

# Loneliness in the EMR

## The Euregional Health Atlas

For several years, there has been a website with specific information on research for the benefit of projects in the Meuse-Rhine Euroregion (EMR). For Euprevent PROFILE, information on loneliness is available and can be found here:

[euregionalhealthatlas.eu](http://euregionalhealthatlas.eu).

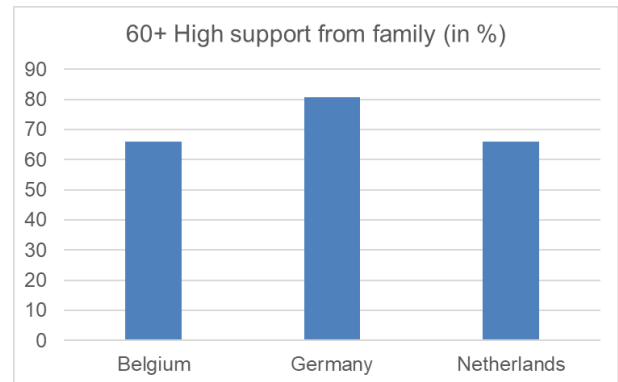


## Source and measurements

A previous Euregional project from 2020-2021, [Project euPrevent COVID-19](#), collected information on loneliness and issues related to loneliness. Besides a measure of loneliness this includes household size, perceived health, happiness and social support. The survey took place in 2021 in the Dutch region South Limburg, in the Belgian provinces of Limburg and Liège and in the German districts Städteregion Aachen, Düren and Heinsberg. A sample was drawn from the population and people received an invitation by post. Loneliness is measured with the 6-item De Jong Gierveld scale of loneliness. Social support is measured with Multidimensional Scale of Perceived social Support (MSPSS), household size is measured with a single question about the number of housemates.

## Results

On this page we show just a few results, more results can be found on the website. These three figures indicate several possible differences between the Dutch, German and Belgian part of the EMR.



Severe loneliness among elderly (60+) seems to be more prevalent in the Belgian part of the EMR than in Germany and the Netherlands.

In Germany, elderly experience more social support from family than in Belgium and the Netherlands. In the Netherlands, elderly are more likely to live alone.

