Arts in Health Research in a Post-COVID World

Jill Sonke, University of Florida Center for Arts in Medicine
Do no harm
Understanding the psychological and social impact of the pandemic

TAKE PART

SIGN UP TO OUR NEWSLETTER

The COVID-19 Social Study is a research study run by University College London, exploring the effects of the virus and social distancing measures on adults in the UK during the outbreak of COVID-19.
Interdisciplinary Research Lab

Liberia - Sierra Leone – Guinea  
28,635 cases / 11,314 deaths
Liberia: *Ebola in Town*

Samuel "Shadow" Morgan
Ebola is Real

UNICEF + F.A., Soul Fresh, and DenG
5 Episode
Radio Drama

EBOLA
STOP
NOW

GENERATING DIALOGUE WITH AUDIENCES
TOMS OF EBOLA
DIARRHEA
MUSCULAR PAINS
RED EYES
HEADACHES
Africa Stop Ebola - Tiken Jah Fakoly, Amadou & Mariam, Salif Keita, Oumou Sangare & others
Liberian Film Institute: Ebola Must Go campaign
#ISurvivedEbola

This survivor will stop at nothing to curb the outbreak and heal those wounded in its path
Concept Brief

Governmental Advisory Brief
### Center for Arts in Medicine

**Arts in Ebola Response: Artist and Program Repository**

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<th>Title</th>
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<td>4 innovative solutions to deliver on education amid Ebola crisis</td>
<td>2014-10-23</td>
<td>Devex</td>
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<td>Ebola and the Culture Makers</td>
<td>2014-11-11</td>
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<td>Ebola in Sierra Leone: new radio shows join the fight</td>
<td>2014-08-29</td>
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<td>Ebola rap warns West Africans of virus's dangers</td>
<td>2014-05-28</td>
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<td>Ebola: Pop music a surprising weapon against the killer virus</td>
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<td>Elbow and Ed Sheeran among Band Aid 30 artists</td>
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<td>Hip Co Festival: How Liberia's music industry is building accountability</td>
<td>2014-01-09</td>
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Building interdisciplinary partnerships and collaboration between public health & health professionals, artists, and local community members/leaders 2. Community engagement.

Planning
Building the structured approach:
1) Problem analysis 2) Engaging the team in the local community 3) Strategic planning 4) Evaluation design 5) Pre-testing 6) Program design and development 7) Oversight structures

CREATING HEALTHY COMMUNITIES: ARTS + PUBLIC HEALTH IN AMERICA

A national initiative led by the University of Florida Center for Arts in Medicine in partnership with ArtPlace America

At the intersection of public health, arts and culture lies the potential for building stronger and healthier communities in America.
Creating Healthy Communities: Arts + Public Health in America

COVID-19 Arts Response Overview

ANTI-RACISM REPOSITORY

Search the repository to find arts-based responses to racism by artists and arts organizations using resources and approaches that raise awareness, amplify marginalized voices, facilitate dialogue, or promote action and change.
Why do we need an evidence-based framework for using the arts in public health?

- Health equity and social determinants have become increasingly more central to public health research and practice in the US

- There remains a critical need for innovation that:
  - centers communities, cultures, and lived experiences
  - increases the pace at which critical population health issues are addressed
ARTS & CULTURE IN PUBLIC HEALTH
AN EVIDENCE-BASED FRAMEWORK

MECHANISMS
- Self-Efficacy
- Personal & Cultural Resonance
- Aesthetic Experience
- Emotional Engagement & Empathy
- Expression & Being Heard
- Meaning-Making
- Self-Transcendence

PROVIDE DIRECT HEALTH BENEFITS
INCREASE HEALTH SERVICE EQUITY & ACCESS
CREATE SAFE, INCLUSIVE & ENGAGING ENVIRONMENTS
SUPPORT SOCIAL, CULTURAL & POLICY CHANGE
ENRICH RESEARCH METHODS & PRACTICES
STRENGTHEN HEALTH COMMUNICATION
ARTS & CULTURE IN PUBLIC HEALTH
AN EVIDENCE-BASED FRAMEWORK

MECHANISMS
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PROVIDE DIRECT HEALTH BENEFITS
- Enhanced immune response
- Better coping & emotional regulation
- Reduced loneliness and isolation

INCREASE HEALTH SERVICE EQUITY & ACCESS
- Increased racial & social equity
- More welcoming and inclusive spaces
- Enhanced service utilization

CREATE SAFE, INCLUSIVE & ENGAGING ENVIRONMENTS
- Increased mobility & exercise
- Spaces for learning, connection & play
- Growing & aging in place

