

## **AFLDS policy statement on the harmful health effects of lockdowns.** **STOP LOCKDOWNS**

Lockdowns are not effective, as seen by many scientific studies, common sense, and worldwide observation. Locking down entire communities was never before done in all of recorded human history, but it swept the globe in 2020. In addition to not stopping the transmission of a tiny respiratory virus that fortunately does not permanently harm the vast majority of people, lockdowns cause insurmountable negative health effects. These range from the worsening of chronic stable conditions, to missing new serious diagnoses, to missing necessary treatments, and very often death. And where lack of medical care and social isolation intersect, the tragedy of addiction, substance abuse, depression, trauma, and crime repeats itself in ever escalating numbers. The death and illness due to lockdowns is exponentially higher than deaths due to Covid-19. This is all the more tragic because most Covid19 deaths are at or after the average life expectancy but most of the death and illness due to lockdowns is in younger persons.

### **ECONOMIC DAMAGE**

1. February-April **unemployment** increased by 12% women and 10% men  
<https://www.bls.gov/charts/employment-situation/civilian-unemployment-rate.htm>
2. In March 39% of people living with a household **income of ≤ \$40,000** lost their job  
<https://www.federalreserve.gov/publications/files/2019-report-economic-well-being-us-households-202005.pdf>
3. 40% **restaurants** expect to be out of business by March 2021  
<https://www.qsrmagazine.com/consumer-trends/only-45-percent-restaurants-are-confident-theyll-last-year> and 75% independent restaurants have new debt >\$50,000  
<https://www.fsrmagazine.com/finance/some-independent-restaurants-arent-sure-theyll-make-it-november>
4. The **long-term unemployed**, defined as those out of work for 27 weeks or more, hit its highest-ever month-to-month increase last summer.  
<https://www.nelp.org/blog/unemployment-payments-running-millions-even-long-term-unemployment-surges/>

### **HEALTHCARE**

1. **Emergency** visits declined 42% from 2.1 million to 1.2 million/week CDC  
<https://www.cdc.gov/mmwr/volumes/69/wr/mm6923e1.htm>
2. **Chemotherapy** admissions down 45-66% and urgent cancer referrals 70-89% decrease  
[https://www.researchgate.net/publication/340984562\\_Estimating\\_excess\\_mortality\\_in\\_people\\_with\\_cancer\\_and\\_multimorbidity\\_in\\_the\\_COVID-19\\_emergency](https://www.researchgate.net/publication/340984562_Estimating_excess_mortality_in_people_with_cancer_and_multimorbidity_in_the_COVID-19_emergency)
3. 38% decrease in serious **heart attack** treatments in the USA  
<https://www.jacc.org/doi/pdf/10.1016/j.jacc.2020.04.011>

4. 40% nationwide decrease in **stroke cases**.

[https://www.medscape.com/viewarticle/930374?src=wnl\\_edit\\_tpal&uac=75658DK&impID=2380219&faf=1](https://www.medscape.com/viewarticle/930374?src=wnl_edit_tpal&uac=75658DK&impID=2380219&faf=1)

5. 51.8% drop in **breast cancer** diagnosis vs. 2018

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2768946>

6. **Hospital** financial losses \$323.1 billion in 2020

<https://revcycleintelligence.com/news/aha-projects-323b-in-covid-19-hospital-financial-losses-in-2020>

## **MENTAL HEALTH**

1. More than 40 states report increase in **opioid overdose**

<https://www.ama-assn.org/system/files/2020-11/issue-brief-increases-in-opioid-related-overdose.pdf>

2. 13% more people using **drugs**

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>

3. In New York, google searches for “**anxiety, panic attack, insomnia**” increased about 20% <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2771502>

4. More than twice as many **suicide thoughts** (10.7% vs. 4.2%) and age 18-24, 25.5%, three times higher **anxiety**, and four times higher rates of **depression**.

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>

## **CHILDREN/YOUTH**

1. Decrease in **life expectancy** by 5.53 million years of life due to COVID school closures

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/10.1001/jamanetworkopen.2020.28786>

2. Decrease in overall **life options/choices** (>30,000 internships were lost 52%) March 9-April 13 <https://www.glassdoor.com/research/internship-hiring-coronavirus/>

3. Rate of **food insecurity** (2018-2020) has doubled from 14% to 32% for households with children

[https://www.brookings.edu/research/ten-facts-about-covid-19-and-the-u-s-economy/#:~:text=The%20COVID%2D19%20crisis%20also,\(U.S.%20Census%20Bureau%202020a\).](https://www.brookings.edu/research/ten-facts-about-covid-19-and-the-u-s-economy/#:~:text=The%20COVID%2D19%20crisis%20also,(U.S.%20Census%20Bureau%202020a).)

4. Emergency visits for **mental health** for age 5-11 increased 24% and 12-17 increased 31%, year over year

[https://www.cdc.gov/mmwr/volumes/69/wr/mm6945a3.htm?s\\_cid=mm6945a3\\_w](https://www.cdc.gov/mmwr/volumes/69/wr/mm6945a3.htm?s_cid=mm6945a3_w)

## **HOMICIDE**

1. January-June 2020: **murder and manslaughter** increased nearly 15%, **arson** increased nearly 20% (and more than 50% in dense cities)

<https://www.fbi.gov/news/pressrel/press-releases/overview-of-preliminary-uniform-crime-report-january-june-2020>

2. June-August 2020 **homicides** increased 53% compared to 2019

<https://covid19.counciloncj.org/2020/09/26/impact-report-covid-19-and-crime/>