



European
Commission

Loneliness

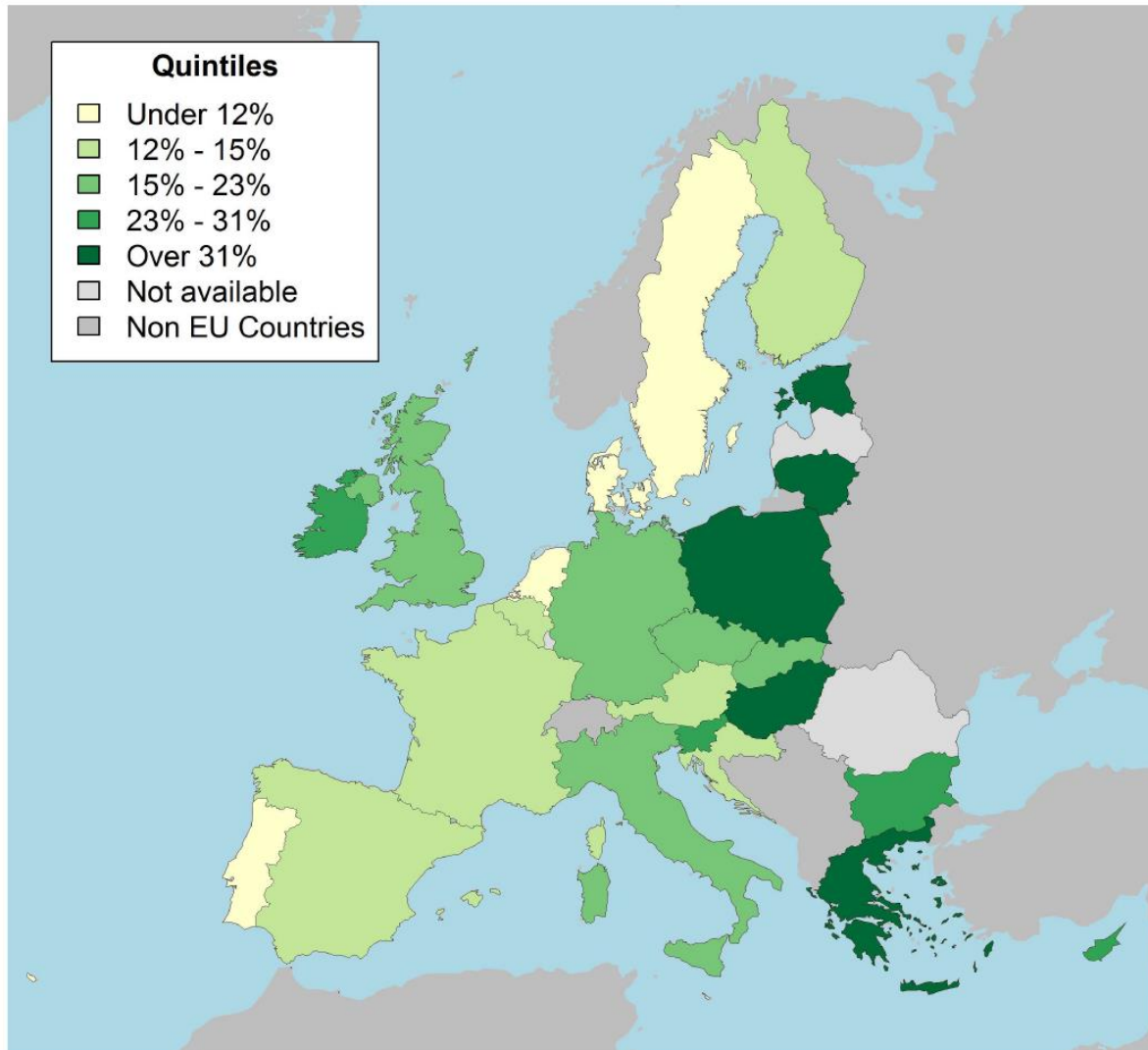
European Social Survey

- More than **75 million European adults** meet with family or friends at most once a month and around **30 million European adults** frequently feel lonely.
- • Loneliness is more prevalent in **Eastern** and **Southern** Europe than in **Western** and **Northern** Europe.
- • **Poor health, unfavourable economic circumstances** and **living alone** are all associated with higher rates of loneliness.
- • **Loneliness** affects **all age groups**. Even though the elderly may be more socially isolated than other age groups, they do not report more frequent feelings of loneliness.

