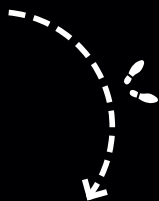


# DANCE TO HEALTH:

THE EFFECTIVE  
FALLS PREVENTION  
PROGRAMME



THE FALLS PROBLEM

Older people's falls is one of the most overlooked health issues facing the UK.

Globally, falls are the second-most common cause of death by injury.



1 in 3 people over 65 will have a fall this year.

1 in 10 of those who fall will be dead within a year as a result.

1 in 2 adults over 80 will have at least one fall this year.

1 in 10 older people who have a fall become too afraid to leave their homes afterwards, leading to social isolation and deconditioning.

Falls are preventable

40% of care home hospital admissions are falls-related.

Annually, falls cost the NHS more than £3bn



## *THE SOLUTION: DANCE TO HEALTH*



*Falls-prevention exercise programmes exist, and when followed, they work. But people don't follow them.*



Dance to Health fixes this, by embedding PSI exercises into creative dance classes, delivered by professional dance artists.

In weekly sessions, participants build up strength and balance, while expressing themselves artistically, and building friendships.

We launched in 2017, and have since spread across the UK. Our ambition is for Dance to Health to be available everywhere, for everyone who needs it.



Sheffield Hallam University conducted a 3-year study on our programme, and we continue to conduct rigorous evaluations of our own. Here's what's been revealed.

Dance to Health participants are **58% less likely** to fall in a given year. Of all falls that require an A&E visit, 35% require hospitalisation. Among Dance to Health participants, this figure **shrinks to 13%**.

58%

reduction in falls

96%

of participants say Dance to Health has improved their mental wellbeing.

87%

of participants say they have made friends as a result of Dance to Health, reducing social isolation.



Dance to Health receives a 98% score in the NHS Friends and Family Test.

The Social Return on Investment is at least £2.89 for every £1 spent.

Rolling out Dance to Health nationwide would save the NHS an estimated £79bn per year, reducing admissions, and helping to address both workforce crises and UEC challenges.

## TESTIMONIALS

*Don't just take it from us.*

"I have more balance. I am no longer scared to cross the road, my joints are less painful and I'm more mobile."

**-SUE, SWANSEA.**

"Dance to Health makes me feel alive, I feel I have always got a smile on my face! I look forward to it enormously. I feel my self-confidence has improved."

**-KHADIJA, BIRMINGHAM.**



"My mobility had got to the point where I could no longer visit my wife in her nursing home. After Dance to Health, I take the bus every week, I can see her again."

**-PETER, LONDON.**



## PROFESSIONALS

"Dance to Health is a falls prevention 'best buy'. It should be part of every falls prevention service in England."

**-PROF KEVIN FENTON, REGIONAL PUBLIC HEALTH DIRECTOR, NHS LONDON.**



"Dance to Health's emphasis on co-production, building the individual and collective agency of older people, is precisely the approach our future health system needs."

**-JOINT MESSAGE FROM NHS HORIZONS' DIRECTOR, KATHRYN PERERA, AND STRATEGIC ADVISOR, HELEN BEVAN.**

"Dance to Health could change our whole approach to giving our elderly population greater resilience."

**-DR MICHAEL DIXON, CO-CHAIR OF THE NATIONAL SOCIAL PRESCRIBING NETWORK.**



## HOW IS DANCE TO HEALTH FUNDED?

### *By the NHS*

Different regional bodies within the NHS, but mainly ICSs and ICBs commission Dance to Health groups.

### *By local authorities*

Local authorities often commission Dance to Health classes for their area. They may also sign up to our platform of online content, and provide it free in their area.

### *Via earned income*

We've had contracts with Innovate UK, care homes, housing associations and more.

### *Sustainably*

The Dance to Health programme initially runs for 12 months. We then help local groups to run themselves, supporting them to fundraise and continue indefinitely.

## WANT TO CHAT ABOUT BRINGING DANCE TO HEALTH TO YOUR AREA?

Visit our website  
[www.dancetohealth.org](http://www.dancetohealth.org)

or email [enquiries@ae-sop.org](mailto:enquiries@ae-sop.org)



## ABOUT US



Dance to Health is the exemplar programme of Aesop Arts & Society. Aesop is a charity dedicated to arts enterprise for a social purpose. It knows that the arts, when combined with evidentially proven solutions, have the power to elevate results: making very real differences to people's lives.



More than just a programme, Dance to Health is a community. It's made up of the 1,000s of participants, many dance artists, volunteers, core team and Aesop trustees. We're all united around an idea: that our dance programme holds a key to transforming and even saving older people's lives.

*If you're interested in collaborating with Aesop, or would like to know more about other work it does, visit our website at [www.ae-sop.org](http://www.ae-sop.org).*



### *Sources*

We make sure to use the most up-to-date figures we can from reputable sources.

For a list of our sources, visit [dancetohealth.org/sources](http://dancetohealth.org/sources).



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