- Loneliness

YOUR healthy life

The latest global diabetes news



New research by experts at the University of Sydney has shown for the first time that there's a genuine link between feeling lonely and mortality, discovering that extended periods of loneliness triple a woman's risk of dying early. "Loneliness is a common experience worldwide – as many as one in three Australian adults report feeling lonely during their lives – but when feeling lonely becomes chronic or persists long-term, it may impact a person's health," says the report's senior author, Professor Melody Ding. This year, Loneliness Awareness Week Australia is happening 4-10 August. Designed to encourage all Australians to take action to reduce loneliness and create more opportunities for meaningful social connection, visit **lonelinessawarenessweek.com.au** to find out more.

loneliness CAN BE A killer

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