

Appendix: Data to accompany Campaign to End Loneliness *The State of Loneliness 2023: ONS data on loneliness in Britain*

The Campaign to End Loneliness worked with Dr Heather McClelland of the University of Glasgow to analyse Office for National Statistics data on loneliness from their Opinions and Lifestyle Survey (OLS) between March 2020 and January 2023. Our findings use responses to the question ‘How often do you feel lonely?’, specifically to numbers who answered ‘often or always’ to this question. Analyses were undertaken to show overall prevalence of loneliness and variation by age, gender, ethnicity and health.

This appendix includes Tables with full analysis figures which include means, 95% confidence intervals and, where relevant, prevalence in the UK adult (16+) population. Please refer to notes attached to each table.

Table 1. Overall prevalence of chronic loneliness

Year	Mean (n)	95% CI
2020	5.98 (32.4)	5.63 - 6.34
2021	6.58 (35.6)	6.34 - 6.88
2022	7.08 (38.3)	6.70 - 7.47

n= prevalence of the UK adult population represented in 100,000 to one decimal point. 95% CI: bootstrapped 95% confidence intervals.

Table 2. Prevalence of chronic loneliness between four age groups of the adult UK population

Age group	2020		2021		2022	
	Mean (n)	95% CI	Mean (n)	95% CI	Mean (n)	95% CI
16-29 years	8.7 (10.7)	7.83 - 9.48	9.93 (12.2)	9.22 - 10.68	9.94 (12.2)	8.99 - 10.9
30-49 years	5.94 (10.3)	5.36 - 6.63	6.65 (11.5)	6.27 - 7.02	7.62 (13.2)	6.9 - 8.29
50-69 years	5.38 (8.8)	5.04 - 5.70	5.58 (9.1)	5.32 - 5.88	6.2 (10.1)	5.88 - 6.56
70+ years	3.96 (3.6)	3.26 - 4.50	4.24 (3.9)	3.97 - 4.5	4.35 (4.0)	3.93 - 4.83

n= prevalence of the UK adult population represented in 100,000 to one decimal point. 95% CI: bootstrapped 95% confidence intervals.

Table 3. Mean prevalence of chronic loneliness in the UK adult population across 2020-2022 by sex (male/ female)

Sex	2020		2021		2022	
	Mean (n)	95% CI	Mean (n)	95% CI	Mean (n)	95% CI
Male	5.20 (13.8)	4.80 - 5.60	5.75 (15.3)	5.50 - 6.00	6.33 (16.9)	5.83 - 6.92
Female	6.50 (18.0)	6.00 - 7.00	7.58 (21.0)	7.17 - 8.08	7.67 (21.3)	7.08 - 8.25

n= prevalence of the UK adult population represented in 100,000 to one decimal point.
95% CI: bootstrapped 95% confidence intervals.

Table 4. Mean prevalence of chronic loneliness in the UK adult population across 2020-2022 by ethnicity (White/ non-White)

Ethnic group	2020		2021		2022	
	Mean (n)	95% CI	Mean (n)	95% CI	Mean (n)	95% CI
White	7.67 (41.3)	7.08 - 8.25	6.33 (34.1)	6.08 - 6.58	7.00 (37.7)	6.67 - 7.33
Non-White	7.30 (8.1)	6.60 - 7.90	8.33 (9.3)	7.25 - 9.50	8.08 (9.0)	7.17 - 9.17

n= prevalence of the UK adult population represented in 100,000 to one decimal point.
95% CI: bootstrapped 95% confidence intervals.

Table 5. Mean prevalence of chronic loneliness in the UK adult population across 2020-2022 by presence/ absence of a mental and/or physical health diagnosis

Has a mental or physical health diagnosis?	2020		2021		2022	
	Mean	95% CI	Mean	95% CI	Mean	95% CI
Yes	10.20	9.20 - 11.10	11.08	10.75 - 11.42	11.17	10.58 - 11.83
No	2.90	2.60 - 3.20	3.17	2.83 - 3.50	3.25	2.92 - 3.58
Unsure/ prefer not to say	27.60	20.80 - 36.39	26.33	24.50 - 27.92	24.25	21.58 - 27.00

95% CI: bootstrapped 95% confidence intervals. Note: numbers of those with mental and physical health problems are not representative of those with physical and mental health difficulties across the country and so cannot be used to give estimates of population percentage/numbers in each group. Nevertheless, they show large significant differences within the OLS sample between those with and without a physical/mental health diagnosis and those who are unsure/prefer not to say.