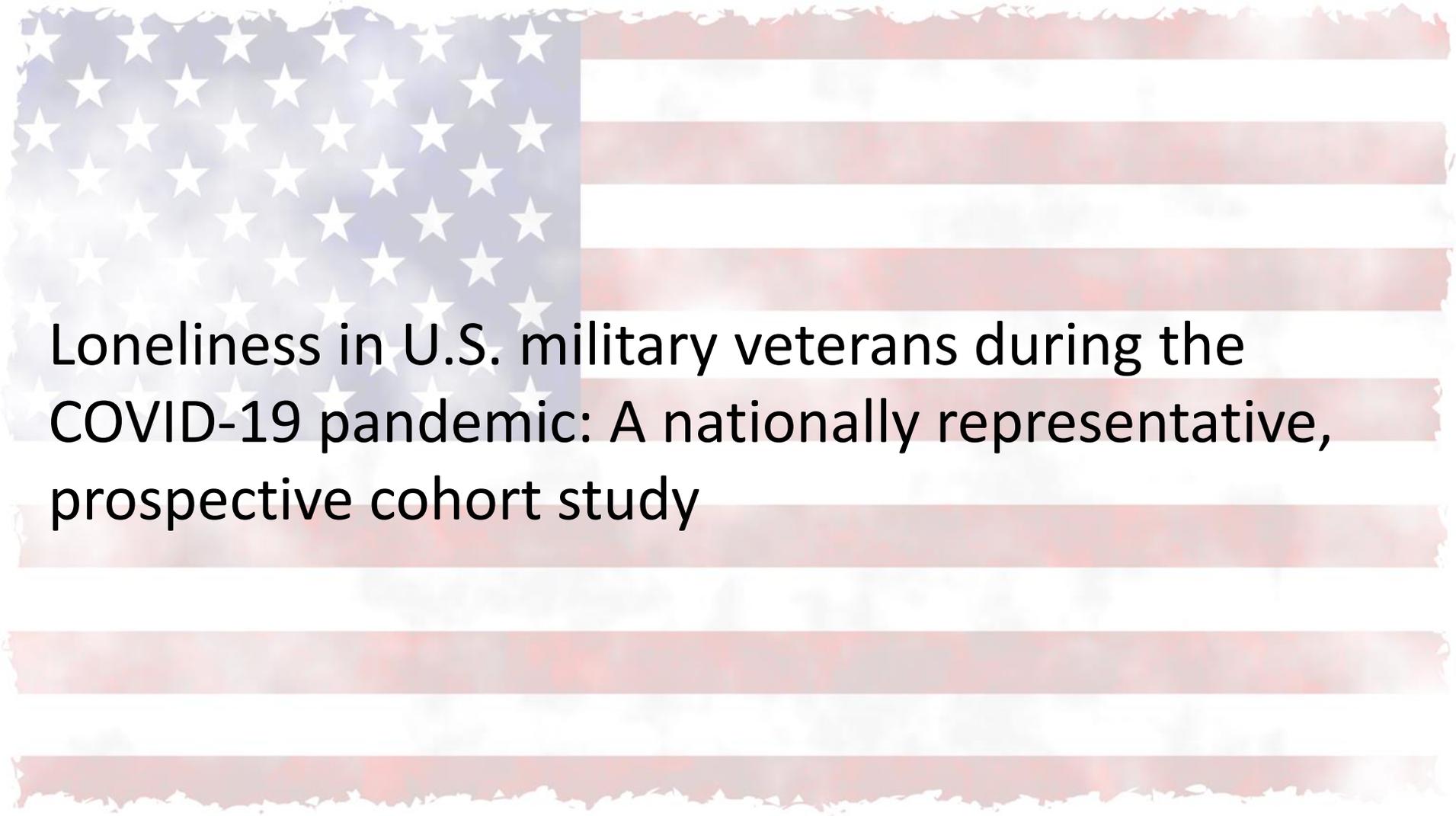


Older Adult Veteran population and their experiences with social isolation

- Little is known about social isolation among older military veterans
- Veterans who suffer from social isolation are at an increased risk for suicide (21%), heart disease (29%), stroke (32%), emergency room visits (57%), and increased risk for hospitalization (68%) over their civilian counterparts (per USU CDP)
- Additionally, veterans aged 50 and older, and those separated from the military for less than a year, comprised a higher mortality rate (per USU CDP)
- 61% of those ages 65 and older own a smartphone. They also are the least likely to use social media sites like Facebook, Twitter or Instagram (per PEW Research Center)

