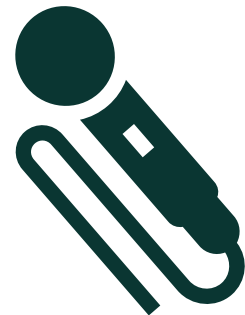


Creative Health at a Glance

Spotlight on: Chronic Respiratory Disease

Singing support for COPD and asthma has led to a **23% decline in A&E** admissions and a **21% decline in GP** appointments, six months after referral (15).



Expressive writing for adults with moderate asthma **improves lung function by 14%**, due to reductions in physiological stress (24).

Music therapy lessens paediatric patients' asthma symptoms, and improves **medication compliance, pulmonary function,** and **quality of life** (25).



Dance-based exercise for COPD improves 'postural **stability and balance** scores, **pulmonary function,** and peripheral **muscle strength**' (26).