

Science of Health and Happiness -Arts and Health



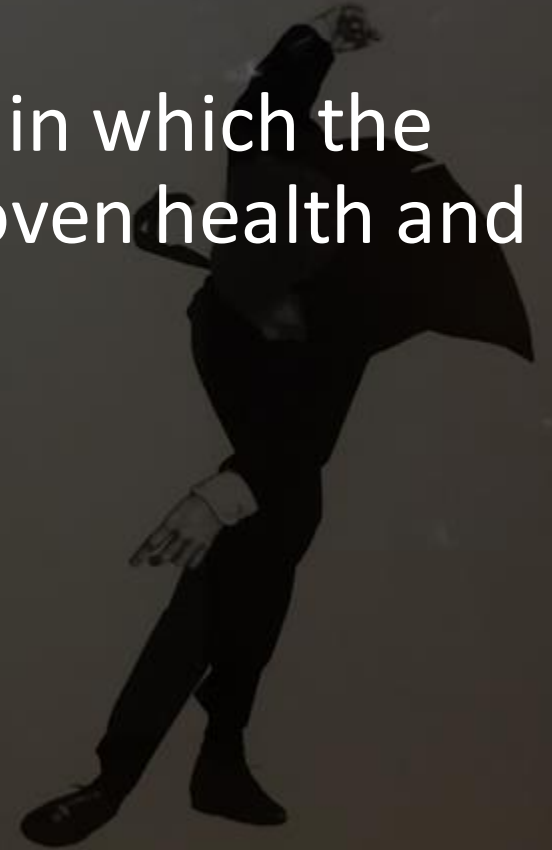
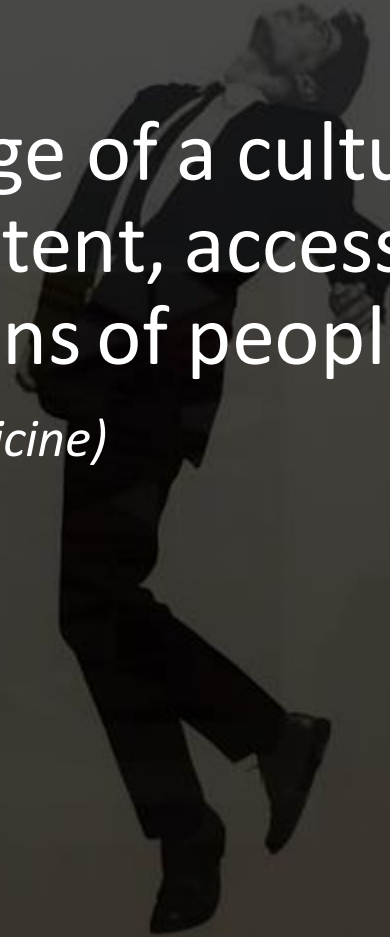
Coming to our senses

From transactional...
to transformational...
to transcendent...



We are standing on the verge of a cultural shift in which the arts and play can deliver potent, accessible, proven health and wellbeing solutions to billions of people

(Prof Susan Magsamen, Johns Hopkins Medicine)



What is 'Arts and Health'?

Arts and Health is founded on a principle of equal partnership between the arts and health sectors. **It embraces a range of arts practices, which bring together the skills and priorities of both arts and health professionals.** It is characterised by clear artistic vision, goals and outcomes that **seek to enhance individual and community health and wellbeing.**

The framework for Arts and Health practice in Ireland is guided by the Arts Council's Arts and Health Policy and Strategy (2010)

Arts and Health is NOT Art Therapy

Trudy Meehan, PhD., D.Clin.Psych.



Curate your life...

