

# Article about loneliness

<https://www.bbc.com/news/world-us-canada-65461723>

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- ▼ personal experience from the author
- ▼ Its actually dangerous
  - 50% of americans are affected
  - increases premature death by 30%
    - about as much as smoking daily and greater than beeing obese
  - comes in the form of increasd risk in other health sectors (including diabetes, heart attacks, insomnia and dementia)
  - also linked to lower academic achievement and worse performance at work
- ▼ covid made it worse as well as modern technology usage
  - 16% global decrease of network size
  - not talked about enough but hinted at is the data from tech companies and the influence of social networks
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- ▼ What to do about it
  - Personally
    - think concioussly about it and make a good effort to spend time with loved ones and to keep distractions away
    - service is a good antidote, doing something for others
  - on a societal level
    - its a societal problem where awareness can already help
    - we see some political intent to increase awareness but nothing concrete so far