Social isolation

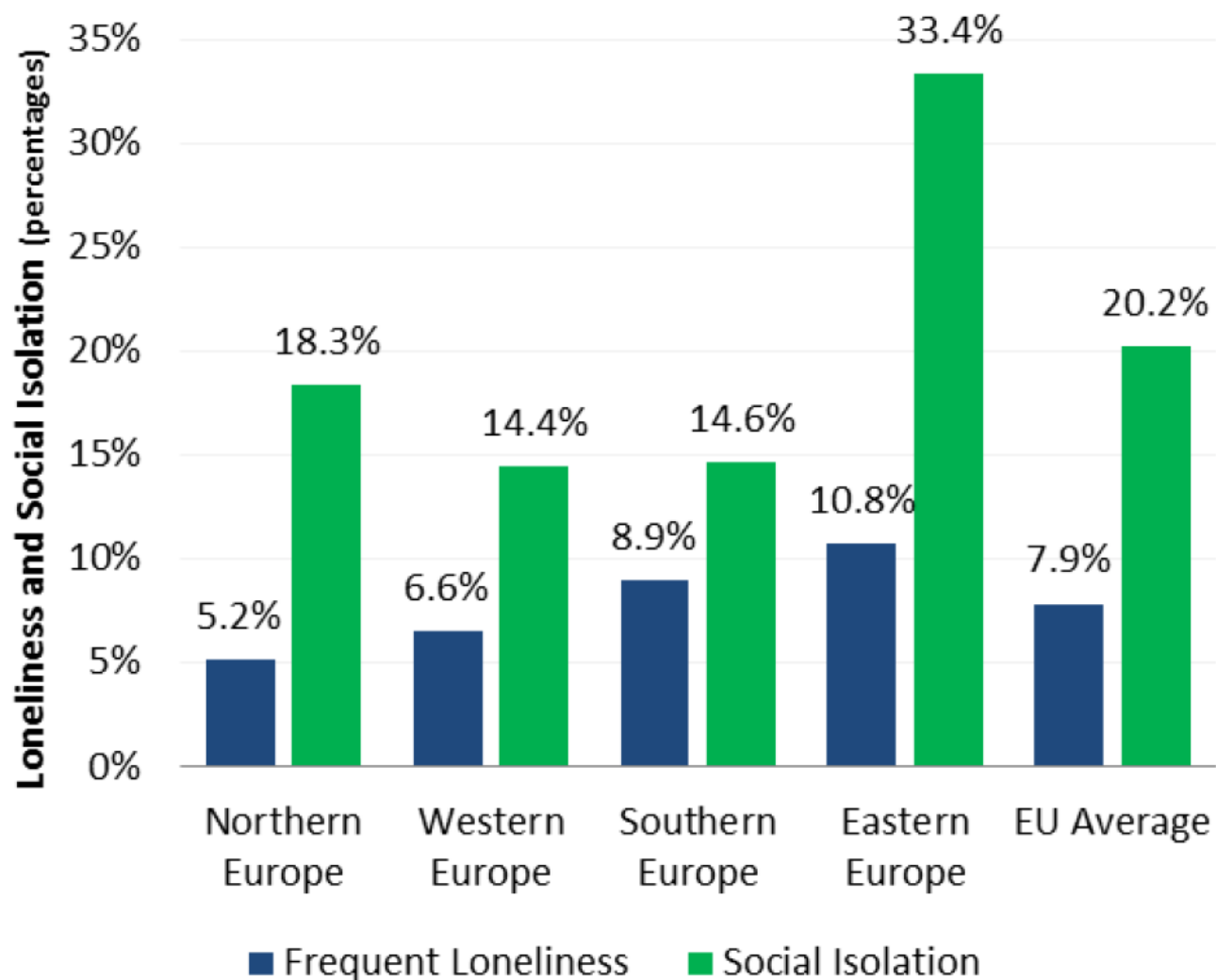
- More than 40% of Hungarians and Greeks do not socialise more often than once a month. In Lithuania, Estonia and Poland the figure approaches 35%.
- At the other end of the spectrum, social isolation is lowest in the Netherlands, Denmark and Sweden, at around 8%.

