

SOCIAL CONNECTIONS



SOCIAL CONNECTIONS ARE AN IMPORTANT component of overall health and aging, and may also protect against cognitive decline.

SOCIAL CONNECTIONS ARE DEFINED AS MEANINGFUL AND SUSTAINED CONTACT with at least one other person that is beneficial to all involved and often pertains to a common interest or activity.



It is estimated that **FREQUENT SOCIAL CONNECTIONS MAY LOWER THE RISK OF COGNITIVE DECLINE BY UP TO 70%.**



To promote healthy aging, we should **ADDRESS AND ENCOURAGE SOCIAL CONNECTIONS ACROSS THE ENTIRE LIFECOURSE.**

Priority populations include the LGBTQ+ community, rural populations, women, and disproportionately affected populations.



SOME COMMUNITIES HAVE ENCOURAGED SOCIAL CONNECTIONS THROUGH:

- Promoting intergenerational focused programs and activities.
- Improving access to technology and the internet, especially in rural areas.
- Supporting the development of community-based group exercise and leisure programs.
- Expanding public transportation options in rural communities.



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The Public Health Center of Excellence on Dementia Risk Reduction is made possible by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services as part of a financial assistance award totaling \$2,973,948, with 100 percent funded by CDC/HHS. The contents of this infographic are those of the Alzheimer's Association and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS or the U.S. Government.

