

## Public Lecture Abstract and Bio

### *“The Power of Social Connection”* – Dr Ellen Fallows

Tuesday 3<sup>rd</sup> June 2026

International Conference on Social Identity and Health (ICSIH) 7, 23<sup>rd</sup> – 26<sup>th</sup> June 2026,  
Exeter UK

#### **Abstract**

Is having a “beer with mates” better for your health than drinking alone? Is being married good for you? Are we all getting lonelier? Will doctors of the future offer appointments in groups? Should the NHS prescribe social connection? What does AI and social media use mean for human relationships?

Dr Fallows is a GP and Lifestyle Medicine expert who will explain the power of social connection in health. She will reveal some surprising facts about how our relationships shape our health more than we might imagine. She’s seen over 500 patients in group clinics and delved into the science behind why social connection is more important than we think and often the missing link in some illnesses. As a fellow of the British Society of Lifestyle Medicine she’s written courses, edited a textbook and taught clinicians of all backgrounds the science and practice of Lifestyle Medicine which emphasizes the role of social connection as one of the core pillars of healthy living.

#### **Bio**



Dr Fallows is an obesity and lifestyle medicine expert working as an NHS GP where she has led group consultations to support remission of chronic diseases.

She is passionate about driving healthcare change and bringing medicine back to the root causes of ill health in the consulting room; to focus on real people’s lives and what matters to them. She is medical director of Liva's "NHS Paths to Remission Programme" which supports people to achieve medication free remission of Type-2 diabetes through weight loss and lifestyle changes. She is a Fellow of the British Society of Lifestyle Medicine ([www.bsllm.org.uk](http://www.bsllm.org.uk)) where she was Vice-President and Trustee and set up their Learning Academy, writing the first foundation course. She teaches

Lifestyle Medicine at Oxford University and has edited one of the [first textbooks of Lifestyle Medicine](#). As a thought-leader she has opinion pieces published in both the Lancet and BMJ on obesity.