



**ARTS**  
get a dose.

# BEING WELL

- People who attend theatre/dance and pop or classical concerts are more likely to report good health and quality of life, even after adjusting for other factors. (Nenonen et al. 2014)
- People who attend concert, theatre or film are significantly healthier, have lower anxiety and are less subject to depression. (Cuypers et al. 2011)
- Attendance at cultural events was found to significantly reduce diastolic blood pressure in participants. (Konlaan et al. 2000)
- Singing improves mood and cognitive stimulation. (Clift and Hancox. 2010)
- People who engage in the arts for two or more hours/week report significantly better mental well-being. (Davies et al. 2016)

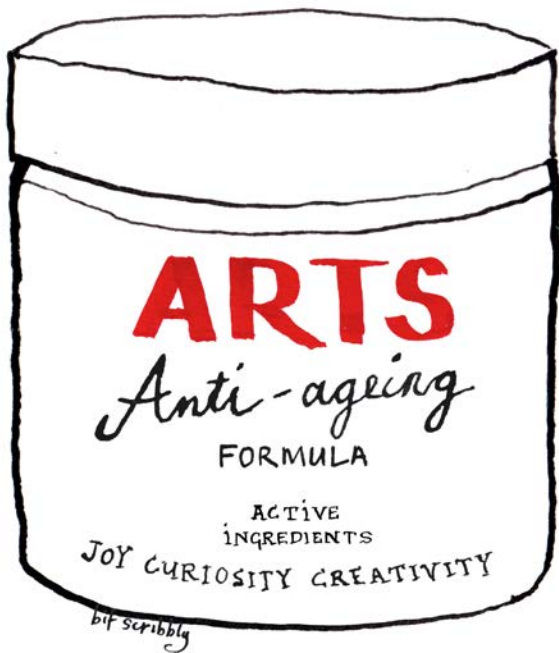
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# AGEING WELL

- Singing increases energy, joy and elatedness. Singing increases the level of oxytocin, also known as the “love hormone.” (Grape et al. 2003)
- Attending cultural events is linked with longevity. People who rarely attend such events run a nearly 60% higher mortality risk than those attending most often. (Bygren et al. 1996)
- Singing in a choir improves the health of older adults and reduces doctor visits. (Cohen et al, 2006)
- Dancing provides emotional benefit, increases self-esteem and builds coping strategies. (Murcia et al. 2010)
- Avid readers live almost two years longer than those who don't read. (Bavishi. 2016)

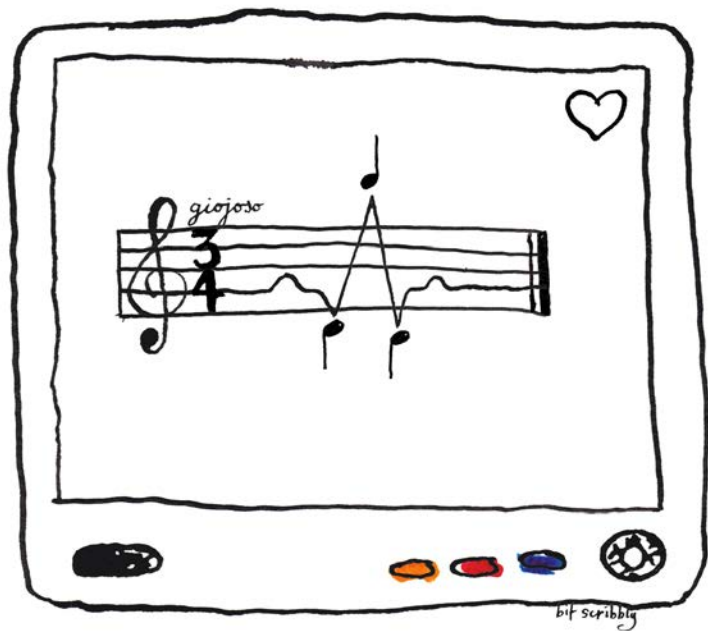
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**ARTS**

