

City of Irvine – Social Connection

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Farrah N. Khan
Mayor

Social Connectedness

When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices and to have better mental and physical health outcomes.



MAYOR
Farrakhan Khan

Screen Free Challenge



MAYOR
Farrakhan Khan

SCREEN FREE CHALLENGE

SOCIAL CONNECTEDNESS
STARTS WITH YOU

- Improve confidence
- Engage with your community
- Discover new friendships
- Increase interpersonal relationships

Scan the QR Code
& Take the Challenge



U.S. Surgeon General Vivek Murthy



**“Loneliness is like hunger,
a signal we’re lacking
something for survival”**

Mental Health in OC

In 2023, an Orange County mental health organization made **16,412 Total Contacts** with residents needing mental health support.

Ages:

0-17: **483**

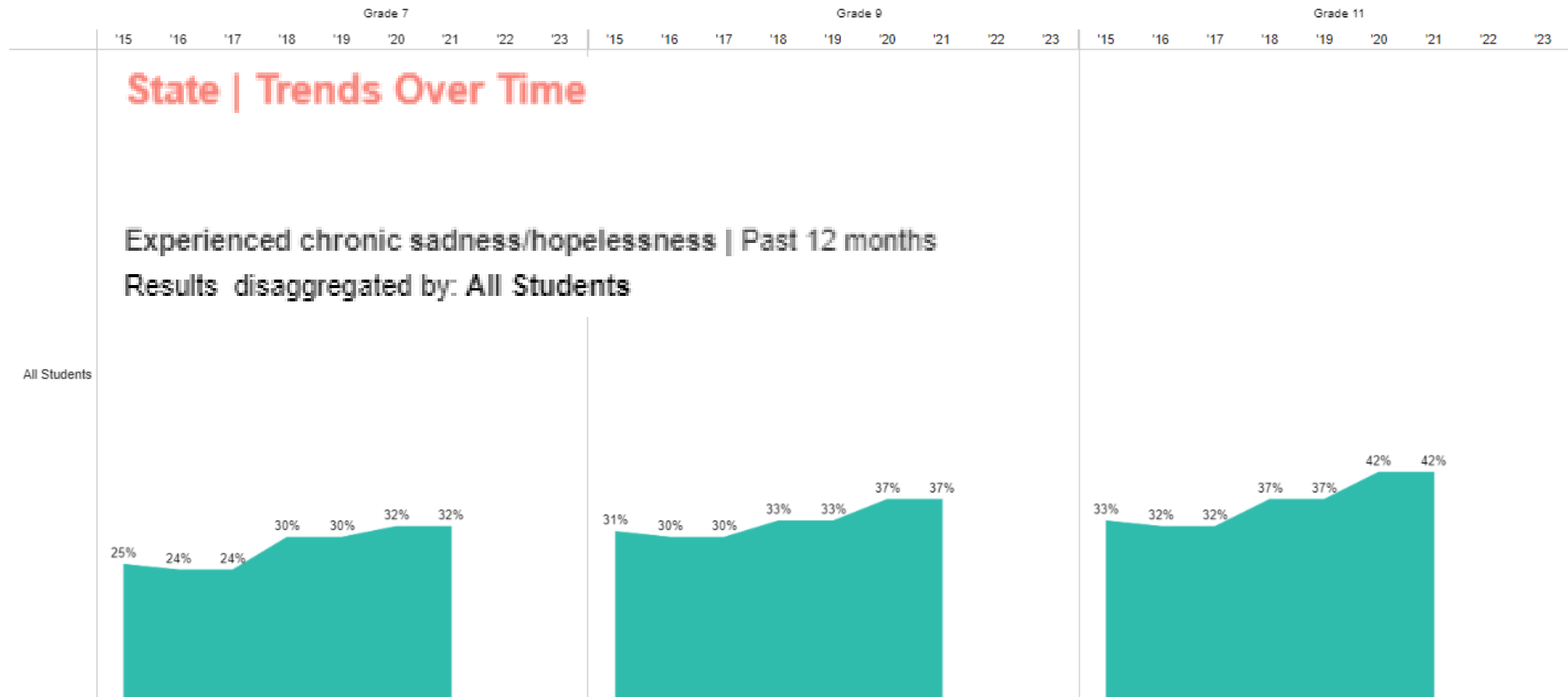
18-25: **909**

26-59: **11,222**

60+: **3,493**

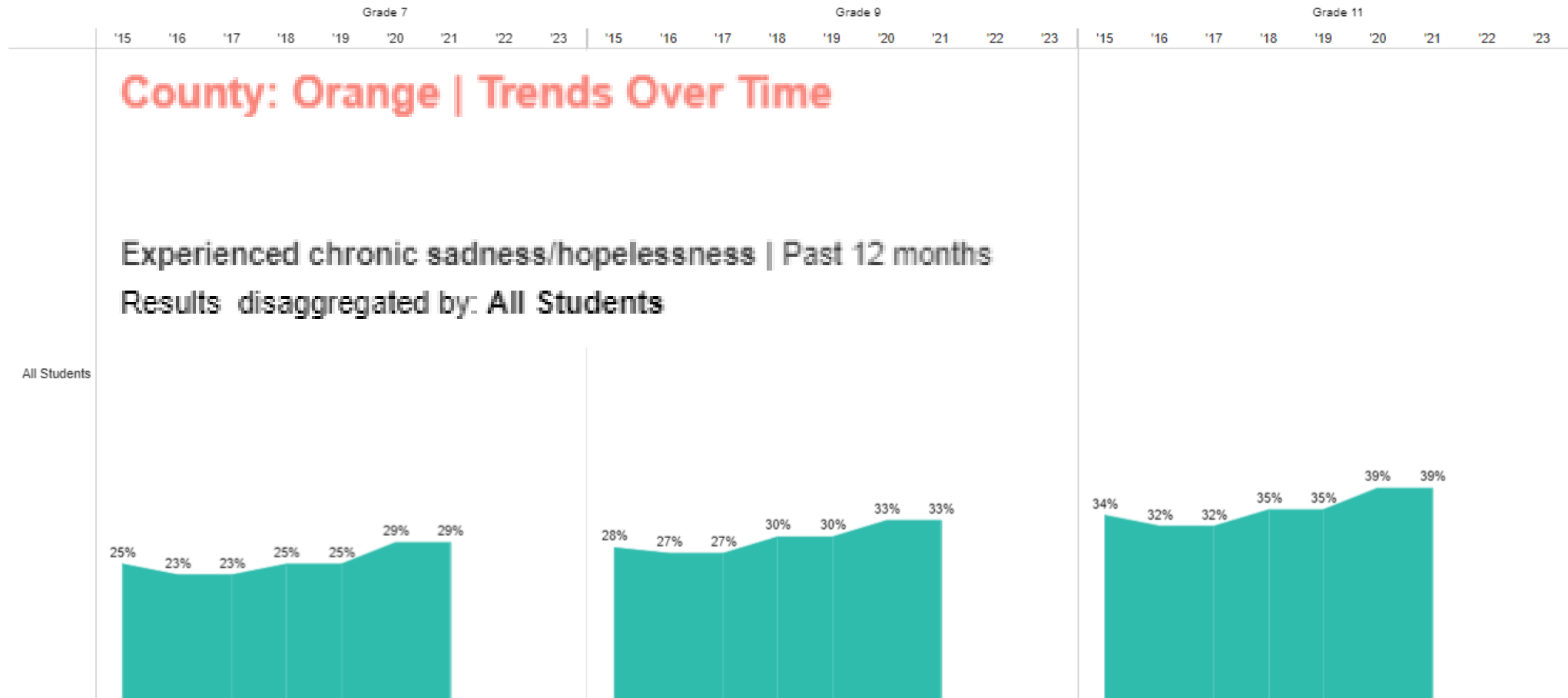
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California Healthy Kids Survey: CA State