- Take control of what you allow into your senses, stop bombarding them.
- Be mindful of what you attend to
- Our minds like novelty and enriched environments
- Our brains like it when we get a new sensory input AND we can make meaning out of it – that's the 'wow! Aha!' moment feeling
- Pay attention to how your body feels in different spaces and aim for calm relaxed feeling in spaces
- Change things around to keep some novelty. Start something new. Grow something. Cook something.
- Everyone has a different idea of what is pleasing to their senses so be mindful of that in shared spaces.
- Enact on the world around you by 'creating'





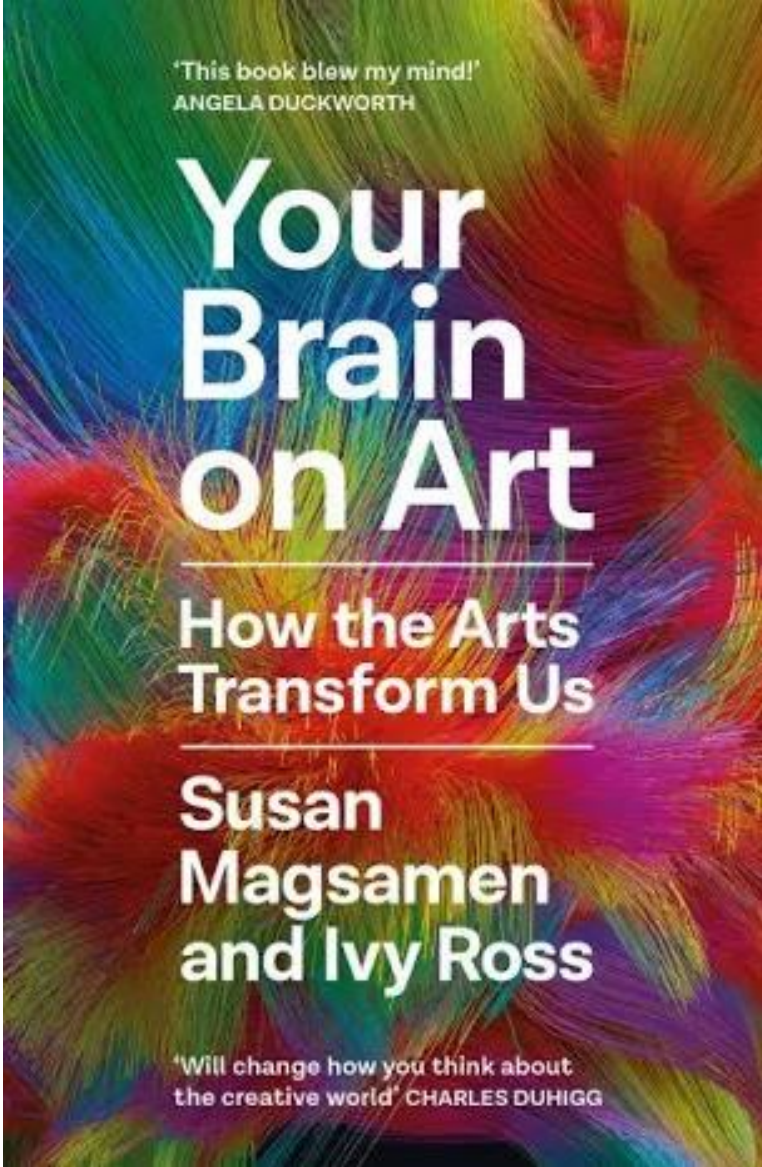
Curate your life...

- Instead of scrolling on phone with your tea/coffee, doodle, draw a mandala, start a visual journal
- Block out words in the newspaper and create a 'found' poem
- Look up the meaning of a word you don't know
- Use LEGO or Play-Doh to create something new
- Reorganise your living space
- Put an image on the wall
- Go out in nature
- Bring nature in



**Hungry to know
more?**

Resources...



'This book blew my mind!'
ANGELA DUCKWORTH

Your Brain on Art

How the Arts
Transform Us

Susan
Magsamen
and Ivy Ross

'Will change how you think about
the creative world' CHARLES DUHIGG

Réalta shines a light on the transformative and central role the Arts play in Health.

Réalta is the new national resource organisation for arts and health in Ireland, founded on decades of pioneering arts and health practice as Waterford Healing Arts Trust and the encyclopaedic knowledge/insight gathered under artsandhealth.ie. Réalta's vision is for the arts to be embedded into the provision of healthcare in Ireland. Our mission is to lead the development of the arts and health sector in Ireland through support, promotion and advancement, and the demonstration of excellence in artistic delivery.

