

# Health equity and loneliness



**Mental illness**

**What do these populations have in common?**  
 ✓ Historically underserved ✓ Hard to reach ✓ Costly to ignore ✓ Propensity for loneliness

**Chronic condition**

**LGBTQIA**

**Dual eligible (HEI)**

**Low income (HEI)**

**Minority**

**Limited English**

**Disability (HEI)**

**Limited reading**

*In the US, Black and Hispanic adults, as well as people who earn less than \$50,000 per year, have higher rates of loneliness than do other demographic groups by at least 10 percentage points.*

*Midlife and older adults who identify as LGBTQ are more likely to be lonely (49%) compared to those who do not (35%).*

*People with disability were 1.5 to 1.9 times more likely to experience loneliness than people without disability.*

*Higher loneliness was associated poorer health literacy and health-related factors in young adults (<35 years old).*

*Increased loneliness was among the primary motivations reported for self-harm.*

**Reducing loneliness and addressing social health is key to meaningfully engaging these populations to drive quality outcomes.**

## ABOUT PYX HEALTH

Since 2017 | Female founded and led | 6 million covered lives | 80+ health plan partners in 30 states | HITRUST-certified

Pyx Health is a leading social health company on a mission to find, support and heal individuals struggling with loneliness. The Pyx Health platform uses peer mentors supercharged with AI and engaging healthtech to uncover and address a breadth of health-related social and physical needs impacting outcomes for at-risk payor populations. With our loneliness-first approach, our platform has demonstrated results in quality improvement, member engagement, and overall health outcomes.

Learn more at [PyxHealth.com](https://PyxHealth.com). Because no one gets better alone.™