NORC at the University of Chicago

Spotlight on Health: 70 Percent of U.S. Adults Meet Some Criteria for Social Disconnection

April 2026 AmeriSpeak® Omnibus Survey

Funded and conducted by NORC at the University of Chicago
Interviews: April 16-19, 2026
1,009 adults 18 and older

Margin of sampling error: ± 4.0 percentage points at the 95% confidence level among all adults

NOTE: All results show percentages among all respondents, unless otherwise labeled.

Q1. Considering the people to whom you are related either by birth or marriage, how many of the following would you say you have?

NORC 4/16-19/2026	None	1	2	3-4	5-8	9 or more
Relatives you see or hear from at least once a month	64	69	158	335	248	135
Relatives you feel close to such that you could call on them for help	84	96	214	341	192	82
Relatives you feel at ease with you can talk about private matters	121	148	225	339	122	54

N = 1,009

Q2. Considering all of your friends including those who live in your neighborhood, how many of the following would you say you have?

NORC 4/16-19/2026	None	1	2	3-4	5-8	9 or more
Friends you see or hear from at least once a month	124	123	193	288	168	113
Friends you feel close to such that you could call on them for help	143	166	249	286	111	54
Friends you feel at ease with you can talk about private matters	174	172	248	294	78	43

N = 1,009

Q3. In the past 12 months, how often did you:

NORC 4/16-19/2026	Several times a week	Every week	About once a month	Several times a year	About once or twice a year	Less than once a year	Never
Do volunteer work for religious, charitable, political, health-related, or other organizations	46	73	65	79	83	89	574
Attend meetings of any organized group (Examples include: a choir, a committee or board, a support group, a sports or exercise group,	40	84	103	78	56	66	582

NORC 4/16-19/2026	Several times a week	Every week	About once a month	Several times a year	About once or twice a year	Less than once a year	Never
a hobby group, or a profession society)							
Get together socially with friends or relatives	86	230	259	204	75	29	126
Attend religious services	49	187	74	89	82	86	442
Post, engage, or comment with online groups or communities (Examples include: sub-Reddit, Facebook group, Pinterest Group Boards, Nextdoor groups)	143	98	96	95	75	55	447

N = 1,009

Q4. How often do you:

NORC 4/16-19/2026	Hardly ever (or never)	Some of the time	Often
Feel you lack companionship	553	335	121
Feel left out	581	318	110
Feel isolated from others	594	302	113

N = 1,009

MARITAL STATUS

	NORC 4/16-19/2026
Not currently married	496
Currently married	513
N =	*1,009*

HOUSEHOLD INCOME

	NORC 4/16-19/2026
Less than $30,000	169
$30,000 to under $60,000	234
$60,000 to under $100,000	252
$100,000 or more	354
N =	*1,009*

RACE AND ETHNICITY

	NORC 4/16-19/2026
White, non-Hispanic	601
Black, non-Hispanic	125
Hispanic	114
Other non-Hispanic	169
N =	*1,009*

AGE (CATEGORIES)

	NORC 4/16-19/2026
18-29	150
30-44	273
45-59	216
60+	370
N =	*1,009*

Study Methodology

This survey was funded and conducted by NORC. The data were collected using the AmeriSpeak® Omnibus, a bi-monthly multi-client survey using NORC's probability-based panel designed to be representative of the U.S. household population. The survey was part of a larger study that included questions about other topics not included in this report. During the initial recruitment phase of the panel, randomly selected U.S. households were sampled with a known, non-zero probability of selection from the NORC National Sample Frame and then contacted by U.S. mail, email, telephone, and field interviewers (face-to-face). The panel provides sample coverage of approximately 97 percent of the U.S. household population. Those excluded from the sample include people with P.O. Box-only addresses, some addresses not listed in the USPS Delivery Sequence File, and some newly constructed dwellings.

Interviews were conducted in English, online and by phone, between April 16-19, 2026, with adults ages 18 and older. Respondents were offered a small monetary incentive for completing the survey. Panel members were randomly drawn from AmeriSpeak; 1,009 adults completed the survey, including 950 online and 59 by phone. Panel members were invited by email or by phone from a NORC telephone interviewer.

Quality assurance checks were conducted to ensure data quality. In total, 74 interviews were removed for nonresponse to at least 50 percent of the questions asked of them, for completing the survey in less than one-third the median interview time for the full sample, or for straight-lining all grid questions asked of them. These interviews were excluded from the data file prior to weighting.

The margin of sampling error is ± 4.0 percentage points at the 95 percent confidence level. Sampling error is only one of many potential sources of error, and there may be other unmeasured error in this or any other survey.

Once the sample was selected and fielded, and all the study data were collected and made final, a poststratification process was used to adjust for any survey nonresponse as well as any noncoverage or under- and oversampling resulting from the study-specific sample design.

Poststratification variables included age, gender, census division, race/ethnicity, and education. Weighting variables were obtained from the 2025 Current Population Survey. The weighted data reflect the U.S. population of adults ages 18 and over.

Additional information on the AmeriSpeak Panel methodology is available at: https://amerispeak.norc.org/about-amerispeak/panel-design.html.

For more information, please contact info@norc.org.

About the NORC Spotlight on Health

NORC at the University of Chicago's Spotlight on Health is a series of quick-hitting national surveys on issues vital to health and well-being, conducted using AmeriSpeak's probability-based panels.

NORC's Social Connection Experience

Social connection describes the structure, function, and quality of people's relationships. Its absence, often measured as social isolation or experienced as loneliness, carries consequences for physical health, mental health, and mortality. NORC researchers have shaped how the field defines and measures social isolation and loneliness, and we lead studies that follow social relationships and health together over decades. We help federal agencies, foundations, health systems, and community organizations decide what to measure, collect high-quality data, and evaluate whether their programs work. Learn more: Social Connection Research.

About NORC at the University of Chicago

NORC at the University of Chicago conducts research and analysis that decision-makers trust. As a nonpartisan research organization and a pioneer in measuring and understanding the world, we have studied almost every aspect of the human experience and every major news event for more than eight decades. Today, we partner with government, corporate, and nonprofit clients around the world to provide the objectivity and expertise necessary to inform the critical decisions facing society.