

THE POWER OF CHORAL MUSIC



**More than 54 million Americans sing in choruses
and the benefits extend far beyond the music.**

Choral singing is a widely accessible activity that engages the brain and body and builds community. Research from Chorus America shows connections between singing and health, learning, social connection, and civic participation.

73%

of singers say group singing makes them feel less lonely.

63%

say singing has made them more accepting of people who are different from them.

84%

of singers volunteer in their communities, compared with 69% of the general public.

35%

of singers serve in volunteer leadership roles, compared with 8% of the general public.

90%

of singers report that they vote regularly, compared with 55% of the general public.

HEALTH & HEALTHY AGING

69%

of singers age 65+ report a "very good" quality of life, compared with 22% of the general public.

77%

of singers age 62+ say being in a chorus helps keep their mind sharper and memory stronger.

20%

of singers age 62+ report improvements in chronic health conditions due to singing.

Research also indicates that singing engages brain networks involved in memory and language, requires controlled breathing that can support respiratory function, and can reduce stress and improve mood.

WHERE IT STARTS

76%

of singers say their first singing experience was in elementary, middle, or high school.

For many Americans, the school music experience is the beginning of a lifelong connection to singing.

SINGING TOGETHER DOES MORE THAN MAKE MUSIC.

It connects people. Engages the brain. Supports well-being. Builds community. And creates opportunities for people of all ages to participate in something larger than themselves.

54 million voices. One powerful national resource.