



Arts in Health Research in a Post-COVID World

Jill Sonke, University of Florida Center for Arts in Medicine

Do no harm

Arts in Health



Understanding the psychological and social impact of the pandemic

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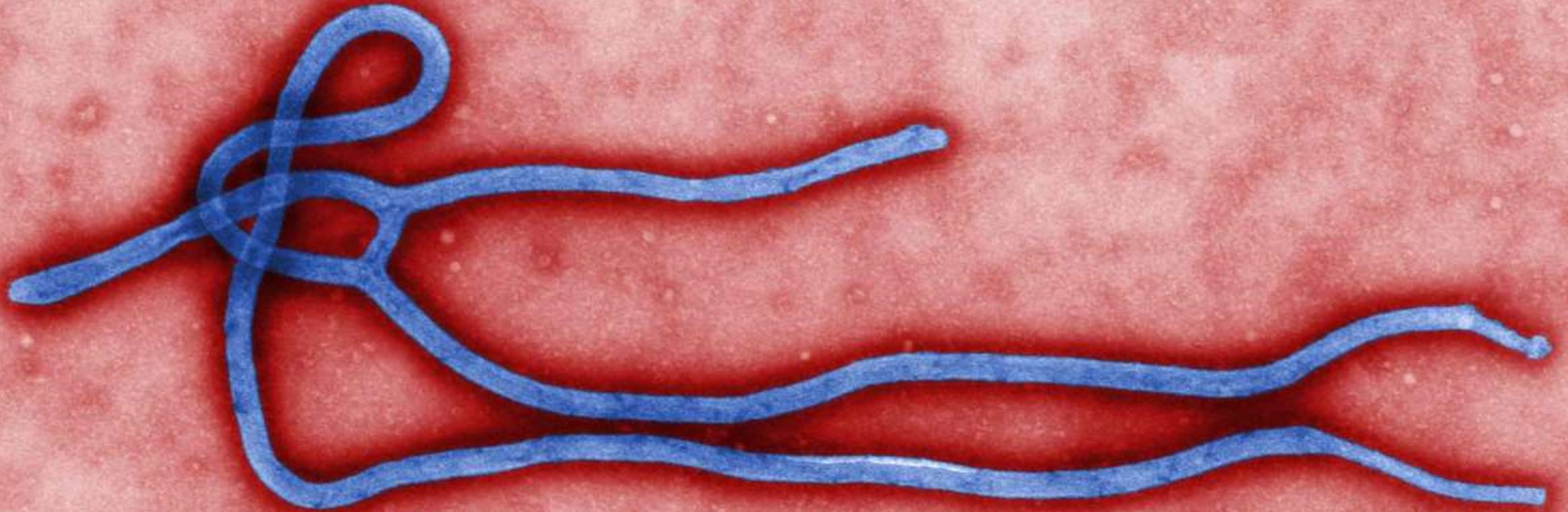
The **COVID-19 Social Study** is a research study run by University College London, exploring the effects of the virus and social distancing measures on adults in the UK during the outbreak of COVID-19.

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Interdisciplinary Research Lab



Ebola Outbreak: West Africa 2014-2015

Liberia - Sierra Leone – Guinea 28,635 cases / 11,314 deaths



Liberia: *Ebola in Town*

Samuel "Shadow" Morgan

UNICEF + F.A., Soul Fresh, and DenG

Ebola is Real





5 Episode Radio Drama



GENERATING DIALOGUE
WITH AUDIENCES



EBOLA

STOP

NOW



SYMPTOMS OF EBOLA



DIARRHEA



MUSCULAR PAINS



RED EYES



HEADACHES



#EBOLA





Africa Stop Ebola - Tiken Jah Fakoly, Amadou & Mariam, Salif Keita, Oumou Sangare & others

docdays
PRESENTS

WE WANT YOU TO LIVE

A FILM BY CARL GIERSTORFER



Liberian Film Institute: Ebola Must Go campaign

with STANLEY JIAH, MABEL MUSA, TAWOO BONO, REVEREND VICTOR G. PADMORE, EMMANUEL DWEH

Writer & Director: CARL GIERSTORFER Editor: MARCEL OZAN RIEDEL (BFS) Camera: CARL GIERSTORFER
Sound: LAURA SALM-REIFFERSCHIEDT Line Producer: MAREIKE MUELLER Producer: MAX SALOMON
Field Producer: LAURA SALM-REIFFERSCHIEDT Production Assistant: FRIEDA JAGE Original Music: OLAFUR ARNALDS
Sound Design & Edit: SEBASTIAN TESCH Remastering Mix: FLORIAN BECK Colorgrading: FABIAN SPUCK
Translations: FELUSU SWARAY HAWA BOEHNER Legal Advice: DR. RALPH OLIVER GRAEF
for SWR/ARTE: BERND SEIDL Executive Producer: ANTIJE BOEHMERT

Produced by docdays

Co-production with

SWR

arte

Produced with support of

Pulitzer Center

www.ebola-the-film.com

© 2014 DOC DAYS PRODUCTIONS

#ISurvivedEbola

Jerald Dennis

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



Concept Brief Governmental Advisory Brief

Concept Brief The Arts and Health Messaging

Can the Arts Help to Improve the Health of South African Schools? A Review of the Evidence

This report was prepared for the Department of Education, South Africa, as part of a project to explore the role of the arts in health promotion in schools. The project was funded by the Department of Education, South Africa, and the Department of Health, South Africa. The report was prepared by the Centre for Arts in Medicine, University of the Witwatersrand, Johannesburg.