SUPPORT SOCIAL, CULTURAL & POLICY CHANGE
- Enable dialogue within & across groups
- Elevate underrepresented voices
- Organize & mobilize communities

ENRICH RESEARCH METHODS & PRACTICES
- Illuminate community needs and priorities
- Support & elevate community narratives
- Share findings in meaningful & engaging ways

STRENGTHEN HEALTH COMMUNICATION
- Make information clearer & more memorable
- Increase personal & cultural relevance
- Enhance self-efficacy & behavior change

ARTS.UFL.EDU/CREATING-HEALTHY-COMMUNITIES
Web-based Framework: arts.ufl.edu/creating-healthy-communities

Arts & Culture Provide Direct Health Benefits

Participation in arts and cultural activities is increasingly associated with improved health and well-being, healthier aging, and stronger communities. Many arts- and culture-based strategies provide direct and immediate health benefits, such as:

- increased physical activity
- stress-reduction
- increased social cohesion and reduced loneliness
- better coping with chronic conditions
- increased happiness and wellbeing

Participatory dance programs like Dance for PD® offer people – in this case people with Parkinson’s disease - connections that reduce isolation and loneliness, while also providing direct, measurable physical and mental health benefits.

Outcomes associated with providing direct health benefits:

- Enhanced immune response
- Enhanced coping and emotional regulation
- Reduced loneliness and isolation
- Longevity
- Reduced stress
- Enhanced memory and cognition
- Enhanced self-efficacy


arts.ufl.edu/creating-healthy-communities

+ Downloadable pdf
Participation in arts and cultural activities is increasingly associated with improved health and well-being, healthier aging, and stronger communities. Many arts- and culture-based strategies provide direct and indirect health benefits, such as:
- increased physical activity
- stress reduction
- increased social cohesion and reduced loneliness better coping with chronic conditions
- increased happiness and well-being Participatory dance programs like Dance for Parkinson’s patients - in this case people with Parkinson’s disease - connections that reduce isolation and loneliness, while also providing direct, measurable physical and mental health benefits.

OUTCOMES ASSOCIATED WITH PROVIDING DIRECT HEALTH BENEFITS:

ENHANCED IMMUNE RESPONSE


ENHANCED COPING AND EMOTIONAL REGULATION


ENHANCED COPING AND EMOTIONAL REGULATION


REDUCED STRESS AND ISOLATION


Squares for learning, connection, and play
Located on the Zuni Pueblo of western New Mexico, the Zuni Youth Enrichment Project (ZYNP) aims to promote the well-being and resilience of Zuni youth while preserving and uplifting Zuni traditional culture. In 2018, the ZYNP opened Hu’s Awam Park and Community Center, a 2.6-acre complex designed in collaboration with local artists, culture bearers, and community members. The site includes indoor and outdoor performance spaces, an athletic field, gardens, and classrooms, and integrates Zuni art and culture throughout all aspects of its design.
Exploring the impact of arts and cultural engagement on population health outcomes in the US through epidemiological analyses of US cohort studies.
Does arts engagement have long-term benefits for health in the US?

COMPONENTS

- Aesthetic engagement
- Involvement of the imagination
- Sensory activation
- Evocation of emotion
- Cognitive stimulation
- Social interaction
- Physical activity
- Engagement w/ themes of health
- Interaction w/ healthcare settings

CAUSAL MECHANISMS

- PSYCHOLOGICAL
  - e.g. enhanced self-efficacy, coping
- PHYSIOLOGICAL
  - e.g. lower stress hormone response, enhanced immune function
- SOCIAL
  - e.g. reduced loneliness and isolation, enhanced social support
- BEHAVIOURAL
  - e.g. increased exercise, adoption of healthier behaviours

HEALTH OUTCOMES

- Prevention
- Management
- Treatment
Anticipated Outcomes: Policy Advancement

- increased investments in community-based arts and cultural programming
- increased cross-sector collaboration between the public health and arts and culture sectors
- increased understanding of the health benefits of arts participation among the general public
- growth in the arts and culture sector
- increased participation in the arts among the general public
- enhanced health and wellbeing among Americans
The field of arts in health is built on a broad array of histories and practices at the intersections of the arts, culture and health; therefore, we embrace a broad range of practice in our education, research and in our own practice.

That each and every life has equal value and potential; therefore, we are committed to equity and anti-racism in our teaching, research and practice.

And, that we exist as a Center to advance evidence-based practice in arts in health; therefore, we seek the integration of teaching, research and practice.
Do no harm
thank you!

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