

# Creative Health at a Glance

## Spotlight on: Cardiovascular Disease

Studies note a **40% reduction in GP appointments** from patients using a social prescribing service which focuses on CVD risk and mental health (20).



**£157 million is saved** annually, thanks to how movement and dance reduce the risk of developing Type 2 diabetes (1).

People who dance also have a **46% lower risk of cardiovascular death** (21).

Longitudinal data shows ‘those with low social and cultural participation have an increased **risk of coronary heart disease**’ (16, 22).



Drama performance and/or singing interventions have been shown to have a positive effect on the **development of new neural pathways** following a stroke (15, 23).