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 or contact Lora Bodmer, director of public relations and social media at NAMM: lorab@namm.org, phone: 760-438-8007, ext. 102.