Figure 2: Prevalence of social isolation across Europe

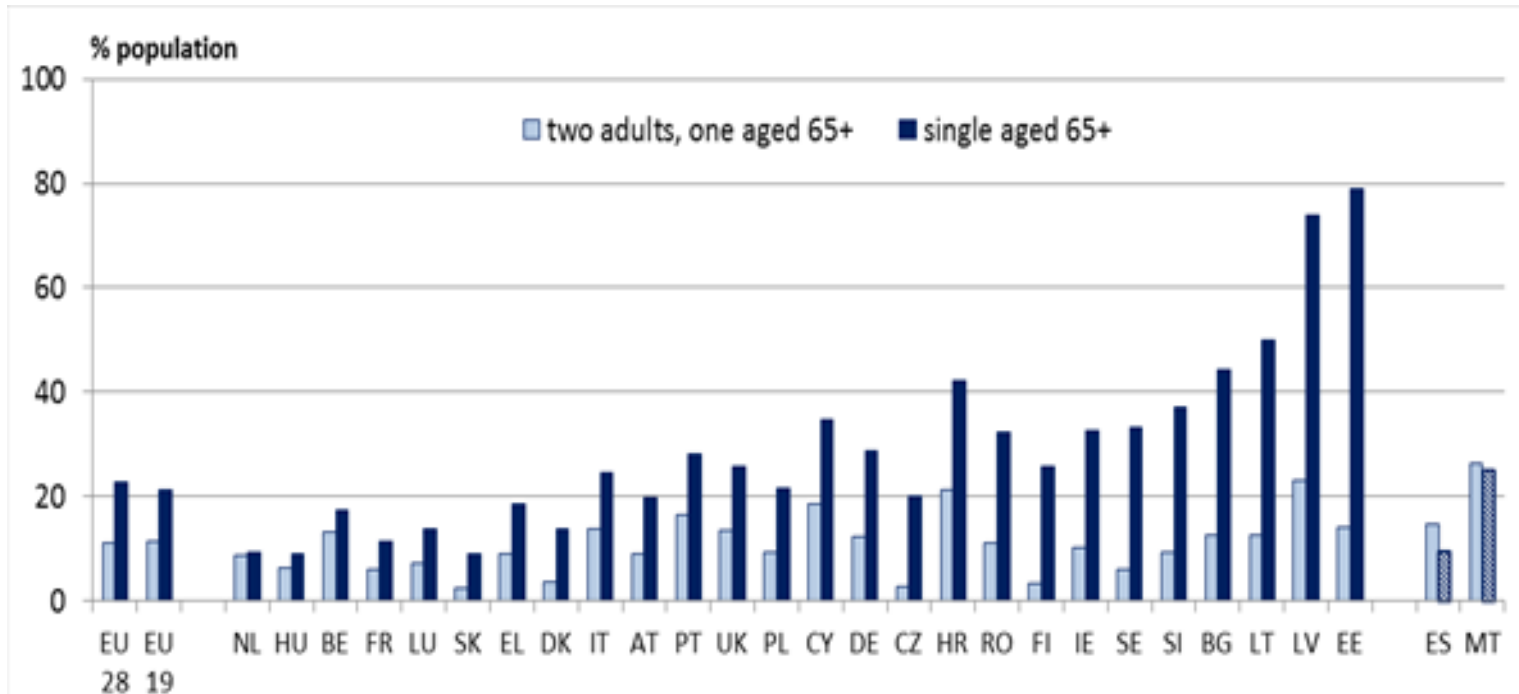


Note 2: European Social Survey (2010, 2012 and 2014).

Figure 3: Regional patterns of frequent loneliness and social isolation



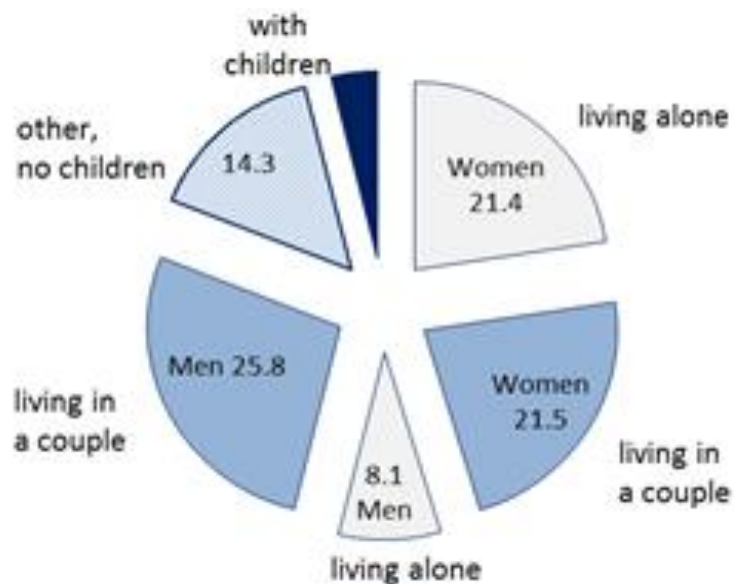
At-risk-of-poverty rate by household type, %



Strong correlation between age and disability

- *32 % people aged 55-64 report a disability*
- *44 % people aged 65-74 report a disability*
- *60 % people aged 75-84 report a disability*
- *70 % people aged 85+ report a disability*

Population aged 65 and above by household type, EU-28



There are many more single older women than single older men. In the EU-28 as a whole, of the 53.6 million women aged 65 and above, 21.4 million live alone.