



Community of Voices
Comunidad de Voces



Thank You from the COV team!

Thank you for participating in the Community of Voices Choir (COV) research study. This study was funded by a grant from the National Institutes of Health to the University of California, San Francisco (UCSF). UCSF partnered with the Department of Adult & Aging Services (DAAS), the Community Music Center (CMC) and many older adults in San Francisco to complete the study. THANK YOU for your participation in the study!



COV Study Update

The study examined whether singing in a community choir can promote the health and well-being of older adults. A total of **390 participants** joined the study. Twelve new choirs were created in San Francisco. All participants attended weekly choir rehearsals for one year. Participants in the study also completed 3-4 interviews about their health and well-being. All of the choirs finished their year in the study. The results of the COV study were recently published in a scientific journal: *Journals of Gerontology*.

Results from the COV study

The COV study is the largest randomized trial to test the impact of participating in a community choir on the health and well-being. The study involved 390 participants in 12 choirs. The average age was 71 years, and the participants represented the rich cultural diversity in San Francisco.

Singing in the Community of Voices choir for six months showed positive results. In particular, singing in a choir reduced feelings of loneliness and increased interest in life. However, the cognitive and physical outcomes and healthcare costs did not change. Singing in a choir can provide a meaningful, regular opportunity to meet new people, build social support, and increase a sense of belonging. We know that staying connected to people is important for maintaining the health of older adults. Singing in a choir may be a fun way to stay connected.



Thank you from the UCSF researchers

UCSF researchers Drs. Anna Nápoles, Julene Johnson, and Anita Stewart thank all the participants in the study and each one of our terrific collaborators. For more information, visit <https://cov.ucsf.edu/> or call Dr. Julene Johnson @ 415.476.1106

