



Professor Julianne Holt-Lunstad

Professor of Psychology and Neuroscience
Brigham Young University

Biography

Professor Julianne Holt-Lunstad is a Professor of Psychology and Neuroscience, and Director of the Social Connection & Health Lab at Brigham Young University. She is also the founding scientific chair and board member for the U.S. Foundation for Social Connection and the Global Initiative on Loneliness and Connection.

As a globally recognized expert on social connection and health, Professor Holt-Lunstad's research has been pivotal in identifying social isolation and loneliness as risk factors for early mortality. As the lead scientific editor for a U.S. Surgeon General's Advisory and National Strategy, and an advisor to the World Health Organization, she works towards translating evidence into practice and policy. She serves as a scientific advisor and consults for organizations across sectors. She has provided expert testimony in a U.S. Congressional Hearing, served on multiple National Academy of Sciences consensus committees, the UK Cross-departmental Loneliness Team, and a subject matter expert for the Gravity Project, European Commission's Joint Research Centre (EU JRC), United Nations (UN), Organisation for Economic Co-operation and Development (OECD), and Centers for Disease Control and Prevention (CDC). She has garnered numerous professional accolades, and actively contributes to communicating the science to raise awareness including a TEDx Talk. Professor Holt-Lunstad is regularly highlighted in major media outlets such as the *New York Times*, *Washington Post*, Cable News Network (CNN), British Broadcasting Corporation (BBC), *Scientific American*, and many more.