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Articles

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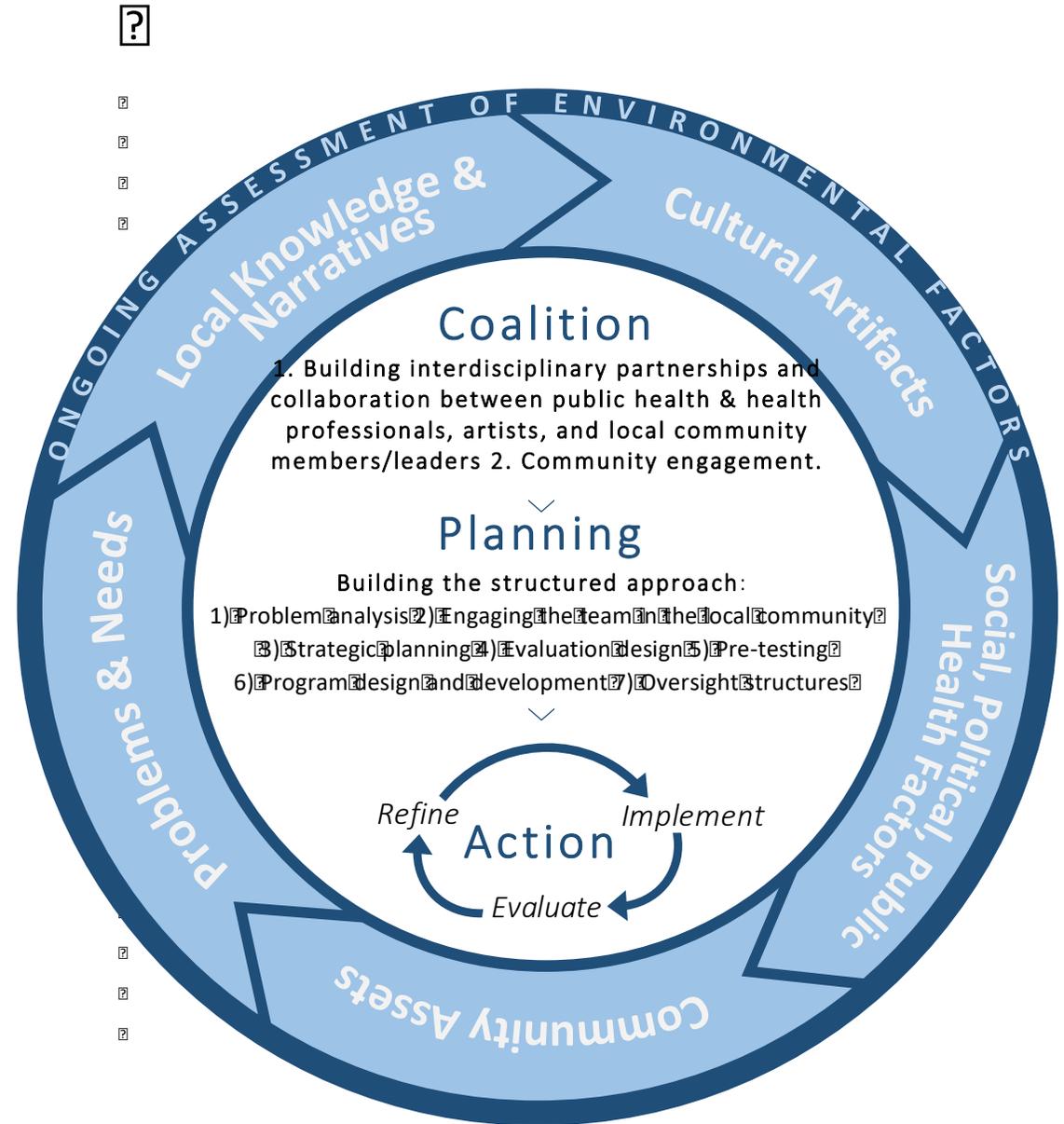
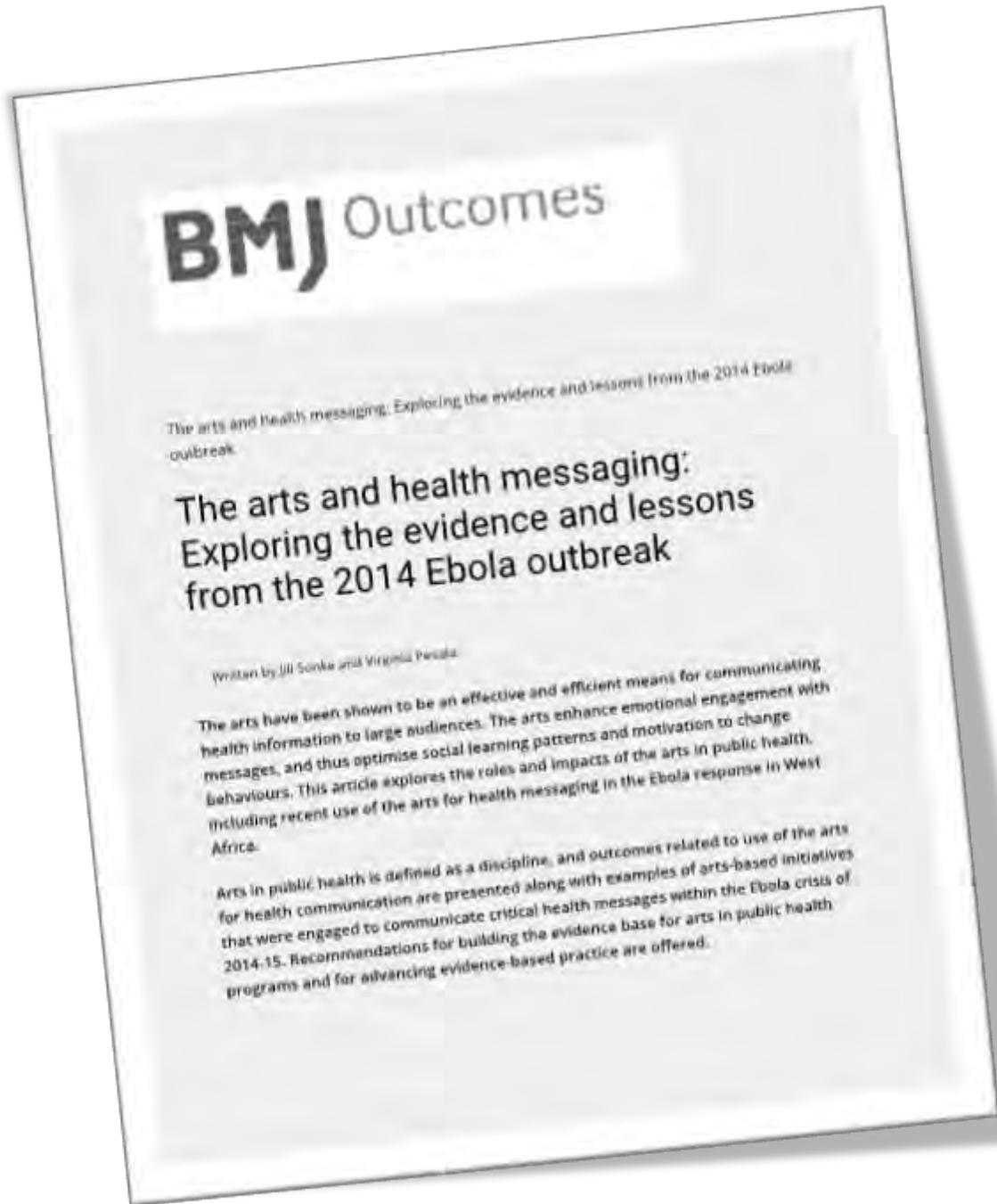
Media

