



## Fact Sheet

### The Benefits of Recreational Music Making for Working People Over Age 45

- Recreational Music Making (RMM) has been **scientifically proven to help the U.S. workplace by:**
  - **Reducing employee stress**
  - **Reducing employee depression**
  - **Reducing employee burnout**
  - **Improving employee retention**
- Employee stress is **expensive for companies and widespread**. Research shows that the **economic impact is estimated at \$300 billion each year** (Source: New York Times). Experts claim that **60 to 90 percent of doctor visits involve stress related complaints**.
- **Engaging in RMM reduces stress**. RMM has been shown to **reverse the body's response to stress at the DNA level** (Source: Dr. Barry Bittman).
- **Depression is widespread in the workforce** and is **expensive for companies**. The **economic impact of depression in the workplace** is estimated at **\$34 billion annually**—\$11 billion for treatment, \$11 billion in decreased productivity and \$12 billion in absenteeism. **Depression affects about 19 million people**, 70 percent of whom are in the workforce. (Figures are according to Braun Consulting News.)
- **Engaging in RMM reduces depression**. Recent research with long-term care workers showed **reduced depression (21.8 percent) six weeks after the completion of an RMM program** consisting of one hour per week. (Source: A 2003 study conducted by Trip Umbach Healthcare Consulting, Inc.)
- RMM can **help companies reduce turnover**, saving them millions. The research with long-term care workers showed an 18.3 percent overall reduction of employee turnover by implementing an RMM program. **The total annual savings was projected at \$1.46 billion**.

Every worker can participate in RMM. **There are no physical limitations or requirements.**

For more information about RMM, **visit [rmm.namm.org](http://rmm.namm.org)** or contact Lora Bodmer, director of public relations and social media at NAMM: [lorab@namm.org](mailto:lorab@namm.org), phone: 760-438-8007, ext. 102.