



Evidence for the Arts Strengthening Health Outcomes

State arts agencies are primed to be leaders of a paradigm shift in health care that embraces the arts as a pathway to healthier individuals and communities. A growing body of research demonstrates that the arts offer innovative solutions to existing and new health challenges.

How Arts Participation Transforms Health

75%

of preventable deaths

Noncommunicable diseases account for 75% of preventable deaths globally. [Dance improves cardiovascular health and Parkinson's symptoms.](#)

59%

higher social support

School based arts engagement is associated with 59% higher odds of [strong social support.](#)

48%

lower depression risk

Regular arts engagement [reduces depression](#) risk in older adults by 48%.

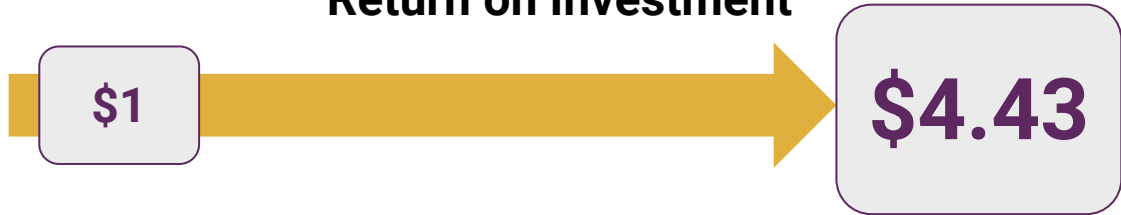
**Supporting
veterans**

Creative art therapies [reduce symptoms](#) of traumatic brain injuries, chronic pain and PTSD, while strengthening resilience and family bonds.

Investing in Arts = Investing in Health

Arts based health interventions deliver measurable returns.

Return on Investment



Every dollar invested in arts based prescription programs returns \$4.43 to society through improved well-being and reduced health care costs.

Health Care Cost Savings

Isolation Costs

\$6.7B:

Annual excess Medicare spending from isolation's physical side effects. The arts offer a supportive solution.

Pain Management Costs

\$800B:

Annual U.S. health care spending on pain management. Music therapy eases pain and reduces the need for medications.

State Arts Agencies: Leading the Way

State arts agencies are uniquely positioned to implement arts and health partnerships. Evidence based programming improves community health outcomes.

Contact NASAA to learn more about arts and health initiatives.