Organizations

Projects

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Title	Published	Publication	Type
4 Innovative solutions to deliver on education amid Ebola crisis	2014-10-23	Devex	↗
Ebola and the Culture Makers	2014-11-11	The New Yorker	↗
Ebola in Sierra Leone: new radio shows join the fight	2014-08-29	BBC	↗
Ebola rap warns West Africans of virus's dangers	2014-05-28	The Telegraph	↗
Ebola virus causes outbreak of infectious dance tune	2014-05-27	The Gaurdian	↗
Ebola: Pop music a surprising weapon against the killer virus	2014-10-11	CBC News	↗
Elbow and Ed Sheeran among Band Aid 30 artists	2014-11-10	BBC	↗
Hip Co Festival: How Liberia's music industry is building accountability	2014-01-09	ONE	↗



Sonke & Pesata (2015). *BMJ*

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.

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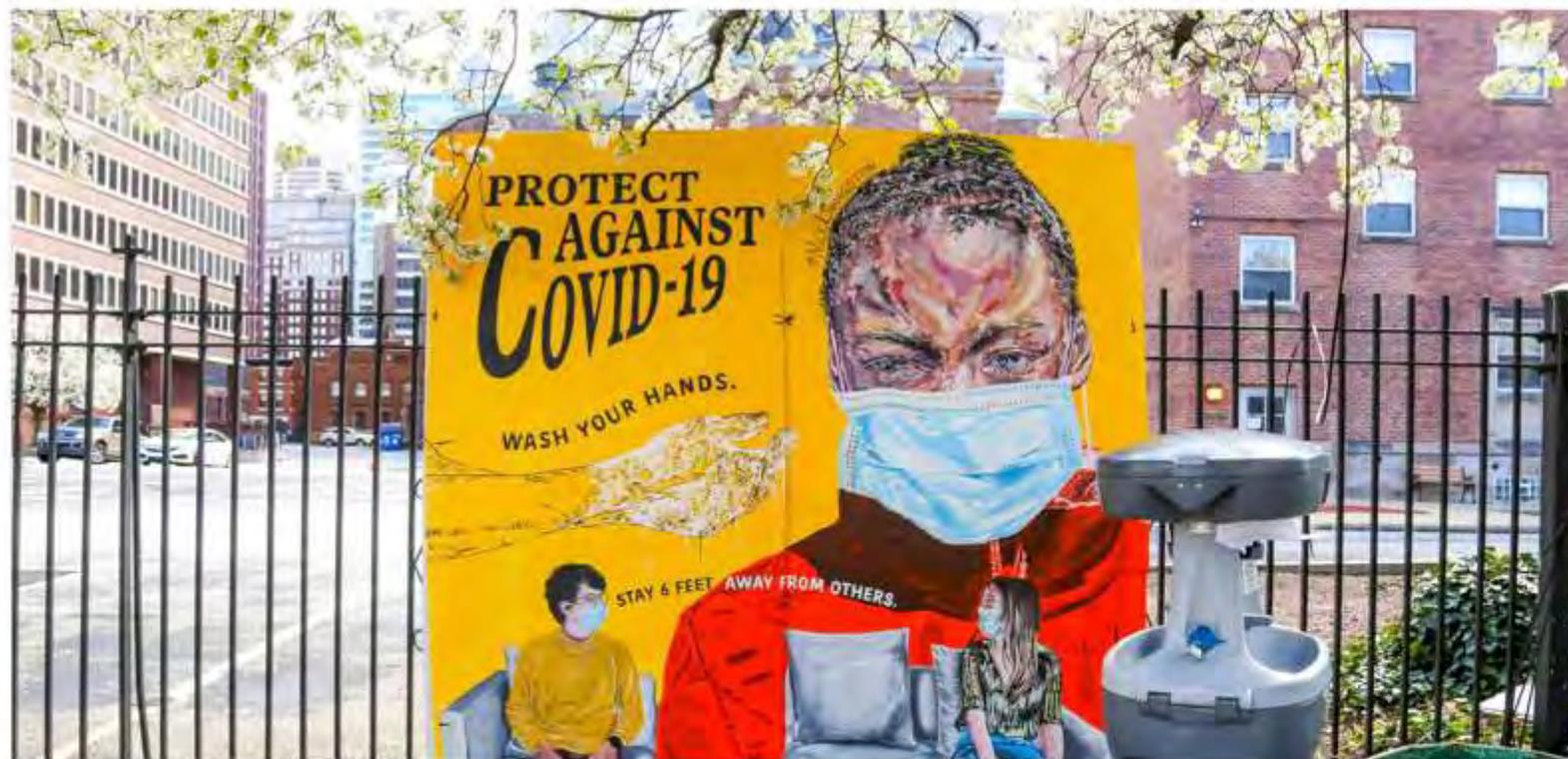
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Creating Healthy Communities: Arts + Public Health in America

COVID-19 Arts Response Overview



Philadelphia's Streets Dept has partnered with Broad Street Ministry, Mural Arts Philadelphia, HAHA MAG, and four regular Streets Dept artists to create and install a series of eye-catching and informative hand washing stations around the city of Philadelphia. Photo credit: Streets Dept, reproduced from <https://streetsdept.com/2020/03/24/philadelphians-install-covid-19-hand-washing-mural-stations-around-the-city/>

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CREATING HEALTHY COMMUNITIES

ARTS + PUBLIC HEALTH IN AMERICA
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LOVE
DISOBEY
SING UNIONIZE
CELEBRATE
TOLERATE
DANCE
ORGANIZE
DIVEST OFFER
SYMPATHIZE
ACHIEVE
PURSUE YOUR
DREAMS WORK THROUGH
DIFFERENCES PEACEFULLY
CREATE A COLLECTIVE
EXPRESS UNIFY MARCH
SUPPORT ONE
ANDYOTHER GIFT
RESPOND FIND COMMON-
ALITY COME TOGETHER
MAKE PROGRESS EXUDE
HAPPINESS DEVELOP
COMMUNITY HELP
OTHERS GIVE MORE
CONSUME LESS WORK
TOGETHER HONOR THE
ELDERLY VOLUNTEER
EXUDE HAPPINESS
CHOOSE LOVE
BE PRESENT BE
GRATEFUL FOR
NOW HOUSE THE
HOMELESS BE KIND
TO STRANGERS
STAND UP CREATE
PEACE HONOR LOVE
OF ALL KINDS SMILE
AT STRANGERS TRY
HARDER BREATHE
SAY THANK YOU
WEL- ACT
COM WAKE UP
E PROTEST
EMPATHIZE
DO WITH LESS
FIND
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GROUND SEE
BEAUTY IN
PLAN
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ALL LIFE
MAKE ART
REAL FOOD
GARDEN TEA
COMPRESS
CHARITA
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WORLD A
BETTER
PLACE BE
HONORABLE
CHOOSE TO
MAKE A
DIFFERENCE



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.

