

An Abbreviated People's History of Social Health in the Modern United States.

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A short list of major social, cultural, mental health, medical health, and environmental events by decade since 1950 that had a significant impact on the lives of everyday Americans.

#1 - 1950s - Post-World War II increasingly populations become urbanized with work, school, and recreation indoors reducing blue-light and sunlight exposure required for brain circadian rhythm clocking required for quality sleep (sleep necessary for health, mental focus, and impulse control).
1953 London Transport Worker (bus driver vs conductor/ticket-taker) Study shows impact of sitting and lack of movement for lifespan.
1955 Ritalin introduced.

#2 - 1960s - Music begins to get faster with repeating and catchy melodies. Rock N Roll music explodes likely as it helps brain "clocking" impacted by increased indoor work. Cigarette (stimulant) use also explodes.
1960 Birth control becomes mainstream (The Pill).
1962 Cassette tape released.
1962 *Silent Spring* published, blowback against technology and modernization after pollution, agent Orange, PTSD, Thalidomide, hippie movement.
1968 LSD made illegal.
1969 Woodstock Concert.
1969 California passes no fault divorce law.

#3 - 1970s - Women increasingly join the workforce. Kids are going to daycare increasingly inside. Television becomes prevalent day and night. Music again becomes faster and happier. Social unrest from Vietnam war, lack of faith in government after the Watergate Scandal, and lack of sunlight from even more work inside possibly leads to disco music popularity.
1973 High fructose corn syrup is introduced into American and global diet. Soda sales spike as do waist sizes.
1973 Roe vs Wade.
1977 Star Wars released – claims of ADHD in children from newer fast-editing techniques, also in cartoons.

#4 - 1980s – Boom in cable TV, high fructose corn syrup products, and video games leading to non-stop indoor activity. Poor diet, lack of sunlight, weight gain (often from lack of outside activity and diet of high fructose corn syrup) and decrease in cigarette use (health damage becomes understood including lung cancer, early death, emphysema risk), increase work hours from increased competition and stagnating wage growth, and a culture of idealization of wealth, lead to depression and stress. Divorce rates peak. Stress (e.g. Billy Joel's song *Pressure*) becomes understood as a real medical condition. Antidepressants enter United States market as does cocaine and caffeine drinks. Disco fades, stimulants become solution to sleep issues and workaholic lack of energy. Finance/Investment industry incentivization breaks historical social contracts as "best and brightest" can retire young and wealthy.
1980 Blowback against nuclear energy from Three Mile Island event.
1980 Morning after pill released.
1980 Body-building booms and steroid abuse soars; studies reveal men more preoccupied with their appearance than women.
1981 AIDS/HIV clinically reported – becomes global pandemic and crashes sex revolution.
1982 Compact Disk (CD) released.
1983 Mobile (cellular) phone commercial version released.

1984 Seasonal Affective Disorder (S.A.D.) recognized.
1984 Crack cocaine introduced.
1985 Wellbutrin/Bupropion enters market.
1986 Prozac/ Fluoxetine enters market.

#5- 1990s - Cocaine fades mainly from social stigma and law enforcement. Trance music explodes globally (major fanbase in dark England and Holland) as does Starbucks coffee - likely as stimulants to assist brain clocking. Melatonin (an actual powerful chemical human hormone to promote sleep) becomes over the counter. Internet boom again keeps people inside more as does increase in urbanization. Escapist drugs like ecstasy flourish. Stress, anxiety, broken families, income inequality, depression, lack of opportunity all lead to a sense of existential anger creating rebellious music forms of grunge and "gangster rap." Addiction begins to be understood more as a medical versus criminal problem in society. Wealth and income inequality increases.
1990 Sick building syndrome proposed.
1990 Hygiene Hypothesis proposed as explanation for spike in allergies and immune system issues.
1990 Internet www domain becomes public.
1991 Zoloft/Sertraline enters market.
1991 Gulf War Syndrome.
1991 Gun violence homicide up 154 percent in African American youth males; CDC declares epidemic.
1992 Paxil/Paroxetine enters market.
1992 *The End of History and the Last Man* released (prematurely).
1995 *Trust: The Social Virtues and the Creation of Prosperity* published.
1995 MP3 format released.
1995 DVD released.
1995 OxyContin released.
1996 LGBTQ coined.
1996 Adderall first introduced.
1996 World Health Assembly declares that "violence is a leading worldwide public health problem."
1997 FBI Carnivore and NSA surveillance spikes testing Constitutional liberties akin to Orwell's book *1984*.
1998 Viagra introduced.
1998 Modafinil/Provigil introduced.
1998 Google incorporated.
1998 California bans smoking.
1998 Rohypnol modified after abuse leading to date rape.

