



Family, friends and community

1 IN 10 people aged 18-24 often or always feel lonely – twice as many as for the population as a whole.

Family, friends and communities build the foundations for good health through:

Positive relationships and networks



Good relationships allow people to feel supported, develop skills and face new situations

Community cohesion and connection



Ties within and across communities enable people to feel included and valued

Opportunities for social participation



Engaging in activities and groups offers people a sense of purpose and shared identity

Shared ownership and empowerment



A sense of control and collective voice can enable people to influence positive change

‘People with stronger networks are healthier and happier’ Fair Society, Healthy Lives – The Marmot Review