THERE
COMES A
TIME
WHEN SILENCE
IS BETR-
AYAL.

I CAN'T BREATHE

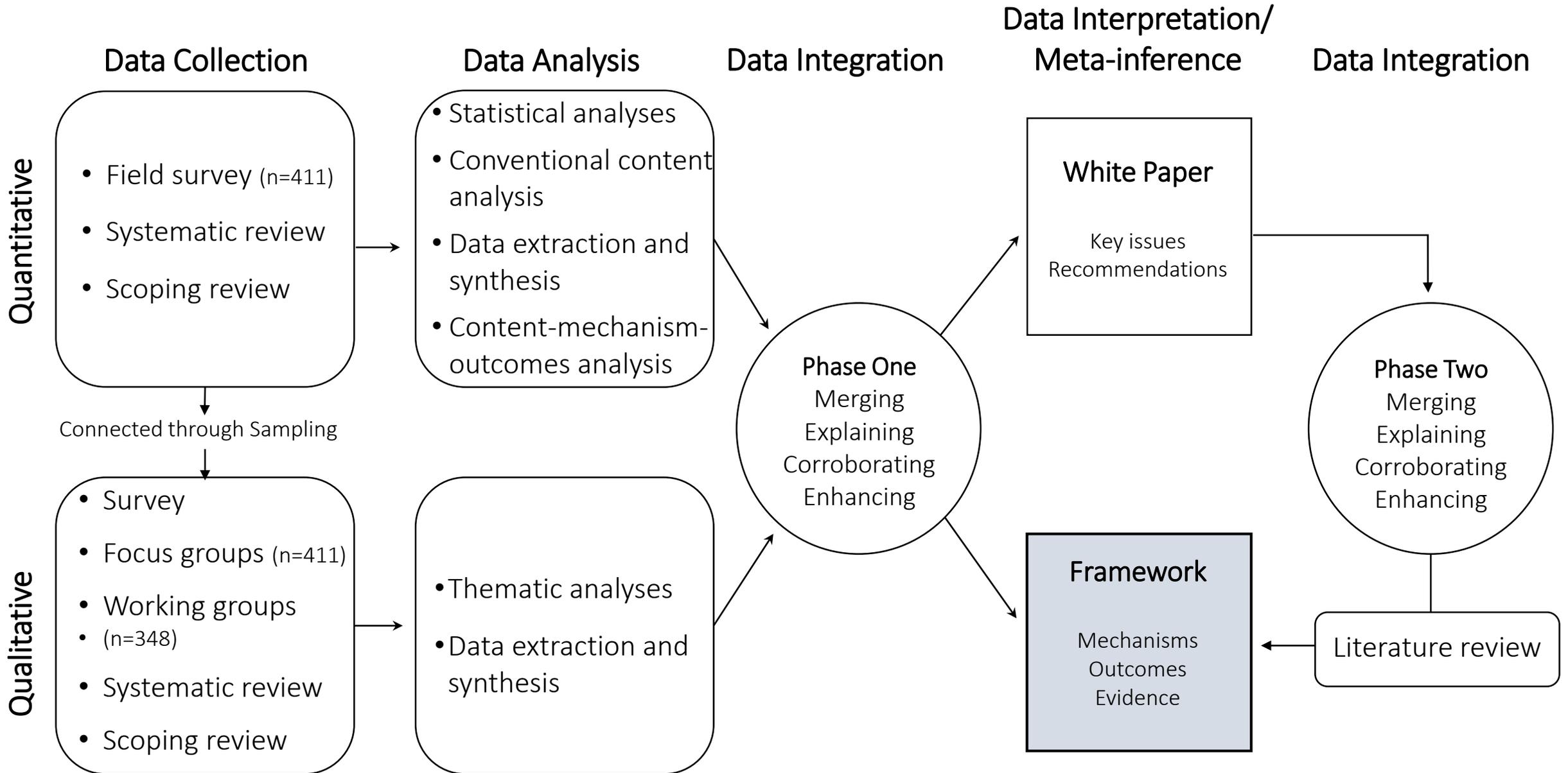
Arts & Culture in Public Health:

A convergent mixed methods study with sequential elements

Why do we need an evidence-based framework for using the arts in public health?