#6 - 2000s - Additional meds expand into the market including ADHD meds like Adderall and Modafinil as max strength stimulants. Anxiety and stress related conditions soar and pain killer abuse soars. Advent of more mellow music increases (hip hop) etc... Melatonin (an actual powerful chemical human hormone) becomes over-the-counter. Exercise understood as best anti-depressant. Princeton study of rats in swim lane testing indicates most addicting substances are likely fructose and nicotine (both legal).
2000 Concerta (extended release Ritalin) introduced.
2000 Gates Foundation formed targeting malaria, birth control, global toilet improvement, clean water, elimination of extreme poverty.
2001 Health effects arising from the September 11 attacks.
2001 iPod released.
2002 Generic Adderall Immediate Release formulation enters the market.
2004 All US states at .08% blood alcohol DUI.
2005 YouTube incorporated.
2005 Facebook incorporated.
2005 Online dating becomes mainstream.
2007 iPhone released.
2008 Impacts from challenges with complex systems (fidelity problem): US Air Force nukes, Enron, Financial crisis mortgage-backed derivatives total 45 trillion.
2008 Viagra use peaks.

#7 - 2010s - Physical education is cancelled in many schools, workers are "always on", smartphones and LED screens with blue-light begin to impact millions of humans and animals impacting sleep. Amazon's Kindle pad computer is found to have an extremely bright backlight causing significant sleep disturbances. "f.lux" software introduced to reduce sleep disruption. Deaths from Propofol and Fentanyl as drug overload and "sleep fix". ADHD diagnoses correctly increase. Chronic stress is identified as major cause of many illnesses. Major papers released showing that "sitting kills." AMA modifies and re-ranks factors for a quality life to be: 1) reduce stress, 2) get quality and enough sleep, 3) exercise at least 3 times a week, 4) do not smoke, 5) eat a balance and varied diet. Global analysis on real cause of happiness shows Mexico as #1 nation topping Denmark. Analysis shows it is due to increased exposure to extended families that often live together or nearby. XL sized clothing on Amazon.com from 2000 is now Medium size. Studies show males having children later in life have lower quality DNA.

2010 Nature and significance of epigenetics becomes understood.

2010 iPad released.

2012 Washington state and Colorado legalize marijuana sale.

2013 US incarceration rates spikes leading world; 2016 7% of US population in jail.

#8 - 2018 - Increasingly papers identify need for sunlight, nature (major National Geographic edition *This is your Brain on Nature*), vitamin D, sleep, and less stress. Major paper suggests sunlight reduces blood pressure urging millions to go back into sunlight and skip sunscreen especially in higher latitudes. Supercomputer meta data analysis leads AMA to warn that loneliness appears be a greater factor in early death more so than a pack of cigarettes a day. Research indicates that "living wage" programs reduce health related issues costing billions from excess stress. Inflammation in body becomes identified as major root cause of tremendous list of illnesses due to chronic stress, poor sleep and sugar. LED bulbs are pulled from many markets due to health concerns. Jetliners begin to tune blue-light to adjust circadian rhythms for destination location. For the first time, 50% of women in every nation in Europe plan on never having children. Major data analysis by UN shows that the Malthusian Crisis of global overpopulation will very likely not occur as growth rates of every continent, including finally Africa, show negative growth rate. Globally women realize that more than one child becomes an expensive risk with additional years of education needed to avoid poverty. George Orwell prediction in *1984* becomes increasingly likely from data indicating a global segmentation of society into a wealthy class that can afford a family, poor class that has children but zero chance of class mobility, and a middle class that does not have families or relationships but works non-stop. First ever paper showing a significant decrease in youth dating and socialization. Middle America has opioid crisis with societal and mental health factors of dignity, poverty, loneliness, and depression as major causes. Exercise observed to ward off dementia and possibly Alzheimer's. Testosterone supplementation booms for older men. Facebook super-computing meta data analysis can predict relationship breakups months before from word count and dialog lengths. Generational scale challenges begin to show large-scale impact spotlighting human inability to handle long-term challenges: climate change (particularly storm strength and wildfires), chemicals and pesticides, plastic and microplastic and ocean pollution, nuclear waste.

2012 Pesticides believed cause of major insect die off including bees.

2012 Harvard blind-study paper shows women are across the board better leaders than men.

2015 Same-sex marriage legalized.

2015 Female Viagra Addyi introduced.

2016 Twin astronaut study results in near immobilizing pain from extended time in orbit; long term lack of gravity devastates human body complicating space dreams.

2018 For-profit prison industry flourishes leading to Supreme Court intervention, 8.41% of prisoners in the United States were housed in private prisons.

2018 French national football (soccer) team wins World Cup with multicultural, multi-ethnic squad symbolizing benefits of globalization/integration/race relations.