

Loneliness in Utrecht

Part of life?

Of all ages?

How do you reduce your feeling of not being significant?



In the city of Utrecht more than one out of ten citizens is seriously lonely!

Loneliness is often not isolated.

People who are lonely have/are more often:

Loneliness is not feeling connected, less contact than you want with people around you or a close relationship with others.



"It is also double, because for the same money you can be affiliated with all kinds of organizations, but still do not talk about personal things. Then it feels lonely while you are very often among people"
- Student -

"The sense of meaning [to be], still of value [to be] for society is decreasing for many elderly people"
- Professional -

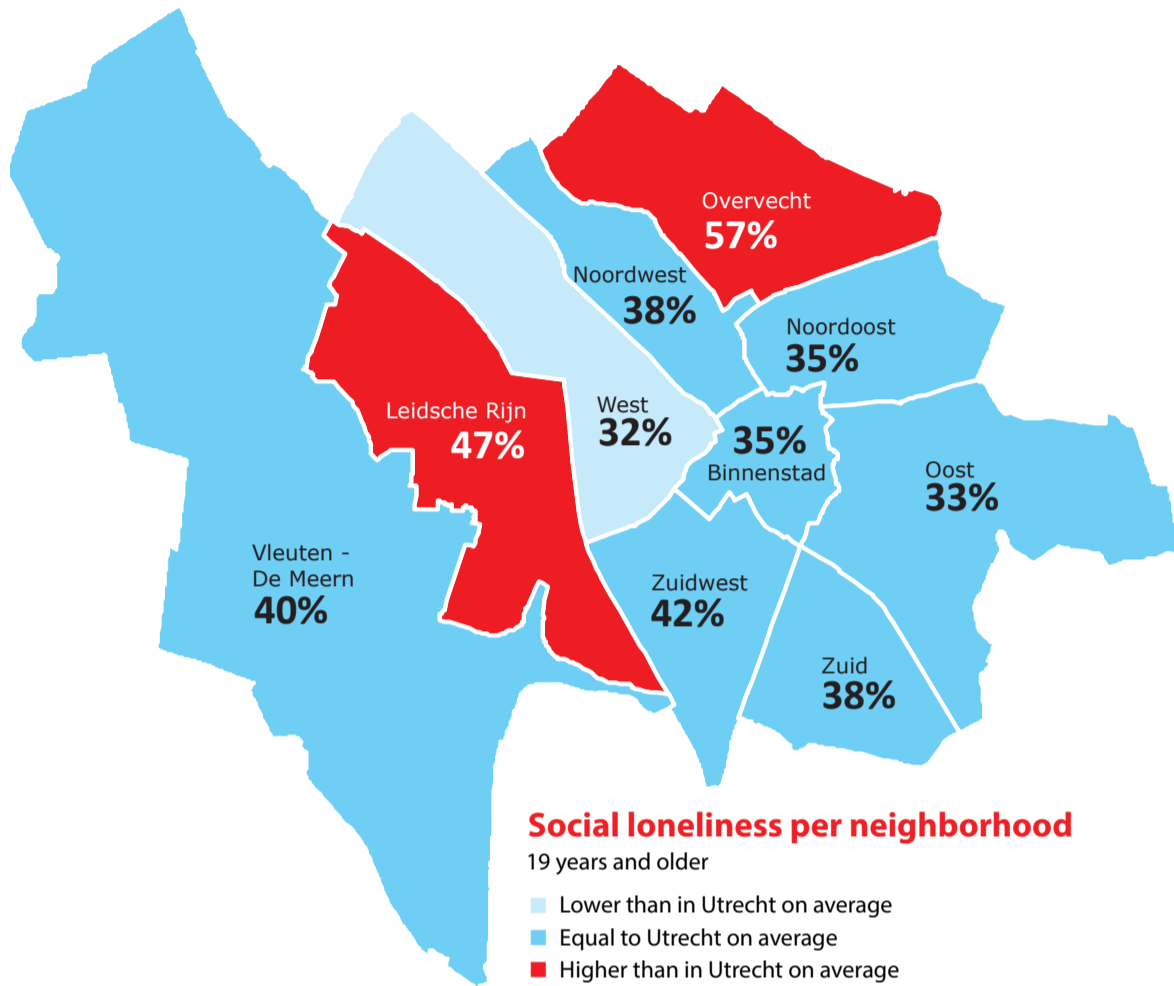


Social loneliness: a lack of people around you.

Emotional loneliness: a lack of an intimate, close emotional relationship.

"My friends are important, because feeling alone is not healthy for you"
- Child -

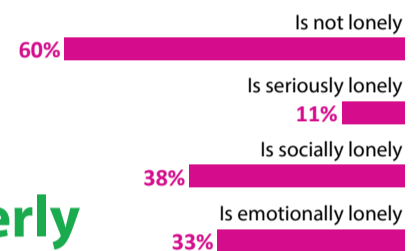
"A friend lives a few doors further away, we have known each other for years, we get along a lot. She also had a choice for her (Die heeft ook het een en ander voor haar kiezen gehad). You find each other and that's great fun."
- Adult -



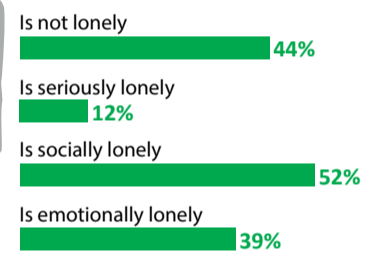
Youth

- Finds the relationship with their parents less good: 12%
- Cannot talk to a teacher about problems: 16%
- Does not have one or more good friend/s: 5%

Adults



Elderly



In which of Utrecht's residents is loneliness more common?

Utrechters who are...



Adults and young people with a lower level of education



Part of a single-parent



Live on their own



Have a migration background



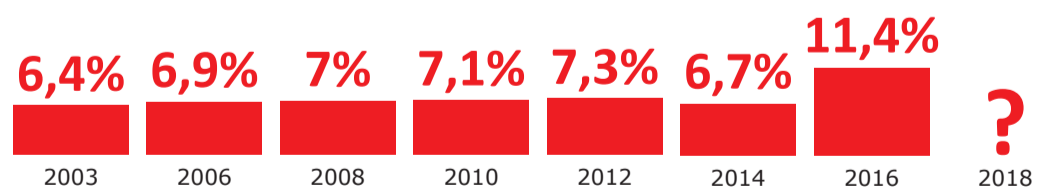
Age of 40-64 (especially lonely)



Age of 65 years old and over

Serious loneliness is increasing

In both **social and emotional loneliness** we see the same **development** over time. We see these developments broadly among different groups in the city. In other cities there is also an increase in loneliness.



Gemeente Utrecht

Dit product is onderdeel van de Volksgezondheidsmonitor Utrecht en is als onderlegger bedoeld voor het gesprek over eenzaamheid in Utrecht. Belangrijkste bronnen: Gezondheidspeiling 2016, Jeugdgezondheidszorg Utrecht 2016/2017, Buurtverkenningen 2017, duidingsgesprekken over eenzaamheid 2017, kwalitatief onderzoek jeugd 2017. Voor meer informatie over Utrechtse cijfers: www.volksgezondheidsmonitor.nl. Meer weten over eenzaamheid: www.movisie.nl/tools/online-verbetertool-eezaamheid, www.samentegenezaamheid.nl.