

Socially Connected Communities:

A Framework for Ending Social Isolation

To reduce social isolation, we must build socially connected communities.

People of all ages and in all stages of life experience isolation. Social isolation is rarely a choice. Instead, it is rooted in community design, social norms, and systemic injustices that keep people and neighborhoods apart. Through community-led change, we can reshape our neighborhoods to make it easier for people to build meaningful social connections.

Weaving opportunities for social connection into the fabric of society.

By listening to diverse places and organizations working to reduce social isolation, Healthy Places by Design has identified five promising starting points for addressing social connectivity.

The Root Causes of Social Isolation: Examples

COMMUNITY DESIGN

Highway development intentionally split communities of color, resulting in a legacy of severed social networks.

SOCIAL NORMS

Some public spaces display historical symbols or artwork which favor certain races and worldviews while omitting or offending others.

SYSTEMIC INJUSTICES

U.S. laws have made loitering and homelessness a crime, resulting in the forced removal of people from public spaces.

Strong social connections can boost a person's lifespan by **50%**



Taking action

Let's stop treating social isolation as a personal problem and start thinking more about how to bake social connection into our communities.



Learn More

healthyplacesbydesign.org/socially-connected-communities

