

**RELATED INDICATOR:**

# Social Isolation - Older Adults (65+) Living Alone

## Why is this important?

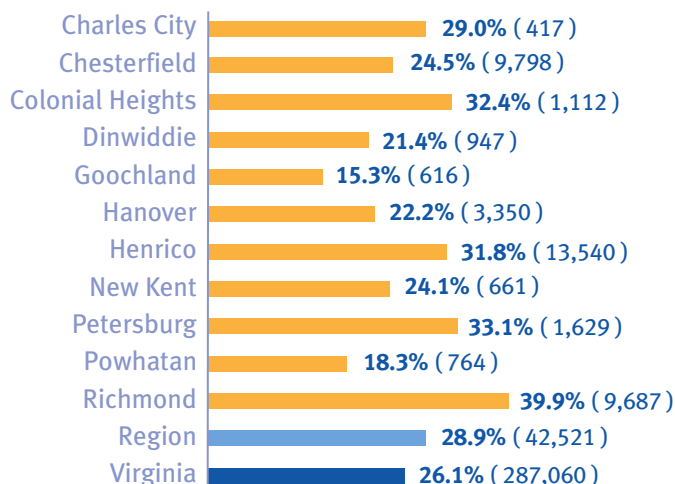
Household structure can impact a person's well-being. Older adults who live alone can be at risk for social isolation and reduced quality of life if there are co-existing conditions such as poverty, lack of transportation, illness, disease or disability. Recent research has focused on the connection between social isolation and poor health. Studies have found that social isolation negatively impacts a person's health equal in consequence to smoking, high blood pressure and obesity. People who are socially isolated may have weaker immune systems and recover more slowly from illness than people with strong social connections. People who are socially isolated are also more likely to suffer from depression and anxiety.

## Older Adults (65+) Who are Living Alone

Locality	2000	2006-2010	2011-2015
Charles City	23.2% (214)	22.0% (267)	29.0% (417)
Chesterfield	21.4% (4,484)	23.5% (7,713)	24.5% (9,798)
Colonial Heights	26.0% (820)	32.5% (1,112)	32.4% (1,112)
Dinwiddie	25.9% (777)	23.1% (883)	21.4% (947)
Goochland	19.8% (410)	18.0% (584)	15.3% (616)
Hanover	23.8% (2,193)	22.8% (2,992)	22.2% (3,350)
Henrico	28.0% (9,163)	30.8% (11,664)	31.8% (13,540)
New Kent	22.2% (290)	18.6% (413)	24.1% (661)
Petersburg	33.0% (1,742)	33.6% (1,631)	33.1% (1,629)
Powhatan	18.0% (337)	16.9% (577)	18.3% (764)
Richmond	37.8% (10,008)	36.8% (8,315)	39.9% (9,687)
<b>Region</b>	<b>28.4% (30,438)</b>	<b>28.1% (36,151)</b>	<b>28.9% (42,521)</b>
<b>Virginia</b>	<b>27.6% (218,320)</b>	<b>26.7% (260,682)</b>	<b>26.1% (287,060)</b>

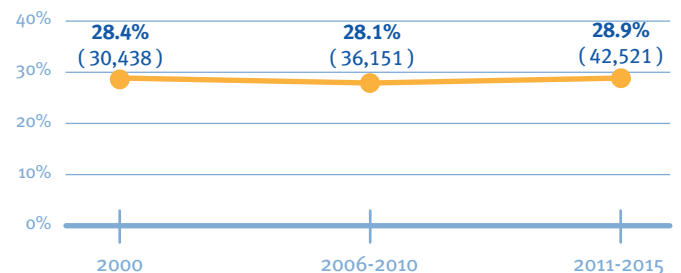
## Older Adults (65+) Who are Living Alone

2011-2015



## Older Adults (65+) Who are Living Alone

Region



## Did you know?

In our region, more than 1 in 4 older adults (ages 65 and over) live alone. That's 42,521 older adults who may be at risk for social isolation.

Source: U.S. Census Bureau, Census 2000, American Community Survey (ACS) 5-Year Estimates, 2006 – 2010, 2011 – 2015.