POLL QUESTIONS
The Sound of Music

February 2024 www.healthyagingpoll.org

INSTITUTE FOR HEALTHCARE
POLICY AND INNOVATION
**NATIONAL POLL
ON HEALTHY AGING**
UNIVERSITY OF MICHIGAN

Q1. In the past year, how often have you spent time…

	1. Daily	2. A few times a week	3. A few times a month	4. A few times in the past year	5. Have not done this in the past year	6. Have never done done this
a. Listening to music (such as on a radio, phone, CD, record player, or other device)						
b. Playing an instrument						
c. Singing casually (such as at home to yourself or with family/friends)						
d. Singing formally (such as in a choir)						
e. Attending live musical concerts in-person						
f. Viewing musical performances on TV or on the internet						

If any Q1a–f = 1, 2, 3, 4, or 5

Q2. What benefits do you get from music? Select all that apply.

1. Provides joy
2. Connects me with others
3. Relieves stress/relaxes me
4. Motivates/energizes me
5. Helps me feel a spiritual or religious connection
6. Helps keep my mind sharp (memory, ability to concentrate/focus)
7. Improves my mental health/mood/attitude
8. Sparks memories/helps recall life events
9. Reduces pain
10. None of the above
11. Other

Q3. Which, if any, of the following limit how much you listen to music? Select all that apply.

1. Lack of interest
2. Health factors (such as limited mobility, changes in dexterity, vision/hearing impairments, pain)
3. Lack of time
4. Lack of access to internet, TV, or radio
5. Other
6. None of the above

If Q1b = 1, 2, 3, 4, or 5

Q4. Which, if any, of the following limit how much you play an instrument? Select all that apply.

1. Lack of interest
2. Health factors (such as limited mobility, changes in dexterity, vision/hearing impairments, pain)
3. Lack of time
4. Lack of access to instrument or performing group
5. Forgot how to play/haven't played in a long time
6. Other
7. None of the above

Q5. How important is music to you these days?

1. Very important
2. Somewhat important
3. Not important

Q6. Would you say that music is more important, less important, or the same level of importance to you now as compared to in your youth?

1. More important
2. Less important
3. Same importance

Data Source and Methods

National Poll on Healthy Aging Team

Jeffrey Kullgren, MD, MS, MPH, Director

Erica Solway, PhD, MPH, MSW, Deputy Director

Scott Roberts, PhD, Associate Director

Joel Howell, MD, PhD, Faculty Collaborator

Dianne Singer, MPH, Poll Manager

Nicholas Box, MPA, Data Analyst

Emily Smith, MA, Multimedia Designer

Lauren Hutchens, MPH, Contributing Editor