

# Social Isolation Index identifies hot-spots among those aged 65+

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## What is Social Isolation?

- Absence of meaningful social relationships
- Older adults at greater risk due to retirement, loss of spouse and friends, age-related physical and mental decline

## Connection to Health

- Increases risk of mortality, poor health status, hypertension, inflammation, and unhealthy behaviors

## Basis of Measure

- Informed by an AARP published report in 2015, *A Framework for Isolation in Adults over 50*
- Selected factors come from American Community Survey 5-year estimates, 2012-2016
- Available at multiple geographic levels
- Limited to adults aged 65 years and older
- Objective measures of social isolation

## Methodology

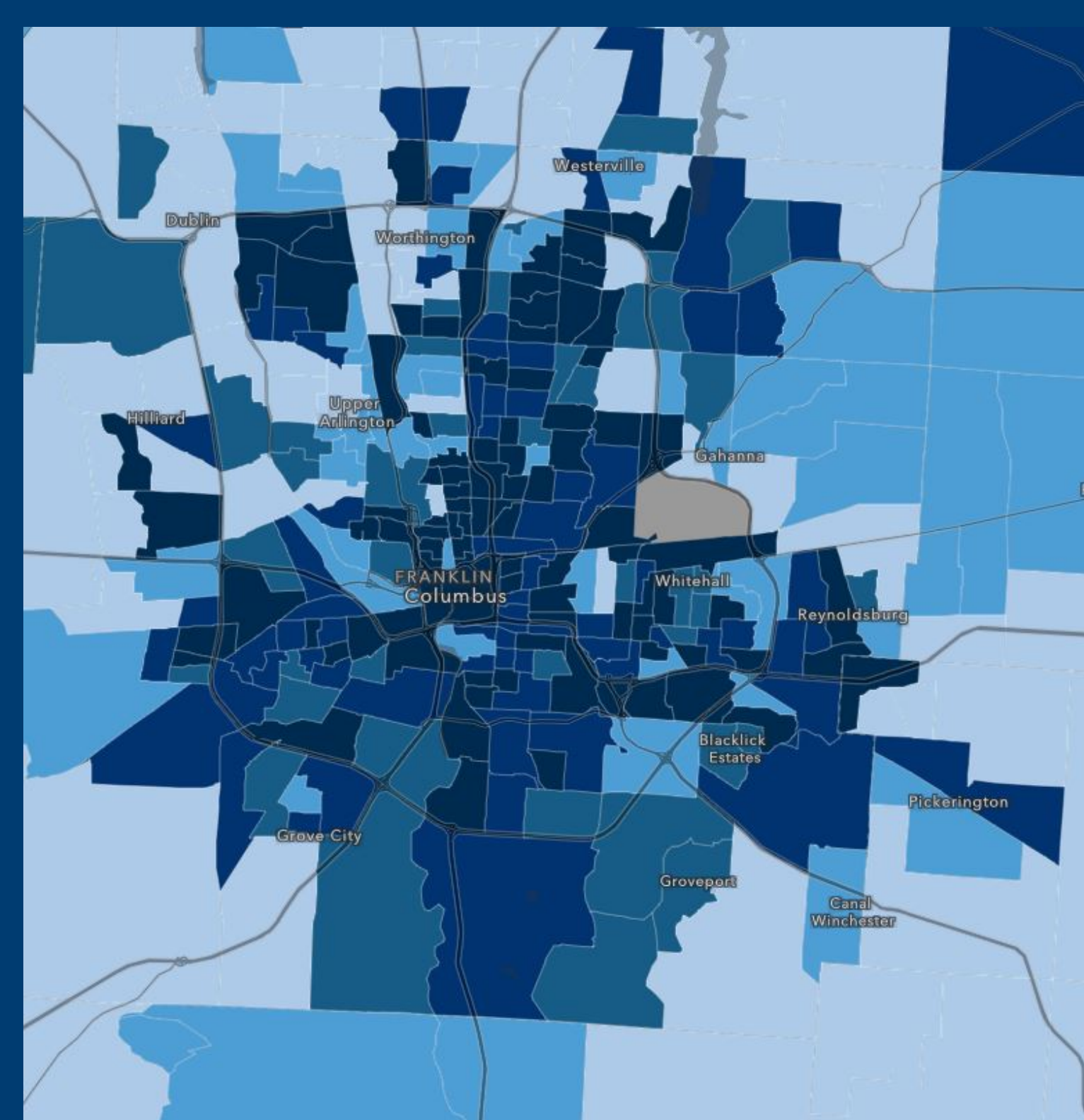
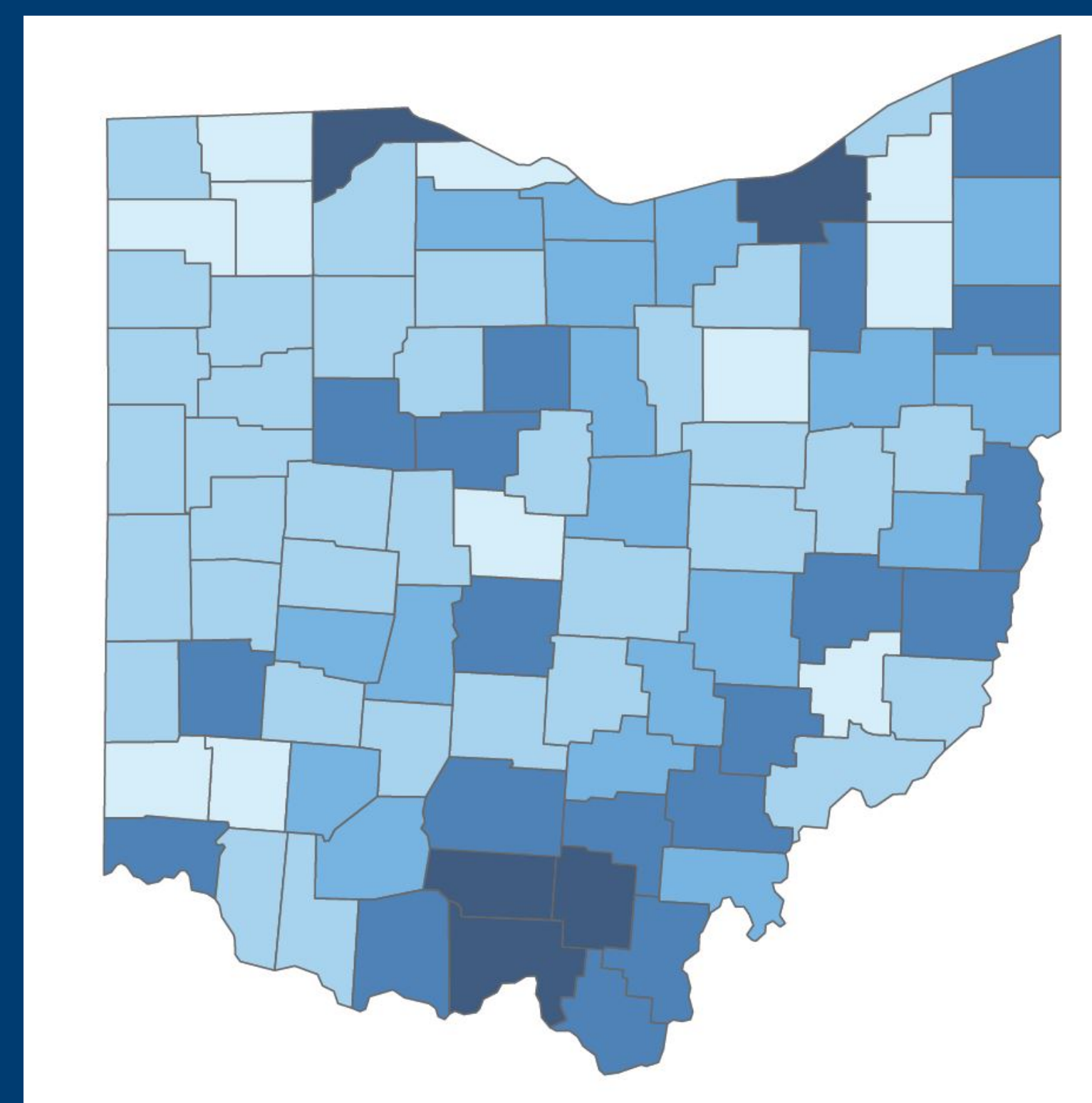
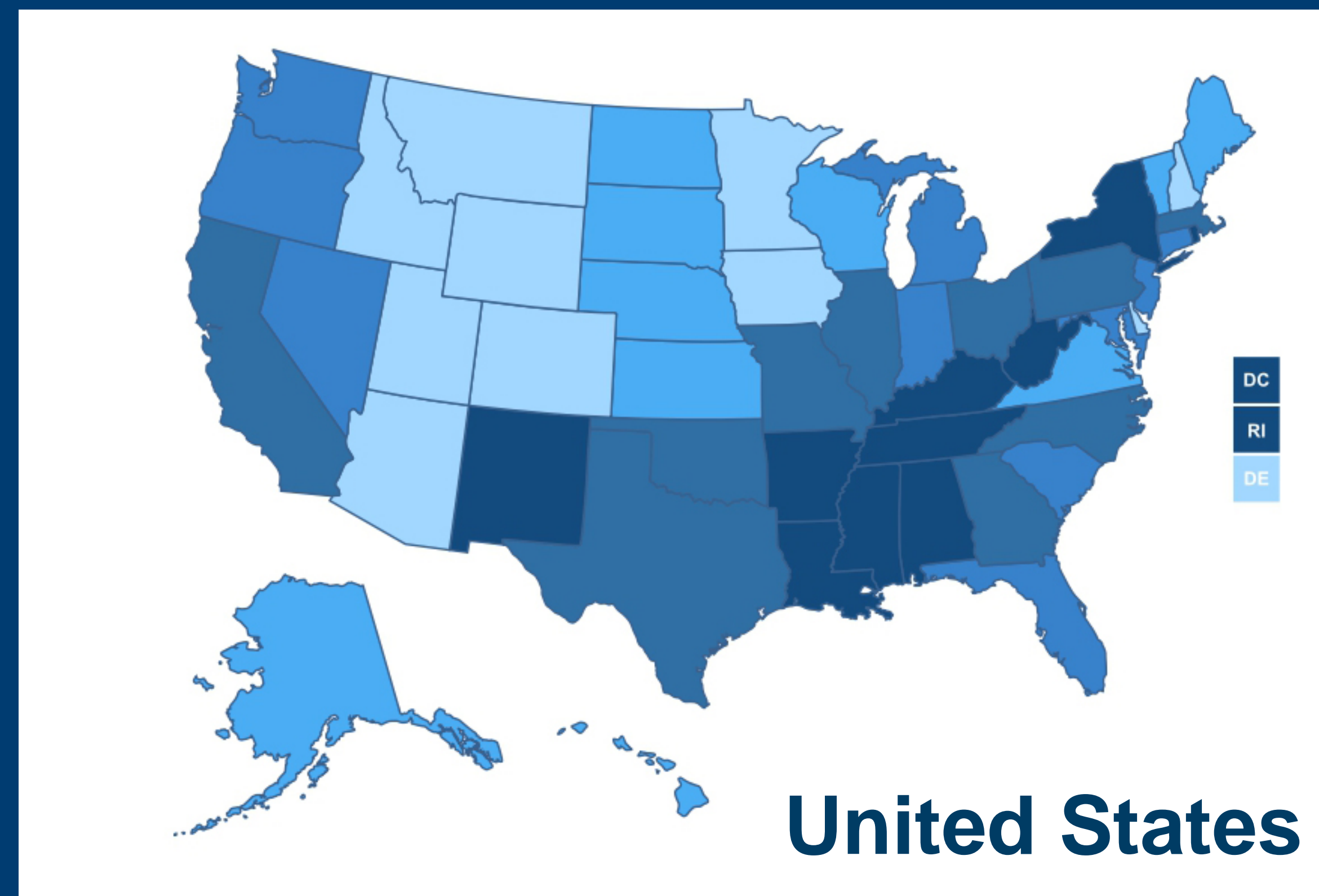
We included six risk factors:

