

BOARD OF SUPERVISORS, COUNTY OF SAN MATEO,
STATE OF CALIFORNIA

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RESOLUTION TO DECLARE LONELINESS A PUBLIC
HEALTH CRISIS IN THE COUNTY OF SAN MATEO

Presented by San Mateo County Health:
Aging and Adult Services
Behavioral Health and Recovery Services
Public Health, Policy & Planning



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COUNTY HEALTH**
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In response to the United States Surgeon General, Dr. Vivek Murthy, has issued a Surgeon General Advisory highlighting the public health crisis of loneliness, isolation, and lack of connection, emphasizing the significant impact on mental, physical, and societal health.

There are physical and behavioral health consequences to a lack of connection, including increased risk of heart disease, stroke, dementia, depression, and a higher likelihood of premature death.

In 2022 residents in San Mateo County experienced an increase in isolation and loneliness compared to 2004

Purpose & Need



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Six Pillars to Advance Social Connection



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Strengthen-
ing Social
Infrastructure

Enacting Pro-
Connection
Public
Policies

Mobilizing
the Health
Sector

Reforming
Digital
Environments

Deepening
Our
Knowledge

Cultivating a
Culture of
Connection

Current San Mateo County Health efforts include but are not limited to the following:

- [Access to Technology Services](#) (California Department of Aging)
- [Friendship Line by Institute of Aging](#) (Measure K)
- [Suicide Prevention Committee](#) (Mental Health Services Act)
- [Senior Peer Counseling Services](#) (Mental Health Services Act)

Additional efforts in other County departments, local senior centers & community based organizations.

We look forward to
working
collaboratively with
stakeholders,
community
organizations, and
residents to
implement evidence-
based strategies that
promote social
connection, improve
mental and physical
health, and create a
more resilient and
connected community



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