

# British Stats A4MH

## Arts in Health and Care Environments

This includes hospitals, GP Surgeries, hospices and care homes.

A mental health recovery centre co-designed by service users in Wales is estimated to save the NHS

3,000 **Pound** = 5,115.13 (CDN Dollar) per year

Visual and performing arts in healthcare environments help to reduce sickness, anxiety and stress.

The heart rate of new-born babies is calmed by the playing of lullabies. The use of live music in neonatal intensive care leads to considerably reduced hospital stays

## Participatory Arts Programmes

This refers to individual and group arts activities intended to improve and maintain health and wellbeing in health and social care settings and community locations.

After engaging with the arts 79% of people in deprived communities in London ate more healthy

77% engaged in more physical activity

82% enjoyed greater wellbeing

1 **Pound** = 1.70 (CDN Dollar) spent on early care and education has been calculated to save up to 13 **Pound** = 22.35 (CDN Dollar) in future care costs.

Participatory arts activities with children improve their cognitive, linguistic, social and emotional development and enhance school readiness.

Over the past two centuries, life expectancy has increased by two years every decade, meaning that half of people being born in the West can expect to reach 100. Arts participation is a vital part of healthy aging.

Participatory arts activities help to alleviate anxiety, depression and stress both within and outside of work.

## Art Therapies

This refers to drama, music and visual arts activities offered to individuals, usually in clinical settings, by any of 3,600 practitioners accredited by the Health and Care Professions Council.

Music Therapy reduces agitation and need for medication in 67% of people with dementia

Arts therapies help people to recover from brain injury and diminish the physical and emotional suffering of cancer patients and reduce the side effects of their treatment.

Arts therapies have been found to alleviate anxiety, depression and stress while increasing resilience and wellbeing.

### Arts on Prescription

Part of social prescribing, this involves people experiencing psychological or physical distress being referred (or referring themselves) to engage with the arts in the community (including galleries, museums and libraries).

An arts-on-prescription project has shown a 37% drop in the GP consultation rates and a 27% reduction in hospital admissions. This represents a saving of 216 **Pounds** = (CDN Dollar) per patient/per year

A positive social return on investment of between 4 Pounds and 11 Pounds has been calculated for every 1 Pound invested in arts on prescription.

### Medical Training and Medical Humanities

This refers to inclusion of the arts in the formation and professional development of health and social care professionals.

**Within the NHS**, some 10 million working days are lost to sick leave every year, costing 2.4 billion Pounds

Arts engagement helps health and care staff to improve their own health and wellbeing **and** that of their patients.

### Everyday Creativity

This might be drawing, painting, pottery, sculpture, music-or-film-making, singing or handcrafts.

There are more than 49,000 amateur arts groups in England, involving 9.4 million people that is 17% of the population.

### Attendance at Cultural Venues and Events

This refers to attendance at concert halls, galleries, heritage sites, libraries, museums and theatres.

Attendance tends to be determined by educational level, prosperity and ethnicity.

Cultural engagement reduces work-related stress and leads to longer, happier lives.

Of 2,500 museums and galleries in the UK, some 600 have programmes targeting health and wellbeing.

### The Built and Natural Environments

Poor-quality built environments have a damaging effect upon health and wellbeing.

85% of people in England agree that the quality of the built environment influences the way they feel.

Every 1 **Pound** = 1.70 (CDN Dollar) spent on maintaining parks has been seen to generate 34 **Pounds** = 58.43 (CDN Dollar) in community benefits.