

Resolution 2
Mississippi Nurses' Association
112th House of Delegates
Biloxi Convention Center
Biloxi, MS

Introduced by: **Deloris Slade, DNP, FNP-BC**
 Director of Council on Nursing Education, on behalf of the MNA
 Board of Directors

RESOLUTION: **Commit to Supporting Registered Nurses and Advanced Practice**
 Registered Nurses in Increasing Awareness of the Health Risks
 of Loneliness and Social Isolation

WHEREAS, the *Surgeon General's Advisory on Our Epidemic of Loneliness and Isolation* calls attention to the public health crisis of loneliness, isolation, and lack of connection in our country¹; and

WHEREAS, loneliness is the feeling of being alone, regardless of the amount of social contact, and social isolation is a lack of social connections and can lead to loneliness in some people, while others can feel lonely without being socially isolated²; and

WHEREAS, more than 1 in 3 adults aged 45 and older feel lonely in the United States and nearly 1 in 4 adults aged 65 and older are socially isolated³; and

WHEREAS, social isolation and loneliness have been linked to increased risk for heart disease and stroke; type 2 diabetes; depression and anxiety; addiction; suicidality and self-harm; dementia; and earlier death³; and

WHEREAS, social isolation increases the risk of dementia by 50%, heart disease by 29%, and stroke by 32%³; and

WHEREAS, loneliness costs the US economy an estimated \$406 billion a year, in addition to the estimated \$6.7 billion a year in Medicare costs for socially isolated older adults³; and

¹ Centers for Disease Control and Prevention. (2023). New Surgeon General Advisory Raises Alarm about the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States.

<https://www.hhs.gov/about/news/2023/05/03/new-surgeon-general-advisory-raises-alarm-about-devastating-impact-epidemic-loneliness-isolation-united-states.html>

² Centers for Disease Control and Prevention. (2021). *Loneliness and Social Isolation Linked to Serious Health Conditions*. <https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>

³ Centers for Disease Control and Prevention. (2023). *Health Risks of Social Isolation and Loneliness*. <https://www.cdc.gov/emotional-wellbeing/social-connectedness/loneliness.htm>

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WHEREAS, loneliness and social isolation are risk factors for several major health conditions (including heart disease, dementia, depression) as well as for premature death, healthcare providers are well-positioned to assess patients for risk of loneliness and intervene¹; and

WHEREAS, registered nurses and advanced practice registered nurses are committed to the promotion of health and safety issues for the public; and

WHEREAS, the purposes of the Mississippi Nurses' Association include working for the improvement of health standards⁴; and

WHEREAS, the functions of the Mississippi Nurses' Association include promoting, through appropriate means, standards of nursing practice, nursing education, and nursing service⁵.

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association commits to support registered nurses and advanced practice registered nurses in increasing awareness to patients and the public of the health risks of loneliness and social isolation.

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association commits to increasing awareness of the health risks of loneliness and social isolation, as appropriate, through articles published in the *MS RN*, information dissemination via electronic media, webinars, and continuing education events. Such efforts demonstrate nurse advocacy for the health of the citizens of the great state of Mississippi and beyond.

⁴ Mississippi Nurses Association (MNA), (2022), Bylaws: Article 1, Section 2.A. Madison, MS: Author. <https://www.msurses.org/wp-content/uploads/2022/10/MNA-Bylaws-Final-as-voted-on-at-2020-convention.pdf>

⁵ Mississippi Nurses Association (MNA). (2022). Bylaws: Article 1, Section 3.A. Madison, MS: Author. <https://www.msurses.org/wp-content/uploads/2022/10/MNA-Bylaws-Final-as-voted-on-at-2020-convention.pdf>