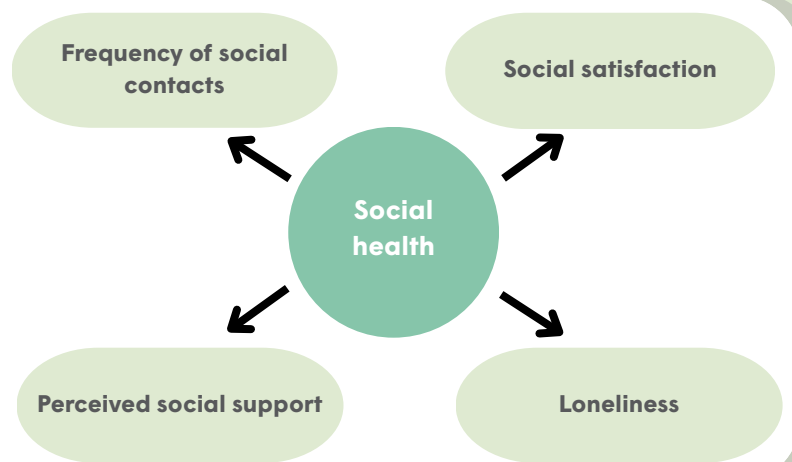


Social health: Key results

Health Interview Survey 2023-2024

Social health: an important pillar of health in addition to physical and mental health

In this report, **social health** refers to an individual's opportunities for, and the quality and experience of, social contact.



Social health problems are relatively common

- **1 in 8 people** has less than weekly social contact.
- **1 in 6 people** reports low social support.
- **1 in 10 people** is dissatisfied with their social contacts.
- **1 in 2 people** experiences moderate to severe loneliness.



Groups with more social health problems

Men are more likely to report having less weekly social contact than women.



Women, on the other hand, report experiencing severe and emotional loneliness more often than men.

People with a lower educational level score lower on all social health indicators.



Less than weekly social contact is less common among young people (15 to 24 years) than among any other age group.



At the same time, young people experience more loneliness.

People living alone score lower on all social health indicators.



Recommendations

- A healthy social network: **4 to 6 close contacts** (for example a partner, family members or friends).
- **At least some form** of social contact **every day**.
- **Sufficiently varied** social contacts, both in terms of **type** and **depth**.
- Social contact is healthy in **different contexts**.
- **Personal contacts** ("face-to-face") > online contacts.
- **Low-quality** social contacts (conflict) are best **avoided**.

World Health Organization advice: don't just focus on the individual, relational level, but also look for solutions at the **policy and community level**.