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tonight to the rescue and give the prime minister a very easy one to ball which he did though we'll have to see that was an unusual moment but I think we all enjoyed it thank you all very much indeed Chris Grayling Richard Reeves and how Williams

now we can all understand the emotional and psychological effect of being lonely but new research suggests that social isolation can actually increase a person's risk of heart disease or stroke researchers at the universities of York Liverpool and Newcastle examined studies involving more than a 180000 adults Daphne read is regularly visit by a charity called independent age which offers advice and support for older people she found out that she had heart problems for years ago around the same time that her husband died of mind and done everything seemed to fall apart because you rely on them what are you just don't ever think you don't get to this stage no life would you say the experience loneliness

that for a bailout for a market stall truth on the North and down we give that actual prices to me suddenly realising here the house is quiet but they have only changed you cope petrol without crying or the the up fact so what kind of effect to think that an easy husband ended up being on your own a lot it what kind of effect to think this might have had on your physical health type of get out of breath hoping to do in my heart problem if you got a good group around doin' good friends and you could definitely make it through the thatch and that they and that was Daphne read and Professor Barber hand ratty from Newcastle University was the team leader for the research and it's quite clear link between loneliness and physical

health problems III Yes are asked to do an estimated that the links between loneliness to social isolation and term the occurrence of career Nazis straight we had a he said data from different nature 1000 people in armed with metal outfit since this matter if you are finding was that loneliness and isolation increase the risk of heart disease by around 29 % and the risk of stroke Life 32 % a and you know why that is the case well there are a number of different ways in which a loneliness may affect health competitor and sunny weather risk factors such as smoking route which we know far less about and the pathways between loneliness and ill health there's a solid body of laboratory based research that provides scientific basis the leaks loneliness to the human response to stress the way in which the body fight off infection but we also know that social relationships

promote healthier behaviours and that people may be experiencing deteriorating health because they lack the social and environmental support that they need to maintain independence in later life for example some suggestion that people who are lonely and isolated may and may not axe to size the main not access services as as tough as they should do and this would could potentially affect more and more people who are living on their own earn around half of people over 75 already live alone and the fastest increasing group a single person households as the over 85s that is certainly a problem for older ages must become its maker directives Inc between living alone and loneliness and common sense would suggest the likely to be in Association but it's not just older people affected is it no it isn't and we we've got very limited data on prevalence of blandness across the life course there is the has been work but suggest that such distribution is U-shaped so the under 25

age groups and the over 65s have the highest rates with with a rather mixed bag in the middle and some researchers and who have been working on this in the states and now same health workers should be talking to patients about the importance of social interaction think I'll work could suggest that previously the focus has been on identify people who are lonely and try to alleviate that and that's that's right and proper we support that think we look at the way that's some of the disease process what we know about the disease processes we would have to cater for primary prevention approach so rethink loneliness is a risk factor for ill health we should be looking for you a lot about how we can she people compare notes social relationships and maintain those connections so they don't get the point of having chronic loneliness in later life and it is possible to access health are now a number of charities run days centres elderly people

H G K and the campaign to end loneliness been very active in this respect and they produce positive really excellent information on their websites to people who are wanted to help people the problem we have is that at the risk that any really good evidence at the moment for which the most effective interventions and it's highly likely that this seems to be with many different interventions it won't be a case of a one size fits all of this sort of issue Professor Barber Hannity thank you

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