

# Trends in Loneliness Among Older Adults from 2018–2023



March 2023

[www.healthyagingpoll.org](http://www.healthyagingpoll.org)

## Q1. In the past year, how often have you felt a lack of companionship?

1. Hardly ever
2. Some of the time
3. Often

## Q2. In the past year, how often have you felt isolated from others?

1. Hardly ever
2. Some of the time
3. Often

## Q3. In the past year, how often have you had contact with family, friends, or neighbors who do not live with you?

1. Every day
2. Several times a week
3. Once a week
4. Every 2–3 weeks
5. Once a month or less

## Data Source and Methods

This National Poll on Healthy Aging report presents findings from a nationally representative household survey conducted exclusively by NORC at the University of Chicago for the University of Michigan's Institute for Healthcare Policy and Innovation. National Poll on Healthy Aging surveys are conducted using NORC's AmeriSpeak probability-based panel. This survey module was administered online and via phone in January 2023 to a randomly selected, stratified group of U.S. adults age 50–80 ( $n=2,563$ ). The sample was subsequently weighted to reflect population figures from the U.S. Census Bureau. The completion rate was 61% among panel members contacted to participate. The margin of error is  $\pm 1$  to 3 percentage points for questions asked of the full sample and higher among subgroups.

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