



## FACT SHEET

### Key Facts about this Demographic

- There are over 23.6 million people aged 50 years and over, over a third of the total UK population
- The number of people aged 60 or over is expected to pass the 20 million mark by 2030
- Current UK estimates from the Office for National Statistics for female life expectancy at birth are 82.8 years and 79.1 years for men
- By 2020 it is predicted that 20% of the UK population will be 65+ and that one in four of us alive today will live to be over 100 thanks to basic advances in nutrition, hygiene and medicine
- Between 2012 and 2050, the United States will experience considerable growth in its older population. In 2050, the population aged 65 and over is projected to be 83.7 million, almost double its estimated population of 43.1 million in 2012
- During 2000--2030, the worldwide population aged 65 and over is projected to increase by approximately 550 million to 973 million.

### Dance, Health & Wellbeing Facts

The health related benefits of dance are well documented. Scientific research has established that 75% of the factors affecting quality of life and longevity are lifestyle related and only 25% are in fact hereditary. So it is clear that dance, along with other physical activities, has a vital role in ensuring a good quality of life for longer, given extended life expectancies.

Research has positioned dance ahead of other physical activity in terms of the extent of its health promoting benefits including:

- improving balance, minimising falls
- slowing down ageing (connected to calming the immune system)
- increasing cognitive ability (by promoting new synapse connection)

Likewise the social benefits of dance amongst this age group have also been well documented.