

Creative Health at a Glance

Spotlight on: Frailty and Falls Prevention

‘Fall-related fractures cost the health and social care system £4.4 billion per year.’ By mixing dance with physiotherapy, **falls are reduced by 58%** (32).



Longitudinal cohort data shows that ‘cultural engagement is associated with a **reduced risk of becoming frail** and a **slower progression of frailty** over time’ (16, 33).

‘Music listening has been associated with a **decreased risk of falls** in older hospital patients’ (16, 34).

