



About us

Founded in 2018, the Foundation for Social Connection Action Network is a collaborative of diverse organizations partnering to end social isolation and loneliness. Our partners are helping to design and advocate for evidence-informed public policies to address social isolation and loneliness.

Our Progress

The Action Network was proud to advocate for a range of comprehensive legislation addressing social isolation and loneliness in 2025 and advanced our shared purpose with several significant milestones:

- ✓ **Testifying before the U.S. Senate Special Committee on Aging**, elevating national understanding of how loneliness and isolation impact health, aging, and community well-being.
- ✓ **Leveraging Global Loneliness Awareness Week** as a national convening moment to spotlight the urgency and cross-cutting impacts of social isolation and loneliness, with participation from bipartisan leaders.
- ✓ **Achieving national visibility through CBS News' Eye on America**, which spotlighted both the scale of the challenge and the community-driven solutions emerging across the country.
- ✓ **Launching our 2025–2027 Policy Priorities**, a bold and actionable roadmap that aligns research, policy, and practice to drive sustained and meaningful change.
- ✓ **Deepening engagement with Hill champions**, mobilizing bipartisan leadership to advance policies that combat social isolation and loneliness nationwide.



Legislation we've endorsed

- S. 473 SENIOR Act
- H.R. 1305 Improving Measurements for Loneliness and Isolation Act
- S. 2120 Older Americans Reauthorization Act
- H.R. 4744 Community Mental Wellness and Resilience Act

Our Partners

We are partnered with **60+** organizations, including:



Why Social Connection Matters



Social Isolation and Loneliness for Older Adults

- Social isolation in older adults is associated with a **50% increased risk of dementia** and **higher healthcare utilization**.ⁱ
- Among older adults, **loneliness is influenced by perceived social support** and some types of received support.ⁱⁱ
- Those **living alone experience 3.8 h/day fewer connections** than people who do not live alone. **In retirement, they have 1.3 h/day fewer connections** than employed people.ⁱⁱⁱ



Impact of Social Media on Youth Mental Health

- **Increased social media use** is strongly and independently associated with **increased perceived social isolation**.^{iv}
- Adolescents who spend 3+ hours per day utilizing social media may be at a **heightened risk for mental health problems**, particularly internalizing problems.^v
- **Loneliness predicts the onset of new mental health issues**, including depression and anxiety; these impacts are seen across age groups.^{vi}



Rural Mental Health and Social Isolation

- **Neighborhood social cohesion** contributes to residents' **social and economic mobility**.^{vii}
- 19 million Americans, largely in rural areas, **lack broadband access**, exacerbating social isolation and digital inequities.^{viii}
- **Rural Americans** experience **higher rates of depression and suicide** but are **less likely to access mental health care services** compared to people who live in urban areas.^{ix}

Our Call to Action

The Action Network urges Congress to act on the growing public health crisis of social isolation and loneliness. We call on Members of Congress to recognize social isolation as a key driver of adverse health, economic, and social outcomes—particularly for older adults and other vulnerable populations—and to partner with the Action Network to advance legislation and funding that elevate awareness and strengthen prevention and intervention efforts nationwide.

See the
evidence

