

Creative Health at a Glance

Spotlight on: Cardiovascular 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).