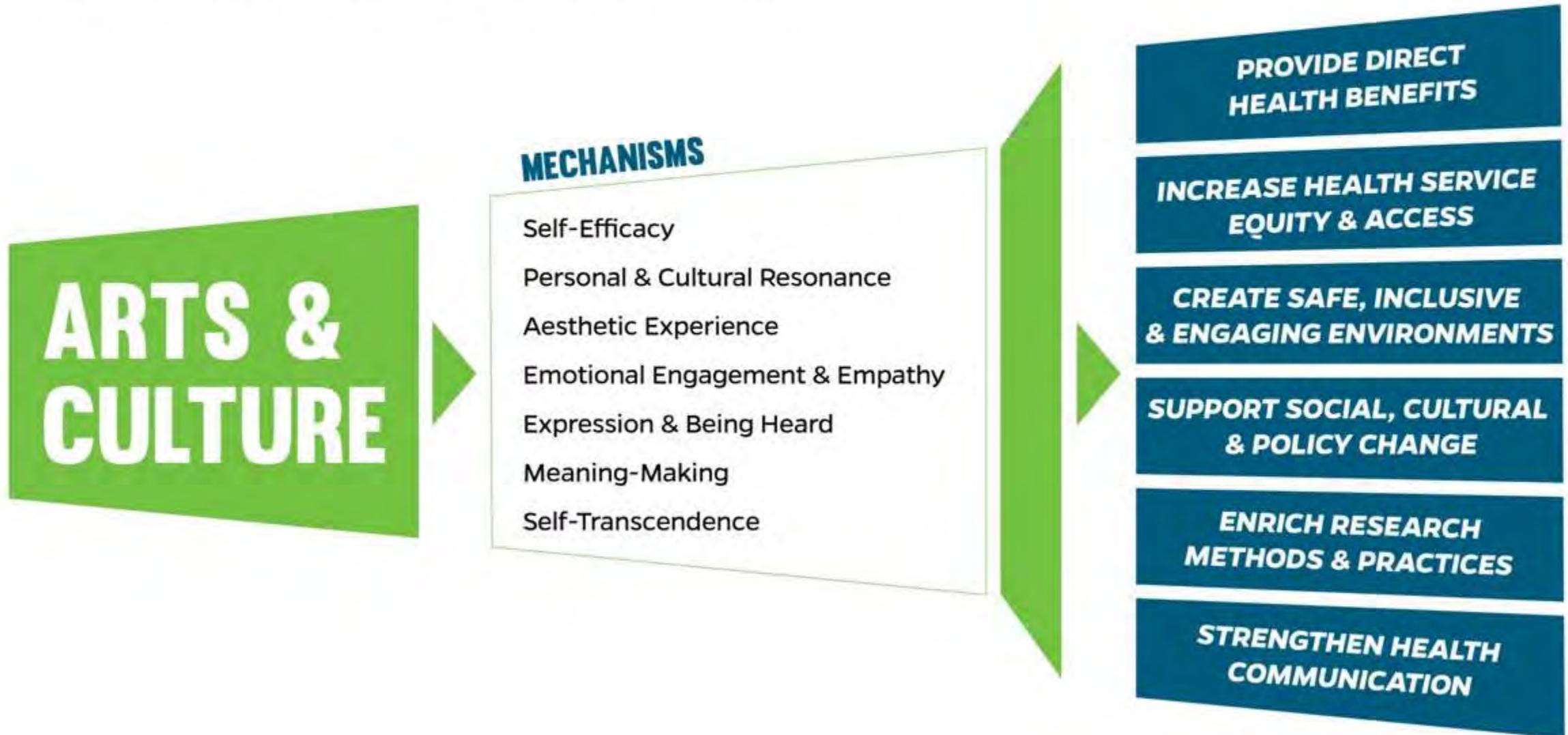
- Health equity and social determinants have become increasingly more central to public health research and practice in the US
- There remains a critical need for innovation that:
 - centers communities, cultures, and lived experiences
 - increases the pace at which critical population health issues are addressed

Convergent Mixed Methods Study Model



ARTS & CULTURE IN PUBLIC HEALTH

AN EVIDENCE-BASED FRAMEWORK



ARTS & CULTURE IN PUBLIC HEALTH

AN EVIDENCE-BASED FRAMEWORK



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

Arts and Culture in Public Health: An Evidence-Based Framework

1. Provide direct health benefits
2. Increase health service equity and access
3. Create safe, inclusive, and engaging environments
4. Support social, cultural, and policy change
5. Enrich research methods and practices
6. Strengthen health communication

DOWNLOADS



[Evidence-Based Framework Model](#)

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

Fancourt, D., Finn, S., Warran, K., & Wiseman, T. (2019). Group singing in bereavement: effects on mental health, self-efficacy, self-esteem and well-being. *BMJ Supportive and Palliative Care*, 1-9.

<https://doi.org/10.1136/bmjspcare-2018-001842>

McRae, C., Leventhal, D., Westheimer, O., Mastin, T., Utley, J., & Russell, D. (2017). Long-term effects of dance for PD on self-efficacy among persons with Parkinson’s disease. *Arts & Health*, 1-12.

<https://doi.org/10.1080/175333015.2017.1326390>

Varela, W., Abrami, P. C., & Uptis, R. (2014). Self-regulation and music learning: A systematic review. *Psychology of Music*, 44(1), 55-74.

