



A Resolution addressing Social Isolation

Committee: Health

Resolution: HEA-20-04

1. **Whereas** Social Isolation is a state of complete or near-complete lack of contact between
2. an individual and society.
3. **Whereas** Social isolation occurs when people withdraw and become disconnected from
4. family, friends and community. Any number of changes that are common to aging can
5. trigger this issue.
6. **Whereas** nearly 1 in 5 Americans 65 and older are socially isolated, according to AARP
7. Foundation. Research finds that this public health epidemic affects more than 8 million
8. age 50-plus adults and is growing as 10,000 Americans a day turn 65.
9. **Whereas** according to the AARP Foundation the symptoms of social isolation may vary
10. and can include losing interest in personal hygiene, poor eating and nutrition, significant
11. despair, cluttering and hoarding in the home, general lack of interest and deep boredom.
12. **Whereas** A study by professors Julianne Holt-Lunstad and Timothy Smith of Brigham
13. Young University found that prolonged social isolation is as harmful to health as
14. smoking
15. 15 cigarettes a day, and is more harmful than obesity. Social isolation has been linked to
16. higher blood pressure, greater susceptibility to the flu and other infectious diseases, and
17. earlier onset of dementia.
18. **Whereas** AARP Foundation President Lisa Marsh Ryerson stated “Our communities are
19. healthiest when older adults remain engaged...Putting their knowledge and life lessons to
20. work in a way that retains their sense of purpose — and strengthens those communities at
21. the same time — benefits us all.”
22. **Whereas** according to a blog on the Health Affair “While social isolation and [loneliness](#)
23. were prevalent in the population prior to COVID-19, efforts to reduce the virus’ spread
- via stay-at-home orders, quarantine, and social distancing recommendations have

24. exacerbated an already serious problem. With the exception of “essential workers,” the
25. pandemic has meant limiting physical proximity to those with whom one lives.”
26. **Now, therefore, be it resolved** NOBEL Women will partner with organizations that
27. advocate on behalf of communities that are more likely to be socially isolated.
28. NOBEL Women calls on local and federal systems to rebuild and sustain the social and
29. emotional needs of the population – a task that will be critical to the nation’s public
30. health recovery from the pandemic.

[Social isolation - Wikipedia](#)

[Social Isolation: Symptoms, Prevention, Treatments \(aarp.org\)](#)

[The Double Pandemic Of Social Isolation And COVID-19: Cross-Sector Policy Must Address Both | Health Affairs](#)

Introduced by The Honorable Karen Camper
Tennessee General Assembly