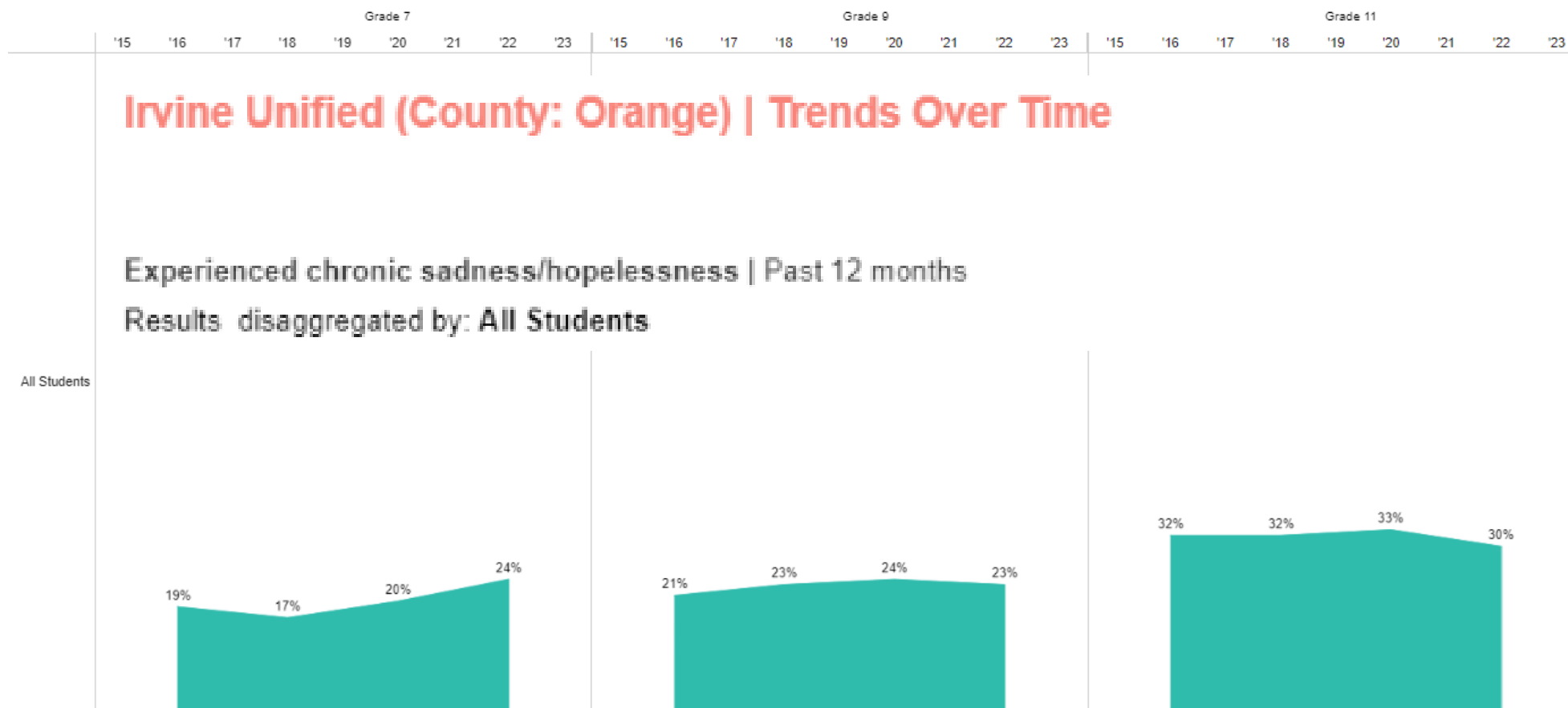


California Healthy Kids Survey: Orange County

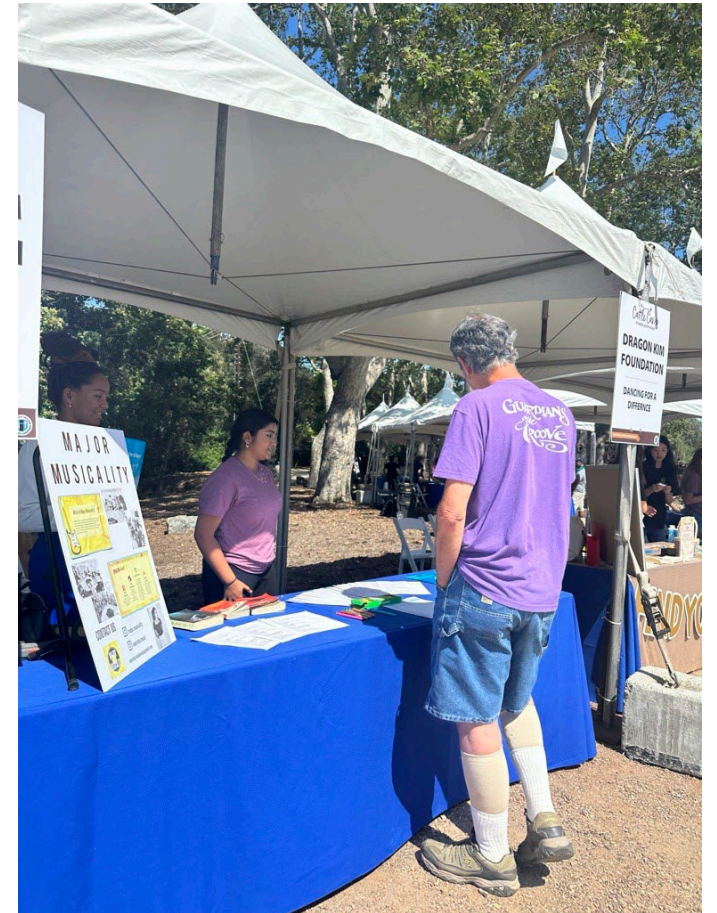
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California Healthy Kids Survey: Irvine Unified School District



Hike with the Mayor



Boba with the Mayor



Thank you!