<https://doi.org/10.1177/0305735614554639>



**CREATING HEALTHY COMMUNITIES:
ARTS + PUBLIC HEALTH IN AMERICA**

EVIDENCE-BASED FRAMEWORK

arts.ufl.edu/creating-healthy-communities

+ Downloadable pdf

ARTS & CULTURE PROVIDE DIRECT HEALTH BENEFITS

OUTCOMES

ENHANCED IMMUNE RESPONSE

ENHANCED COPING AND EMOTIONAL REGULATION

REDUCED LONELINESS AND ISOLATION

LONGEVITY

REDUCED STRESS

ENHANCED MEMORY AND COGNITION

ENHANCED SELF-EFFICACY

REDUCED CARDIOVASCULAR REACTIVITY

ENHANCED SOCIAL SUPPORT

IMPROVED SOCIAL BEHAVIORS

INCREASED EXERCISE

ADOPTION OF HEALTHIER BEHAVIORS

WELLNESS/PREVENTION (REDUCED BURDEN ON PRIMARY AND EMERGENCY CARE SYSTEMS, LESS HEALTHCARE SEEKING)

WELLBEING AND THRIVING

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

Kuhn D. (2002). The effects of active and passive participation in musical activity on the immune system as measured by salivary immunoglobulin A (Siga). *Journal of Music Therapy*, 39(1), 30-39. <https://doi.org/10.1093/jmt/39.1.30>

Núñez, M. J., Mañá, P., Liñares, D., Ribeiro, M. P., Balboa, J., Suárez-Quintanilla, J., Maracchi, M., Mendes, M. R., López, J. M., & Froire-Gerabal, M. (2002). Music, immunity and cancer. *Life Sciences*, 71(9), 1047-1057. [https://doi.org/10.1016/S0024-3205\(02\)01796-4](https://doi.org/10.1016/S0024-3205(02)01796-4)

Fancourt, D., Ockelford, A., & Belai, A. (2014). The Psycho-neuroimmunological effects of music: A systematic review and a new model. *Brain, Behavior, and Immunity*, 36, 15-26. <https://doi.org/10.1016/j.bbi.2013.10>

Burrai, F., Hasan, W., Luppi, M., & Micheluzzi, V. (2018). A conceptual framework encompassing the psychoneuroimmunoenocrinological influences of listening to music in patients with heart failure. *Holistic Nursing Practice*, 32(2), 81-89. <https://doi.org/10.1097/HNR.0000000000000253>

ENHANCED COPING AND EMOTIONAL REGULATION

Derman, Y. E., & Deatrick, J. A. (2016). Promotion of well-being during treatment for childhood cancer: a literature review of art interventions as a coping strategy. *Cancer Nursing*, 39(6), E1-16. <https://doi.org/10.1097/NCC.0000000000000318>

Pezzin, L. E., Larson, E. R., Lorber, W., McKinley, E. L., & Dillingham, T. R. (2018). Music-instruction intervention for treatment of post-traumatic stress disorder: a randomized pilot study. *BMC Psychology*, 6(1), 60. <https://doi.org/10.1186/s40359-018-0274-8>

Ratlins, J., & King, E. (2015). Promoting coping for children of hospitalized service members with combat injuries through creative arts engagement. *Arts & Health*, 7(2), 109-122. <https://doi.org/10.1080/17533015.2015.1019707>

REDUCED LONELINESS AND ISOLATION

Poscia, A., Stojanovic, J., La Milia, D. I., Duplaga, M., Gryk-tar, M., Moscatlo, U., Onderc, G., Colanatta, A., Ricciardifed, W., & Magnavita, N. (2018). Interventions targeting loneliness and social isolation among the older people: an update systematic review. *Experimental Gerontology*, 102, 133-144. <https://doi.org/10.1016/j.exger.2017.11.017>

Tymoszyk, U., Perkins, R., Fancourt, D., & Willmann, A. (2019). Cross-sectional and longitudinal associations between receptive arts engagement and loneliness among older adults. *Social Psychiatry and Psychiatric Epidemiology*. <https://doi.org/10.1007/s00127-019-01764-0>

Pearce, R., & Lillyman, S. (2015). Reducing social isolation in a rural community through participation in creative arts projects. *Nurs Older People*, 27(10), 33-8. <https://doi.org/10.7748/nop.27.10.33.a22>

LONGEVITY

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. <https://doi.org/10.1136/bmj.j6377>

Kattenstroth, J. C., Rolankowska, I., Kalisch, T., & Dirma, H. R. (2010). Superior sensory, motor, and cognitive performance in elderly individuals with multi-year dancing activities. *Frontiers in Aging Neuroscience*, 2, 31. <https://doi.org/10.3389/fnagi.2010.00031>

Bygren, L. O., Konlaan, B. B., & Johansson, S. E. (1996). Attendance at cultural events, reading books or periodicals, and making music or singing in a choir as determinants for survival: Swedish interview survey of living conditions. *BMJ*, 313(7072), 1577-1580. <https://doi.org/10.1136/bmj.313.7072.1577>

REDUCED STRESS

de Witte, M., Spruit, A., van Hooren, S., Moonen, X., & Stams, G. J. (2019). Effects of music interventions on stress-related outcomes: a systematic review and two meta-analyses. *Health psychology review*, 1-31. <https://doi.org/10.1080/17437199.2019.1627897>

van Willenswaard, K. C., Lynn, F., McNeill, J., McQueen, K., Dennis, C. L., Lobel, M., & Alderdice, F. (2017). Music interventions to reduce stress and anxiety in pregnancy: a systematic review and meta-analysis. *BMC psychiatry*, 17(1), 271. <https://doi.org/10.1186/s12888-017-1432-x>

