

**Question for written answer E-001828/2025/rev.1
to the Commission**
Rule 144
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Subject: Addressing loneliness as a public health issue in Europe

A recent study by the Commission's Joint Research Centre (JRC) titled 'Loneliness in Europe – Determinants, Risks and Interventions', reveals that 13 % of Europeans feel lonely very often or all the time, with 36 % reporting occasional loneliness. The study emphasises that loneliness affects not only the elderly but also younger generations, particularly 'Generation Z' (15-30 years old), whose heavy presence on social media contributes to this growing trend.

The study highlights significant socio-economic disparities, with people living in isolation being at a higher risk of experiencing health issues. Loneliness is identified as a public health concern, as isolated individuals are 22 % more likely to develop chronic diseases.

The JRC encourages public authorities and non-governmental organisations to become more actively involved, as isolated individuals often rely more on local and national authorities for support than on their social networks.

Given the increasing prevalence of loneliness across various demographics, what measures does the Commission intend to take to promote social inclusion and improve mental health support across Europe?

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