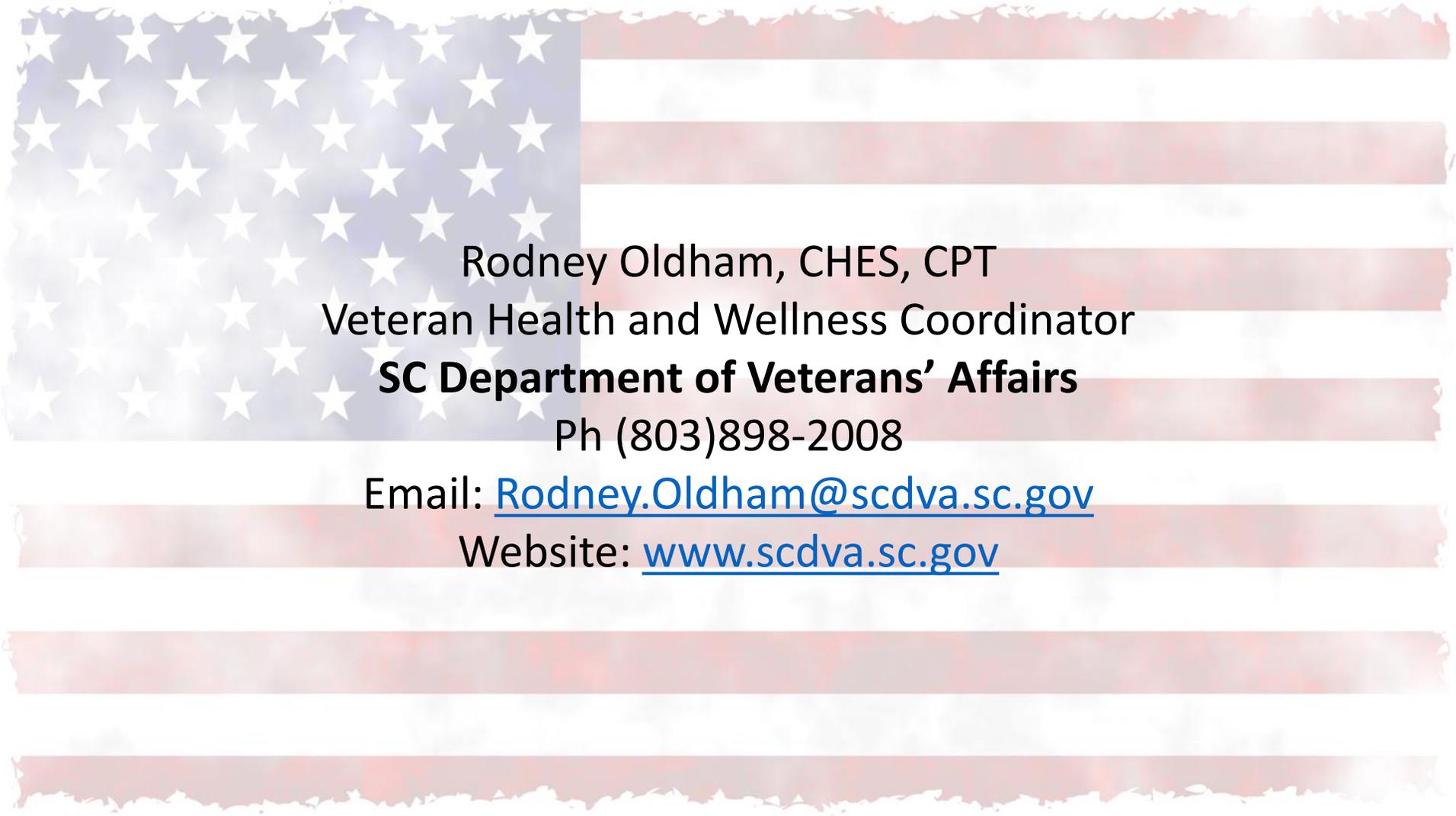


Loneliness in U.S. military veterans during the
COVID-19 pandemic: A nationally representative,
prospective cohort study

Key Takeaways

- Results of this study revealed that nearly one-in-six veterans reported feeling lonely often during the COVID-19 pandemic
- The prevalence of veterans who were lonely prior to, but not during, the pandemic was six-fold higher than the prevalence of veterans who developed loneliness during the pandemic (37.9% vs. 6.3%)
- Being married or partnered and having greater purpose in life were associated with decreased loneliness during the pandemic

- Journal of Psychiatric Research 2022 July; 151: 546-553
- Study done by Peter J. Na, Elizabeth Straus, Jack Tsai, Sonya B. Norman, Steven M. Southwick, Robert H. Pietrzak
- The 2019-2020 National Health and Resilience in Veterans Study was supported by the U.S. Department of Veterans' Affairs National Center for Post-Traumatic Stress Disorder



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