*speeds up  
recovery*

# BETTER HEALTHCARE

- Listening to music after a surgery reduces postoperative pain. (Theorell et al. 2013)
- Listening to favourite tunes and stories can significantly decrease post-surgical pain in children undergoing major surgeries. (Suresh et al. 2015)
- Vital signs, stress, anxiety and blood pressure are improved when music or visual arts are used in hospital environments. (Royal Society of Public Health. 2013)
- The benefits of dance for people with Parkinson's disease is 'multi-layered' and provided stimulation – not just physical, but emotional, intellectual and social. (Houston and McGill. 2013)

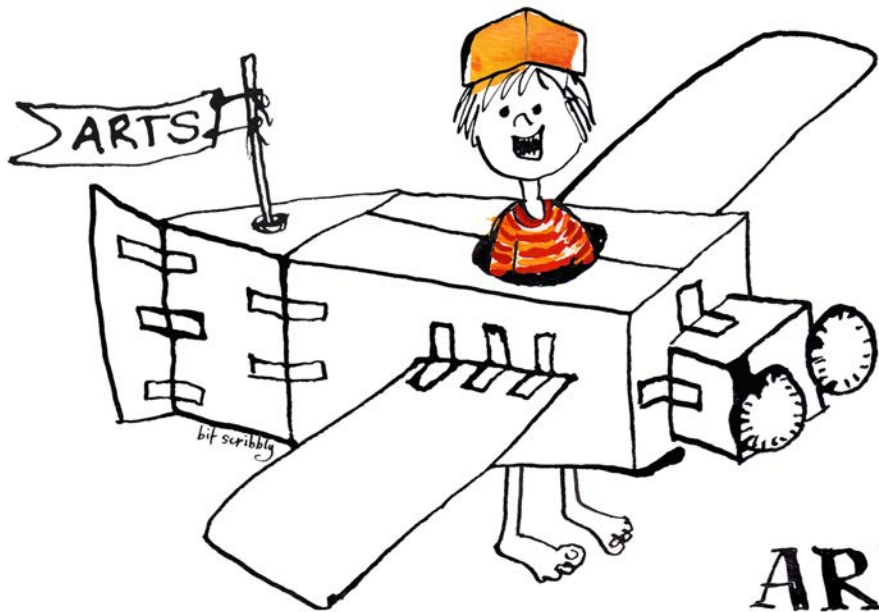
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**ARTS**  
makes children fly\*

\*metaphorically speaking

# CHEERFUL CHILDREN

- Low-income students who are involved in arts activities have higher academic achievement. (Catteral. 2012)
- The arts build resilience and self-esteem in young people. (Canadian Council on Social Development. 2001)
- The arts help in the successful transition to adulthood and the development of in-demand job skills. (Fiske. 1999)
- Music and arts based programs bridges the gap in school achievement and improves grades in English, Mathematics, Science and Technology for children in disadvantaged and high need communities. (Vaughan et al. 2011)
- Music and arts based programs reduce depression and improves social and emotional wellbeing and resilience for children in disadvantaged and high need communities. (Murfee. 1995)

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# HAPPY NEIGHBOURHOODS

- People who attend live music are almost twice as likely to have stronger sense of belonging to their city or town compared to those who don't attend.

(Community Foundations of Canada. 2016)

- Arts and heritage experiences makes residents feel part of their local community.

(Environics Research. 2017)

- Arts experiences help bring people from diverse backgrounds together as a community. (Nanos Research. 2017)

- Participation in the arts, predicts civic engagement, tolerance and altruism.

(University of Illinois at Chicago. 2012)

- Arts and culture based activity addresses broader social concerns beyond local belonging or identity, including the integration of migrants, impacts of gentrification, the restructuring of rural economies, or a fear of constant change and insecurity. (Mulligan et al. 2006)

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