



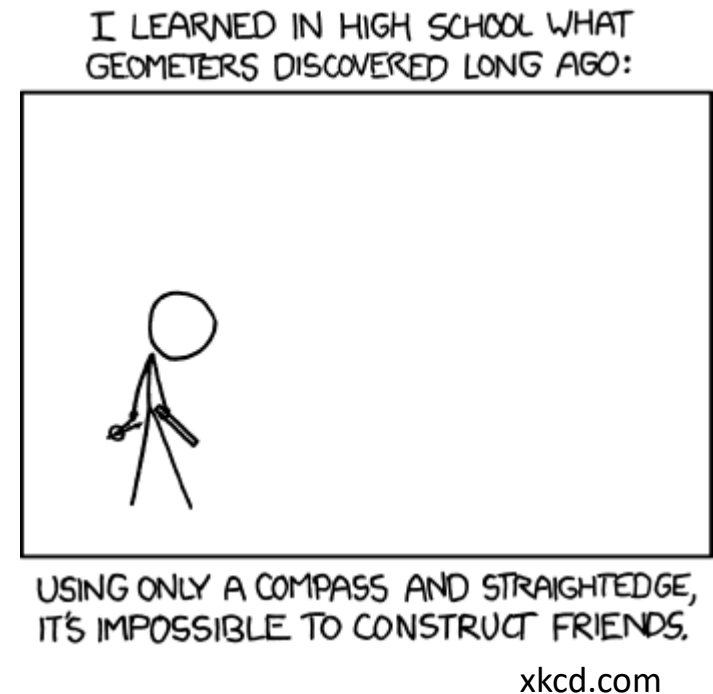
Hamilton

# DON'T BE ALONE

April 25, 2019

# Social Isolation & Social Poverty

- The same mortality impacts as smoking a pack of cigarettes a day
- A socially isolated person is 29% more likely to die from any cause
- Contagious
- Causes people to shunned in social settings
- Doubles the chance of dying from heart disease



# Three Rules for Disaster Resilience

1. Don't be old

2. Don't be sick

3. Don't be alone

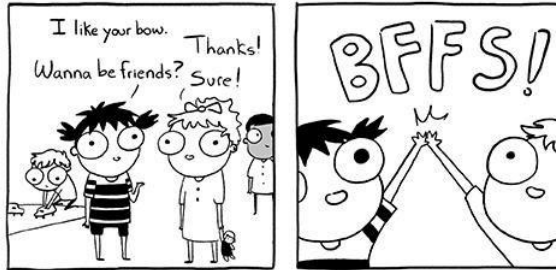
# What the heck is social capital?



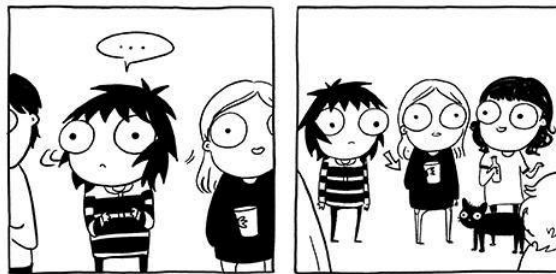
Social bonds and connections that result in functioning communities

# The Connection Prescription

## MAKING FRIENDS: CHILDHOOD



## ADULTHOOD



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“Social connection is a pillar of lifestyle medicine. Humans are wired to connect, and this connection affects our health. From psychological theories to recent research, there is significant evidence that social support and feeling connected can help people **maintain a healthy body mass index, control blood sugars, improve cancer survival, decrease cardiovascular mortality, decrease depressive symptoms, mitigate posttraumatic stress disorder symptoms, and improve overall mental health.**”

Jessica Martino, Jennifer Pegg, Elizabeth Pegg Frates, American Journal of Lifestyle Medicine, October 2015

# Social Capital in Disaster Recovery

“Our analyses show that storm damage is the largest determinant of neighbourhood recovery, across census tracts. While individual resources matter, their impact becomes much reduced when damage and collective resources are controlled for. By contrast, collective resources or social capital have a strong independent effect: **neighbourhoods with stronger civic engagement recover more quickly**, even when damage and individual resources are taken into account.”

*Social Capital and the Repopulation of New Orleans*  
Heather M. Rackin and Frederick Weil

Department of Sociology, Louisiana State University, Baton Rouge  
Paper presented at the Annual Meetings of the Population  
Association of America San Diego, CA, April 30 - May 2, 2015

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THANK YOU