OUR STORY



THE LANCET

The arts in public health policy: progress and opportunities

WHO has called for governments to take an intersectoral approach to realise the potential of the arts for public health. To explore what global progress is being made towards this aim, this paper presents examples of arts and health policy development from diverse government areas: health, arts, local governments, and cross government.

7 March, 2023

CultureForHealth Report

Culture's contribution to health and well-being
A report on evidence and policy recommendations for Europe



CultureForHealth Report: Culture's contribution to health and well-being

The CultureForHealth Report is a scoping review of existing evidence on the positive effect of arts and cultural activities on health and wellbeing. The report includes policy recommendations for stakeholders in the cultural, health and social sectors, and decision makers at local, national and European level.

3 January, 2023



Mapping Arts and Health Across the Midlands

This research report maps the landscape of arts and health practice and provision across the Midlands. The report teases out a complex ecosystem of people, agencies, resources, policies and understandings in order to answer the key question: 'how can we collaborate better?'

2 November, 2022



Neuroarts Resource Center

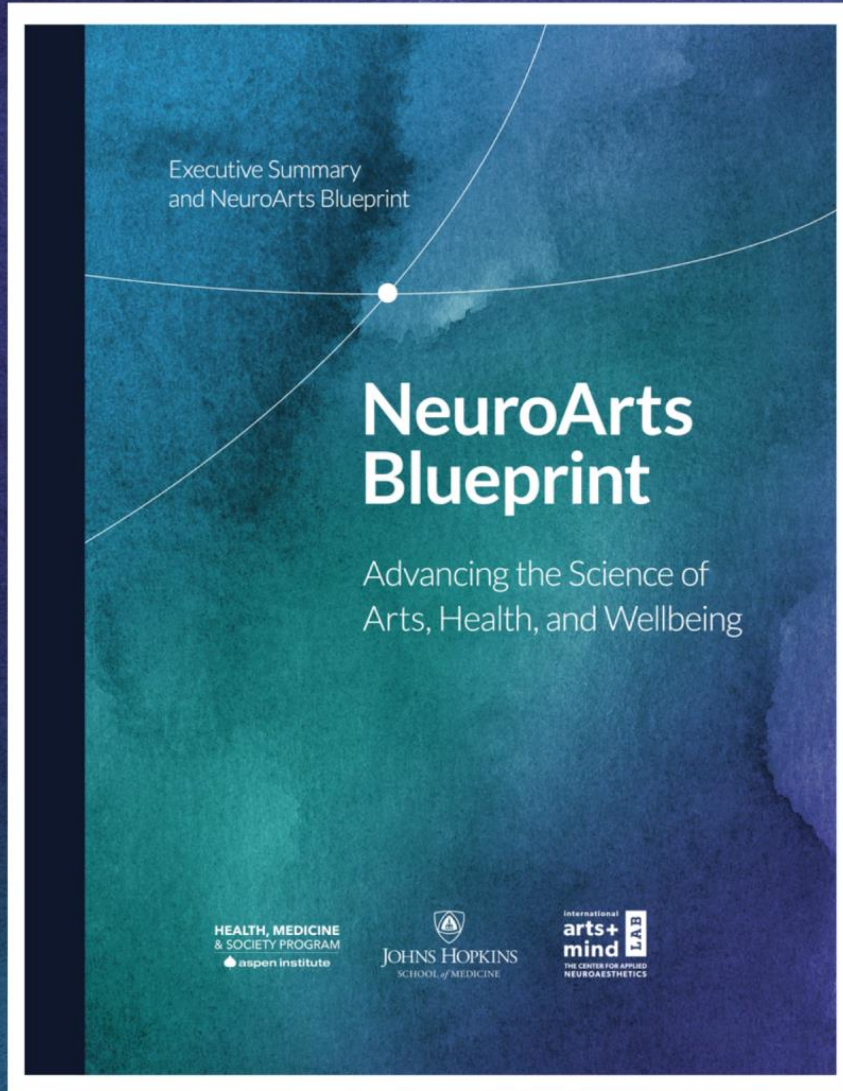
Learn, share, and connect to build the interdisciplinary field of neuroarts

The global home of the neuroarts community

[Join the Community](#)

[Learn more](#)





Blueprint Goal

To ensure that the arts and the use of the arts – in all of its many forms – become part of mainstream education, medicine and public health.