- Divorced, separated or widowed
- Never married
- Poverty
- Disability
- Independent living difficulty
- Living alone

Mean z-scores calculated for each factor. Composite measure is presented as a percentile based on the mean of z-scores for all six factors for social isolation in adults aged 65 and older

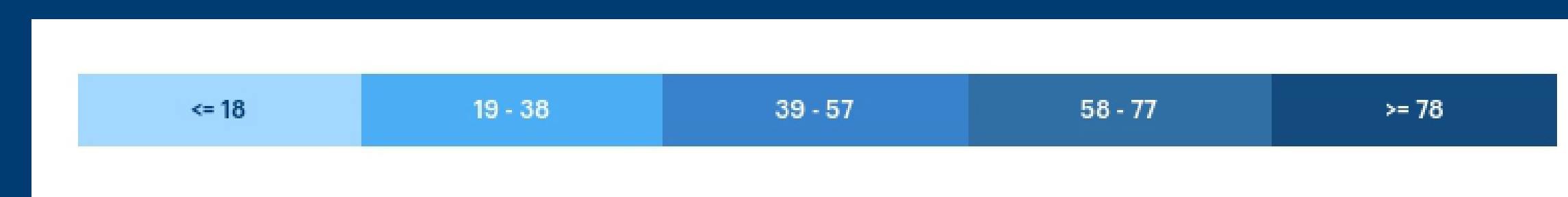
## Results

Maps shaded by quintile



Six risk factors for social isolation by state, individual z-scores and summary ranking

