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**Concurrent Resolution Fostering Social Connection
and Establishing Utah Community Health Day**

2025 GENERAL SESSION

STATE OF UTAH

Chief Sponsor: Brady Brammer

House Sponsor:

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LONG TITLE

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General Description:

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This resolution addresses the growing epidemics of loneliness and social isolation.

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Highlighted Provisions:

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This resolution:

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▸ recognizes loneliness and social isolation as critical, public health priorities;

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▸ urges individuals to prioritize building positive relationships and fostering social

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connection; and

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▸ establishes Utah Community Health Day.

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Money Appropriated in this Bill:

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None

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Other Special Clauses:

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None

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Be it resolved by the Legislature of the state of Utah, the Governor concurring therein:

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WHEREAS, the United States Surgeon General's Advisory of 2023 identifies loneliness and social isolation as urgent public health issues that significantly impact the well-being of individuals and society;

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WHEREAS, loneliness and social isolation are associated with increased risks of premature death, cardiovascular disease, depression, anxiety, and cognitive decline;

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WHEREAS, the increased risks of death, disease, depression, anxiety, and cognitive decline associated with loneliness and social isolation are comparable to the same increased risks associated with smoking 15 cigarettes per day;

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WHEREAS, social connection is a fundamental human need and essential for survival, health, and prosperity;

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WHEREAS, social connection is a key determinant of community resilience, economic prosperity, and civic engagement;

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30 WHEREAS, approximately 50% of adults in the United States report experiencing
31 loneliness, and younger adults, older adults, and marginalized communities are
32 disproportionately affected;

33 WHEREAS, among older adults, social isolation accounts for an estimated \$6.7 billion in
34 increased annual Medicare spending due to increased hospitalizations and nursing facility
35 costs;

36 WHEREAS, technology, while offering new means of connection, can also displace
37 in-person interactions and contribute to social isolation when used excessively or
38 inappropriately; and

39 WHEREAS, fostering a culture of social connection will mitigate these risks and promote
40 healthier, more engaged communities:

41 NOW, THEREFORE, BE IT RESOLVED that the Legislature of the state of Utah, the
42 Governor concurring therein, affirms the importance of addressing loneliness and social
43 isolation as critical, public health priorities and commits to promoting policies and programs
44 that strengthen social connection.

45 BE IT FURTHER RESOLVED that the Legislature of the state of Utah, the Governor
46 concurring therein, urges individuals and families to prioritize building positive relationships
47 and fostering social connection through simple actions, such as sharing a meal, volunteering,
48 or sponsoring or participating in local neighborhood and community gatherings.

49 BE IT FURTHER RESOLVED that the Legislature of the state of Utah, the Governor
50 concurring therein, designates the last Saturday of April as Utah Community Health Day, a
51 day dedicated to fostering social connection, reducing loneliness and social isolation, and
52 promoting overall well-being through community events, volunteer opportunities, and
53 neighborhood gatherings.