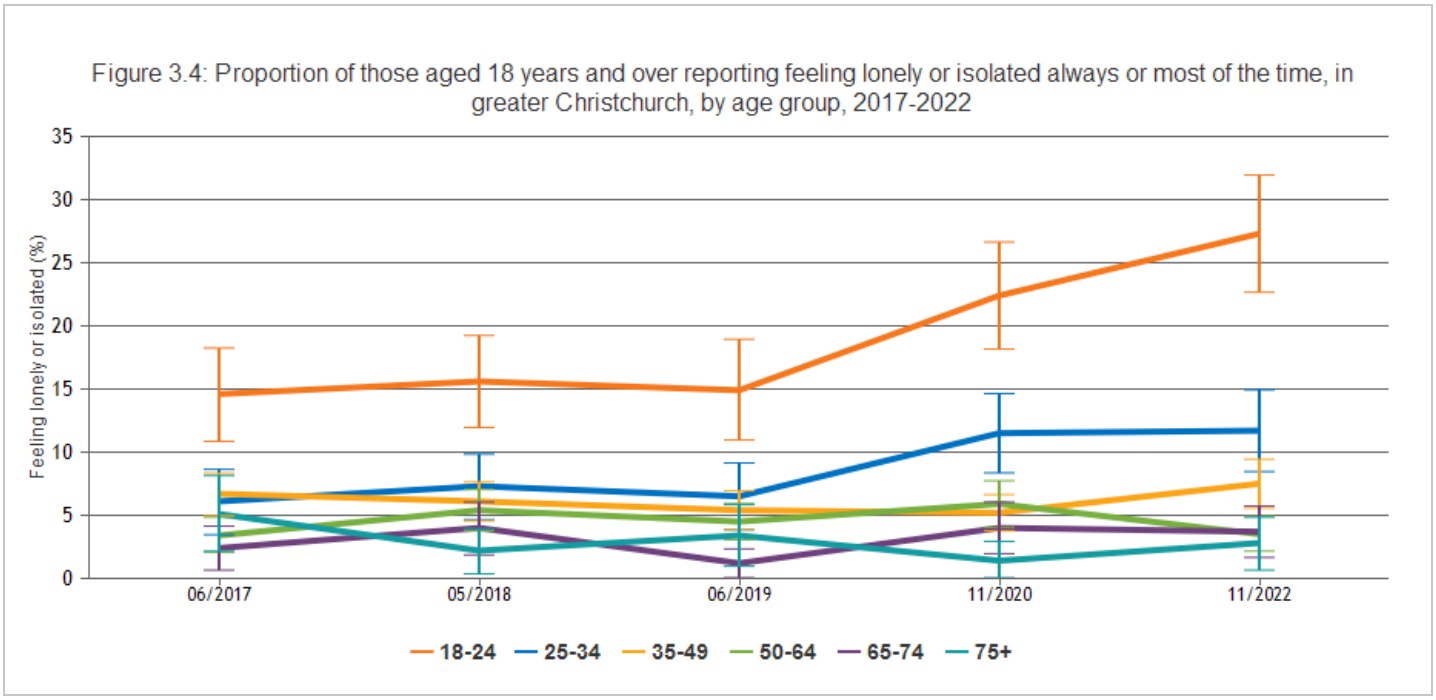
Loneliness and isolation: Breakdown by age

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The figure shows the proportion of respondents reporting feeling lonely or isolated, always or most of the time, by age group, from 2017 to 2022. The figure shows a clear pattern of higher levels of social isolation for young people. For respondents in the 18 to 24 years group, in particular, the self-reported level of social isolation has averaged approximately 10 percentage points above the other age groups between 2017 and 2019 (18-24 years 14.9%, compared with approximately 5% for the middle age groups, in 2019). The difference between the 18 to 24 years age group and all other age groups increased further from 2019 to 2022 and the difference is statistically significant at all five time-points. The proportion of respondents reporting feeling lonely or isolated in the 25 to 34 years age group also increased notably between 2019 and 2022.

Data Sources for Loneliness and isolation

Source: Te Whatu Ora Waitaha Canterbury - formerly the Canterbury District Health Board.
Survey/data set: Canterbury Wellbeing Survey to 2022. Access publicly available data from Te Mana Ora | Community and Public Health website www.cph.co.nz/your-health/wellbeing-survey/
Source data frequency: Annually.

Metadata for the Loneliness and isolation indicator is available at https://www.canterburywellbeing.org.nz/index-data

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