Finn, S., & Fancourt, D. (2018). The biological impact of listening to music in clinical and nonclinical settings: A systematic review. *Progress in Brain Research*, 237, 173-200. <https://doi.org/10.1016/bs.pbr.2018.03.007>



Spaces for learning, connection, and play

Located in the Zuni Pueblo of western New Mexico, the **Zuni Youth Enrichment Project (ZYEP)** aims to promote the wellbeing and resilience of Zuni youth while preserving and uplifting Zuni traditional culture. In 2018, the ZYEP opened Ho'n A-wan Park and Community Center, a 2.6-acre complex designed in collaboration with local artists, culture bearers, and community members. The park includes indoor and outdoor performance spaces, an athletic field, gardens, and classrooms, and integrates Zuni art and culture throughout all aspects of its design.

INCREASE HEALTH SERVICE EQUITY AND ACCESS





EpiARTS LAB

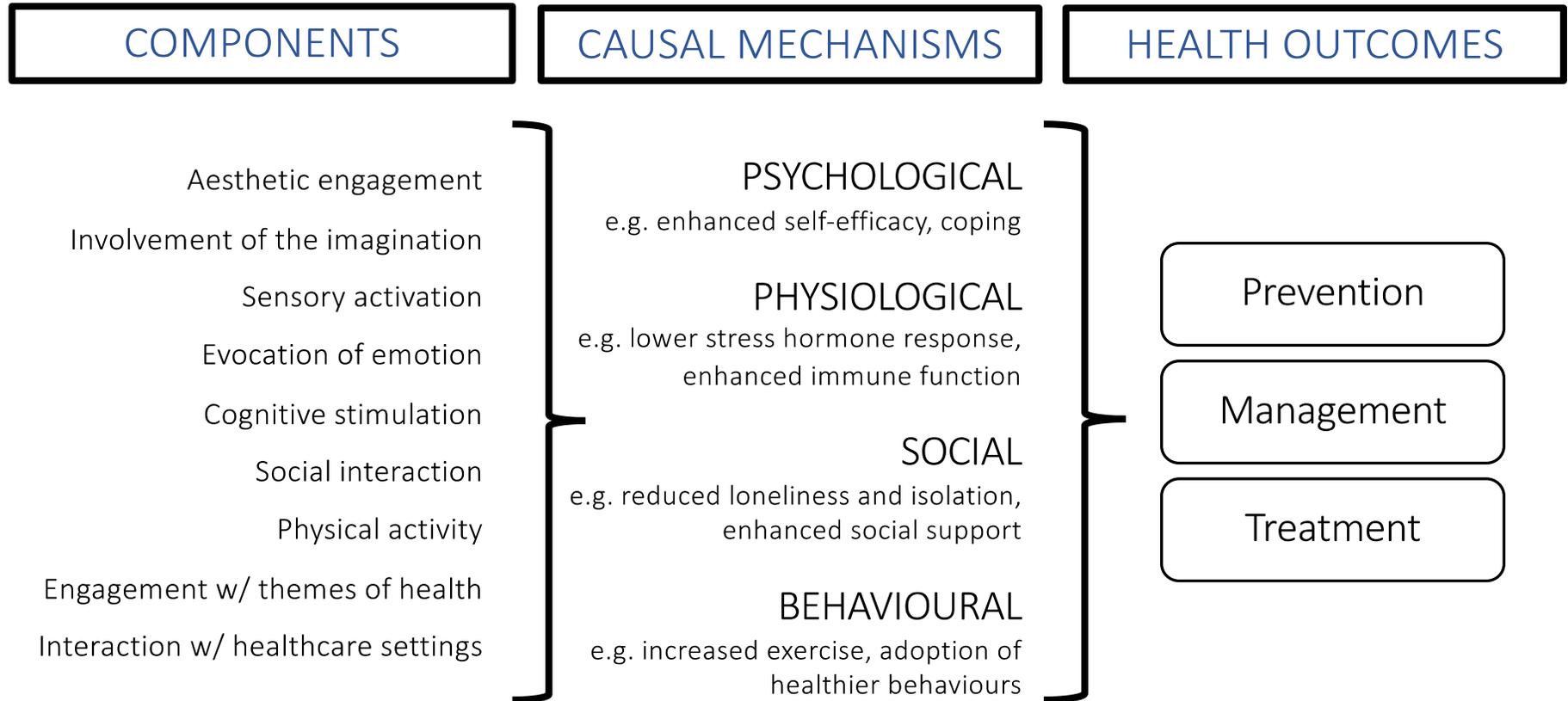
A National Endowment for the Arts Research Lab

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?





EpiARTS LAB

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!

Jill Sonke, UF Center for Arts in Medicine
jsonke@ufl.edu