[Home](#) >> [Research Projects](#) >> [Projects](#)

WHO Collaborating Centre for Arts and Health

Collaborating with the World Health Organization to realise the global potential for the arts to support public health.



the **social**
biobehavioural
research group



Arts and Health Evaluation: Navigating the Landscape

Katey Warran
Norma Daykin
Annabel Pilecka
Daisy Fancourt



Key References

- Biden J. (2022). *Executive order on promoting the arts, humanities, museum, and library services in America*. The White House. <https://www.whitehouse.gov/briefing-room/presidential-actions/2022/09/30/executive-order-on-promoting-the-arts-the-humanities-and-museum-and-library-services/#:~:text=Under%20my%20Administration%2C%20the%20arts,that%20have%20historically%20been%20underserved>.
- Bone J. K., Bu F., Fluharty M. E., Paul E., Sonke J. K., Fancourt D. (2021). Who engages in the arts in the United States? A comparison of several types of engagement using data from the General Social Survey. *BMC Public Health*, 21(1), 1–13. <https://doi.org/10.1186/s12889-021-11263-0>
- Bone J. K., Fancourt D., Sonke J., Fluharty M., Cohen R., Lee J., Kolenic A. J., Radunovich H., Feifei Bu Bu F. (2022). *Creative leisure activities, mental health, and wellbeing during five months of the COVID-19 pandemic: A fixed effects analysis of data from 3,725 US adults*. <https://doi.org/10.31234/osf.io/n76wj>
- Fancourt, Daisy & Finn, Saoirse. (2019). What is the evidence on the role of the arts in improving health and well-being? A scoping review. World Health Organization. Regional Office for Europe. <https://iris.who.int/handle/10665/329834>. License: CC BY-NC-SA 3.0 IGO
- Fancourt D., Steptoe A. (2019). The art of life and death: 14 year follow-up analyses of associations between arts engagement and mortality in the English Longitudinal Study of Ageing. *BMJ*, 367, Article l6377. <https://doi.org/10.1136/bmj.l6377>
- Fancourt D, Bone JK, Bu F, Mak HW, Bradbury A. (2023) *The Impact of Arts and Cultural Engagement on Population Health: Findings from Major Cohort Studies in the UK and USA 2017 – 2022*. London: UCL.

Key References

- Galea S. (2021). The Arts and Public Health: Changing the Conversation on Health. *Health Promotion Practice*, 22(Suppl. 1), 8S–11S. <https://doi.org/10.1177/1524839921996341>
- Rena M., Fancourt D., Bu F., Paul E., Sonke J., Bone J. K. (2022). Receptive and participatory arts engagement and healthy aging: Longitudinal evidence from the health and retirement study. <https://doi.org/10.31234/osf.io/q4h6y>
- Sonke J, Rodriguez AK, Colverson A, et al. Defining “Arts Participation” for Public Health Research. *Health Promotion Practice*. 2023;0(0). doi:[10.1177/15248399231183388](https://doi.org/10.1177/15248399231183388)
- Warran K, Burton A, Fancourt D. What are the active ingredients of 'arts in health' activities? Development of the INgredients iN ArTs in hEalth (INNATE) Framework. *Wellcome Open Res*. 2022 Apr 29;7:10. doi: 10.12688/wellcomeopenres.17414.2. PMID: 35600003; PMCID: PMC9106992.

Singing – A common practice

In most cultures singing is a common practice:

- child rearing and caring, from lulling contrary babies to sleep, soothing a child after a fall
- for education
- for entertainment.

Singing and music are also common social activities and a way to get to expand your social network.



