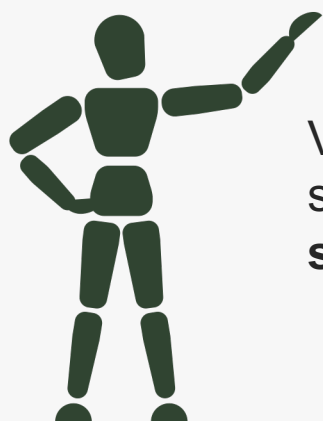


Creative Health at a Glance

Spotlight on: Hypertension

Dance therapy **reduces the systolic/diastolic pressure** of people with high blood pressure (6).



Viewing figurative art in a museum setting has been indicated to **decrease systolic blood pressure** (7).

British Heart Foundation encourage blood pressure checks in unconventional spaces, to aid **hypertension case finding** (8). Community/ arts centres are great locations for this.