	Risk of Social Isolation Ranking	Divorced, Separated or Widowed	Never Married	Poverty	Disability	Independent Living Difficulty	Live Alone
Utah	1	-2.0	-1.9	-1.4	-0.2	-1.0	-1.9
New Hampshire	2	-1.5	-0.5	-2.0	-1.0	-1.8	-0.6
Delaware	3	-1.2	-0.1	-1.3	-1.3	-1.2	-1.0
Minnesota	4	-2.0	-0.3	-1.1	-1.2	-1.5	1.0
Colorado	5	-1.1	-0.9	-1.1	-0.9	-1.5	0.0
Iowa	6	-1.4	-0.7	-1.1	-1.0	-1.8	1.2
Arizona	7	-1.5	-1.0	-0.2	-0.4	-1.0	-1.2
Idaho	8	-2.0	-1.9	-0.1	0.3	-1.0	-0.5
Wyoming	9	-0.8	-1.9	-1.2	0.2	-1.7	0.6
Montana	10	-1.2	-1.1	-0.5	-0.2	-1.9	0.7
Wisconsin	11	-1.6	0.2	-0.9	-1.1	-1.2	1.1
Hawaii	12	-0.9	1.3	-0.9	-0.3	0.7	-2.0
Nebraska	13	-1.3	-0.9	-0.8	-0.4	-1.5	1.3
Alaska	14	-0.6	-0.1	-2.0	1.2	-0.2	-1.4
Virginia	15	-0.5	-0.5	-1.0	-0.7	-0.4	-0.2
South Dakota	16	-1.6	-0.2	0.4	-0.4	-1.6	1.0
Vermont	17	-0.7	0.2	-1.1	-0.8	-1.2	1.4
North Dakota	18	-1.4	-0.5	-0.1	-0.5	-1.9	2.0
Kansas	19	-0.6	-1.0	-1.1	0.0	-1.0	1.0
Maine	20	-0.7	-0.3	-0.2	-0.4	-1.5	0.8
Washington	21	-0.6	-0.9	-0.8	0.2	-0.4	0.1
Florida	22	0.1	-0.6	0.6	-0.7	-0.8	-0.9
Connecticut	23	-0.1	1.3	-1.3	-1.2	-0.5	0.5
Maryland	24	0.4	0.7	-0.9	-1.1	-0.4	-0.2
Nevada	25	1.0	-0.3	-0.5	0.0	-0.8	-0.9
Oregon	26	-0.2	-1.0	-0.7	0.6	-0.3	0.3
Indiana	27	0.1	-0.9	-1.1	0.5	-0.3	0.6
New Jersey	28	0.1	1.3	-0.7	-0.9	-0.1	0.0
Michigan	29	-0.3	-0.3	-0.7	0.0	-0.1	0.7
South Carolina	30	-0.4	-0.8	0.1	0.4	0.2	-0.5
Pennsylvania	31	-0.1	0.9	-0.7	-0.4	-0.3	0.8
Missouri	32	0.2	-0.9	-0.2	0.4	-0.4	0.7
Ohio	33	0.5	-0.2	-0.7	-0.2	-0.2	1.2
North Carolina	34	0.1	-0.8	0.2	0.4	0.1	0.2
Massachusetts	35	-0.2	2.0	-0.2	-0.8	-0.4	1.1
Illinois	36	0.3	0.7	-0.3	-0.3	0.1	0.9
California	37	0.2	0.7	0.6	0.1	1.1	-1.4
Texas	38	0.3	-1.0	0.9	1.0	0.7	-1.1
Georgia	39	0.7	-0.7	0.6	0.5	0.4	-0.6
Oklahoma	40	0.6	-1.8	-0.2	1.9	0.1	0.5
Tennessee	41	0.3	-1.1	0.2	1.1	0.9	0.0
Rhode Island	42	1.2	1.2	0.1	-0.5	-0.3	1.3
Arkansas	43	0.4	-1.3	0.7	1.9	0.9	0.3
New York	44	0.5	2.0	1.2	-0.6	0.3	0.9
West Virginia	45	0.2	-0.5	-0.2	2.0	1.4	0.7
New Mexico	46	0.2	0.4	1.5	1.5	0.8	0.5
Alabama	47	1.1	-1.1	0.8	1.8	1.4	0.4
Kentucky	48	0.6	-0.9	1.2	1.9	1.2	0.6
Louisiana	49	1.5	0.2	2.0	1.5	1.0	0.6
Mississippi	50	1.5	-0.5	2.0	2.0	2.0	0.6



Percentile of the mean z-scores for six risk factors of social isolation in adults aged 65+

## Conclusions

- The multifactorial measure for risk of social isolation permits states and counties to explore the extent and variation of the risk
- The data can be used to inform further research and to direct resources
- Geographic flexibility of the data allows further exploration of regions by congressional district, zip code, etc.

## Future

- What can we do to improve upon this measure?
- Which factors have the greatest predictive value for social isolation?
- Identifying relative effects of each component may be useful in targeting those that may be modifiable
- Develop a measure for the population aged 18 to 64

## Limitations

- Need to understand components of composite measure in the geographic unit of interest to get a fuller picture
- There are additional factors which may be more strongly related to social isolation
- Unexamined assumptions in measure
- No demographic breakdown

### Acknowledgments

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### Disclosure

Arundel Metrics receives funding from United Health Foundation to produce America's Health Rankings. Arundel Metrics (arundelmetrics.com) is a small, data-driven consulting firm specializing in public health measurement and index generation.