

*The Office of Diversity and Inclusion presents  
its brown bag lunch series*

# Diversity Dialogue

## "Social isolation."



- Join the Office of Diversity and Inclusion for its brown bag lunchtime discussion, "Social isolation.", on Thursday, March 27<sup>th</sup>, 2014 from 12-1pm. This month's discussion will be facilitated by Dr. John T. Cacioppo.
- Consider what we know about your chances of dying prematurely as a result of various conditions. Air pollution, for instance, represents about a 5% increase in odds that a person will die early, obesity represents about a 20% increase, and excessive alcohol consumption represents about a 30% increase in odds for premature mortality. A recent meta-analysis indicates that loneliness – the feeling of being socially isolated -- is associated with a 45% increase in the odds for dying prematurely. Moreover, experimental studies have shown that social isolation has deleterious physiological effects and shortens the lifespan of nonhuman social animals, as well. We now know the reasons for the deleterious effects of social isolation on social species, including humans.
- RSVP [here](#) or at 773. 834. 4017

### More Information:

- › March 27<sup>th</sup> , 2014 from 12:00-1:00 pm
- › J-103
- › RSVP [here](#)
- › Lunch will **not** be provided
- › **Diversity Dialogue** will be held every 4<sup>th</sup> Thursday of the month from 12:00-1:00 pm.
- › Bring a friend to the conversation

If you have any questions or to RSVP, please contact:

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