Mapping of group singing for health and wellbeing

- recorded and mapped singing for health and wellbeing groups in the Republic of Ireland
- 185 singing for health and wellbeing and 35 linked with social prescription.
- Also examined what was related to success of the groups

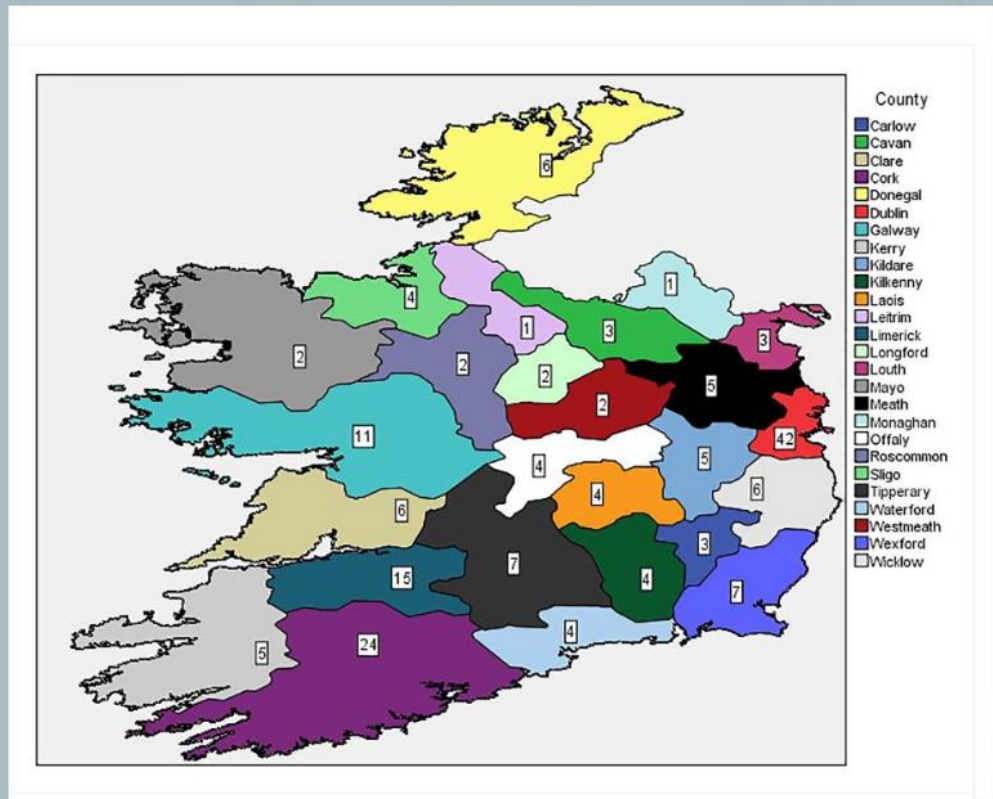


Figure 1 Map of singing groups per county.

Resources

Videos:

Example of a young person's choir: Flashlight https://www.youtube.com/watch?v=VvBkO_CyPm4
SUSO Focus Choir Kilcock (3 min 24 sec)

Example of choir for people with dementia: Our Dementia Choir - social prescribing in action
<https://youtu.be/wXlsVobGA50?si=aAuNHTB3cI9-qfJb>

Example of singing and songwriting as part of a positive health intervention: Wakakhosa
<https://www.youtube.com/watch?v=j1Mx9pn8rkU&t=1s>

Tedx Talk:

How singing together changes the brain: Tania de Jong AM at TEDxMelbourne
https://www.youtube.com/watch?v=I_HOBr8H9EM

Websites:

Sing Ireland <https://www.singireland.ie/participation/find-a-singing-group>

Speak Up Sing Out <https://www.speakupsingout.ie/whatweoffer/choirs>



Resources

Interviews:

Eric Whitacre - Choir: The Core of Who We Are 2017 <https://www.youtube.com/watch?v=6FpM3DQEjTw> – 3 min

John Rutter The Importance of Choir (2015)

https://www.google.com/search?q=benefits+of+choirs+interviews+youtube+video&rlz=1C1GCEA_enIE1044IE1045&oq=benefits+of+choirs+interviews&gs_lcrp=EgZjaHJvbWUqBwgBECEYoAEyBggAEEUYOTIHCAEQIRigATIHCAIQIRigAdIBCTEzNTI5ajBqOagCALACAA&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:dbbd3df7,vid:pm-Pm1FYZ-U,st:0 – 3.5 min

