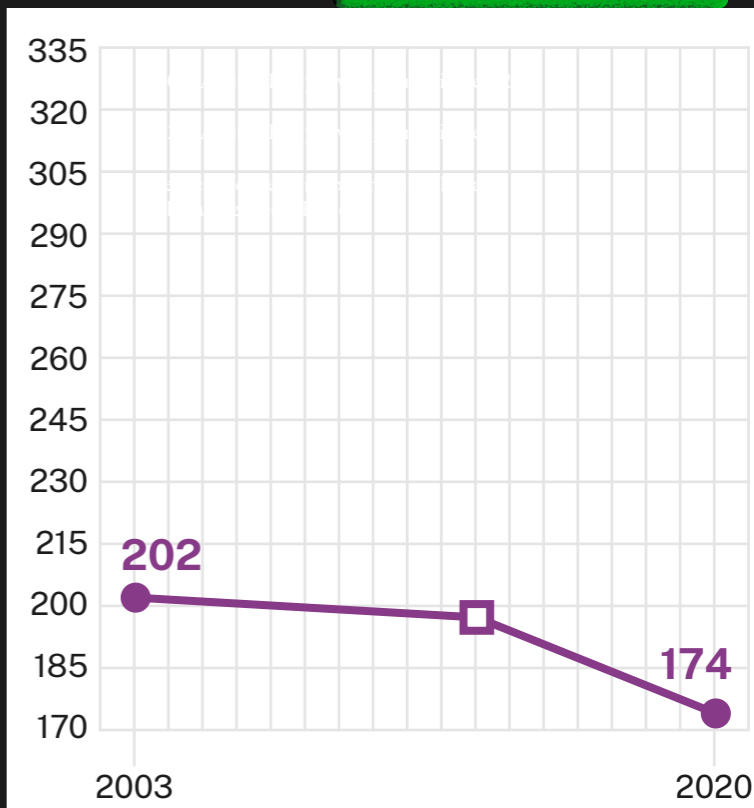
Social Isolation

an increase of **24 hours** per month



Household Family Social Engagement

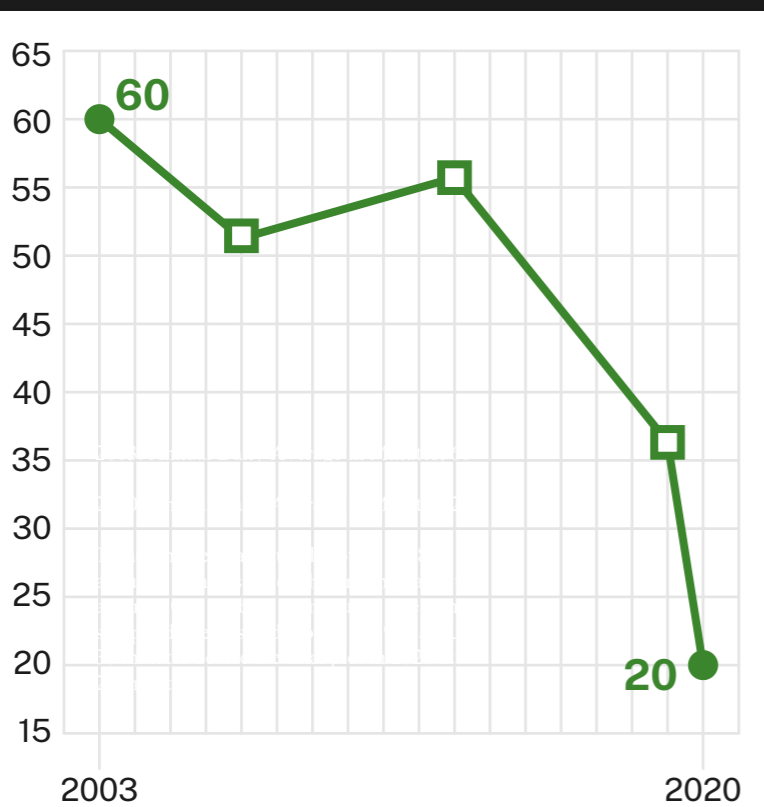
a decrease of **5 hours** per month



Companionship

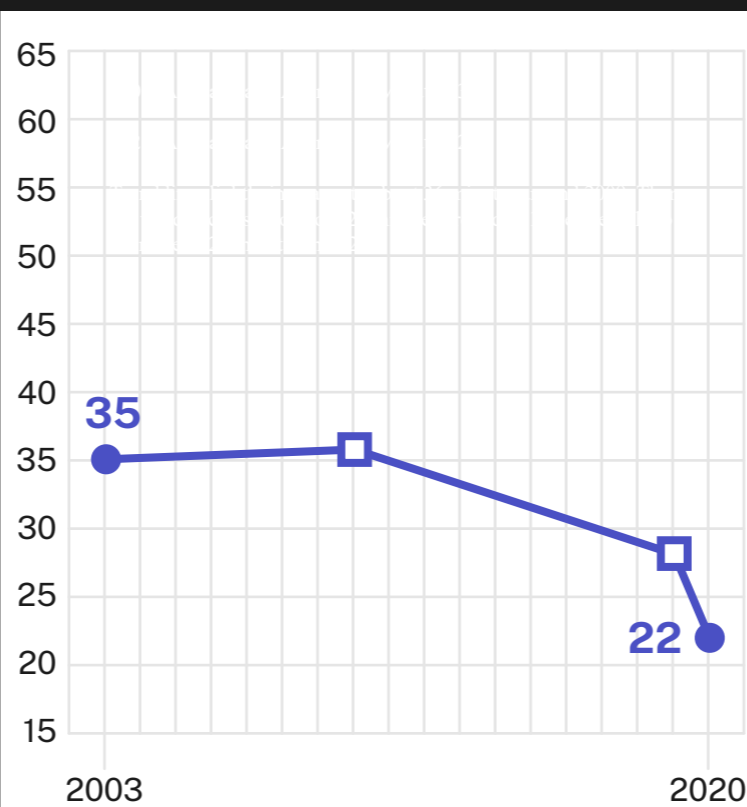
a decrease of **14 hours** per month

Companionship refers to shared leisure for the sake of enjoyment and intrinsic satisfaction



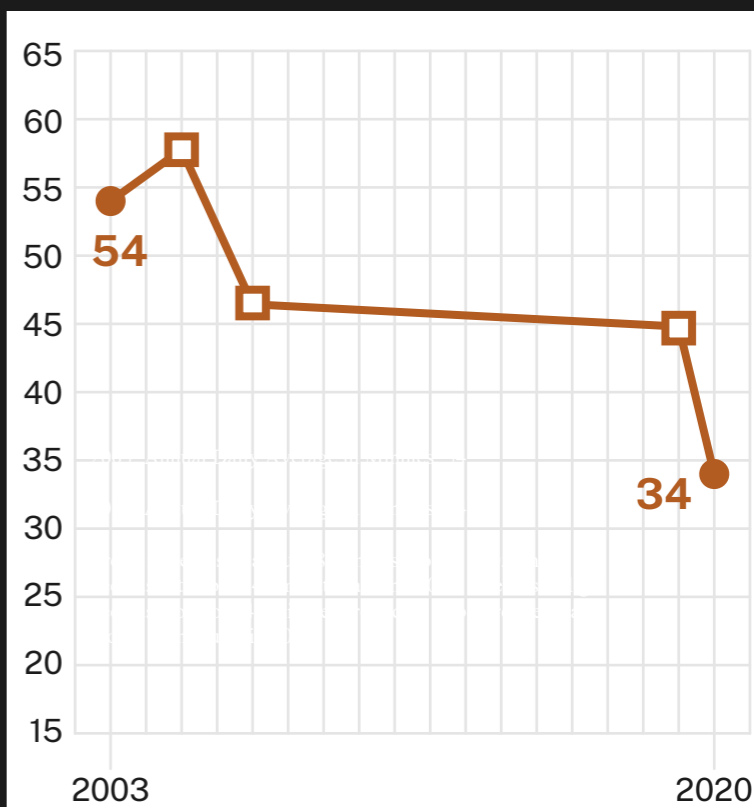
Social Engagement with Friends

a decrease of **20 hours** per month



Non-Household Family Social Engagement

a decrease of **6.5 hours** per month



Social Engagement with Others

a decrease of **10 hours** per month

YEAR

Source: Adapted from Viji Diane Kannan, Peter J. Veazie, US Trends in Social Isolation, Social Engagement, and Companionship: Nationally and by Age, Sex, Race/ethnicity, Family Income, and Work Hours, 2003–2020, SSM - Population Health, Volume 21, 2023. The joinpoints are visual approximations.



Office of the U.S. Surgeon General