Mass media:

Dr Roisin Cahalan on SingSong project <https://www.rte.ie/brainstorm/2019/1001/1079458-how-singing-can-lead-to-better-lung-health/> 2019

Launay and Pearce in the conversation 2015 on choirs <https://theconversation.com/choir-singing-improves-health-happiness-and-is-the-perfect-icebreaker-47619>

Anne Cunningham 2014 Singing in the shower might be beneficial to your health

<https://www.independent.ie/life/health-wellbeing/health-features/singing-in-the-shower-might-be-beneficial-to-your-health/30802067.html>

References

- Bailey, B. A., & Davidson, J. W. (2002). Adaptive Characteristics of Group Singing: Perceptions from Members of a Choir Forhomeless Men. *Musicae Scientiae*, 6(2), 221-256. <https://doi.org/10.1177/102986490200600206>
- Beck, R. J., Cesario, T. C., Yousefi, A., & Enamoto, H. (2000). Choral Singing, Performance Perception, and Immune System Changes in Salivary Immunoglobulin A and Cortisol. *Music Perception*, 18(1), 87-106. <https://doi.org/10.2307/40285902>
- Bonilha, A. G., Onofre, F., Vieira, M. L., Prado, M. V. Y., & Martinez, J. A. (2009). Effects of Singing Classes on Pulmonary Function and Quality of Life of COPD Patients. *International Journal of Chronic Obstructive Pulmonary Disease*, 4, 1-8.
- Clift, S., Manship, S., & Stephens, L. (2017). Further evidence that singing fosters mental health and wellbeing: the West Kent and Medway project. *Mental Health and Social Inclusion*, 21(1), 53-62. <https://doi.org/https://doi.org/10.1108/MHSI-11-2016-0034>
- Clift, S., & Morrison, I. (2011). Group singing fosters mental health and wellbeing: findings from the East Kent 'Singing for Health' Network Project. . *Mental Health and Social Inclusion*, 15(2), 88-97.
- Corvo, E., Skingley, A., & Clift, S. (2020). Community singing, wellbeing and older people: implementing and evaluating an English singing for health intervention in Rome. *Perspect Public Health*, 140(5), 263-269.
- Daykin, N., Mansfield, L., Meads, C., Julier, G., Tomlinson, A., Payne, A., Grigsby Duffy, L., Lane, J., D'Innocenzo, G., Burnett, A., Kay, T., Dolan, P., Testoni, S., & Victor, C. (2018). What works for wellbeing? A systematic review of wellbeing outcomes for music and singing in adults. *Perspect Public Health*, 138(1), 39-46. <https://doi.org/10.1177/1757913917740391>
- Daykin, N., Mansfield, L., Victor, C., Heydon, R., Fancourt, D., & Cohen, A. J. (2020). Singing and Wellbeing Across the Lifecourse. Evidence from Recent Research. In R. Heydon, D. Fancourt, & A. J. Cohen (Eds.), *The Routledge Companion to Interdisciplinary Studies in Singing* (Vol. III: Wellbeing Edition). Routledge.
- Grocke, D., Bloch, S., & Castle, D. (2009). The Effect of Group Music Therapy on Quality of Life for Participants Living with a Severe and Enduring Mental Illness. *Journal of Music Therapy* 46(2), 90-104.
- Haslam, C., & Cook, M. (2002). Striking a Chord with Amnesic Patients: Evidence that Song Facilitates Memory. *Neurocase*, 8, 453-465.
- Helitzer, E., & Moss, H. (2022). Group singing for health and wellbeing in the Republic of Ireland: the first national map. *Perspectives in Public Health*, 142(2), 102-116. <https://doi.org/10.1177/17579139221081400>
- Heydon, R., Eaton, C., Black, S., Cooper, E., & O'Neill, S. (2020). Intergenerational Singing and Wellbeing. Introduction to Part III. In R. Heydon, C. Eaton, S. Black, E. Cooper, & S. O'Neill (Eds.), *The Routledge Companion to Interdisciplinary Studies in Singing, Volume III: Wellbeing Edition* (1st ed.).

