



Research on Social Prescribing

Katrina Pineda | September 26, 2025

Who am I?



I'm Katrina...

- Research Coordinator, UF Center for Arts in Medicine
- Member of the EpiArts Lab
- BFA, Multimedia Electronic Art (2010)
- MA, Arts in Medicine (2018)

Preview

Introduction

- 1) Social Prescribing + Arts Prescribing
- 2) The EpiArts Lab

Research Studies

- 1) Case Studies: Arts & Social Prescribing
- 2) Implementation Science Study: Arts & Social Prescribing
- 3) Key Common Outcomes: Arts Prescribing in the US
- 4) Core Outcomes Set: Arts Interventions for Social Isolation

Conclusion

- 1) Resources
- 2) Q&A



University of Florida (2021c). [Dance session]. Retrieved from [UF Center for Arts in Medicine](#).

Intro

Social Prescribing Definition

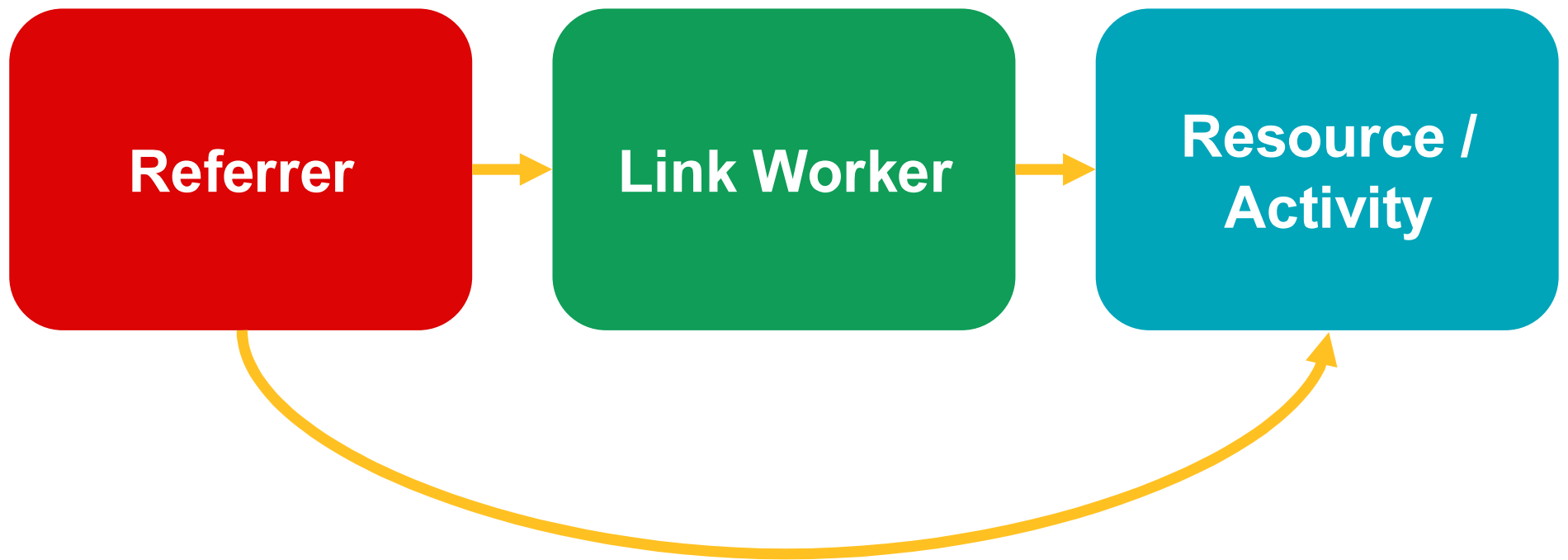
Social Prescribing

“...a means for trusted individuals in clinical and community settings to identify that a person has non-medical, health-related social needs and to subsequently connect them to non-clinical supports and services within the community by co-producing a social prescription—a non-medical prescription, to improve health and well-being and to strengthen community connections.”

(Muhl et al., 2023)



Social Prescribing General Flow



Social Prescribing: Categories

**It is about asking
“what matters to you”
rather than “what is
the matter with you.”**

*Bogdan C. Giurca,
Clinical Champion Lead,
National Academy of Social Prescribing, UK*



Arts & Culture



Nature



Heritage



Physical Activity



Advice & Information

Arts Prescribing: Definition



Arts Prescribing

“...any program in which health-and social care providers are enabled to prescribe arts, culture, or nature experiences to patients or clients in order to support their health and well-being.”

(Golden et al., 2023)

Arts' Impact on Health & Wellbeing

Engagement in arts & culture can...

- Improve wellbeing
- Enhance happiness
- Lower stress
- Decrease feelings of isolation
- Enhance social cohesion
- Address inequalities
- Reduce burnout
- Prevent poor health
- Promote healthy behaviors
- Enhance child development
- Enhance health communication
- Enhance research methods & practice
- Assist w/treatment & management of illnesses
- And more...

(Fancourt & Finn, 2019; Sonke & Golden, 2020)

Arts Participation: Definition

Forms

- Dance & Movement
- Literary Arts
- Media Arts
- Music
- Theater & Performance
- Visual Arts, Craft, & Design

Modes

- Attending live events
- Actively creating or performing
- Participating in social, spiritual, & cultural practices
- Consumption via digital or print media
- Active learning in, through, or about

Sonke, J., Rodriguez, A. K., Colverson, A., Akram, S., Morgan, N., Hancox, D., Wagner-Jacobson, C., & Pesata, V. (2023). Defining “Arts Participation” for Public Health Research. *Health Promotion Practice*, 15248399231183388. <https://doi.org/10.1177/15248399231183388>

Our Work

The EpiArts Lab...

- Explores the impact of arts & culture on population health outcomes in the US
- Is co-directed by Drs. Jill Sonke (UF) & Daisy Fancourt (UCL)

Acknowledgement: Thank you to all the Interdisciplinary Research Lab members who assisted with data analysis and other aspects of these studies. This work is supported by the National Endowment for the Arts, the Pabst Steinmetz Foundation, Bloomberg Philanthropies, Americans for the Arts, the State of Florida Division of Arts and Culture, and the Dharma Endowment Foundation. This work was undertaken with technical support from the Jameel Arts & Health Lab, in collaboration with the World Health Organization.

EpiArts Lab: Phases 1 & 2

Phase 1

- Dataset review to identify variables
- 3 national roundtable discussions

Phase 2

- Analysis of associations between arts engagement & health outcomes
- Prioritization of research initiatives
- Public health journal publications



University of Florida (2021c). [Community mural being painted]. Retrieved from [UF Center for Arts in Medicine](#).

EpiArts Lab: Phase 3



Operation: Art of Valor

Photo courtesy of Operation: Arts of Valor

Phase 3:

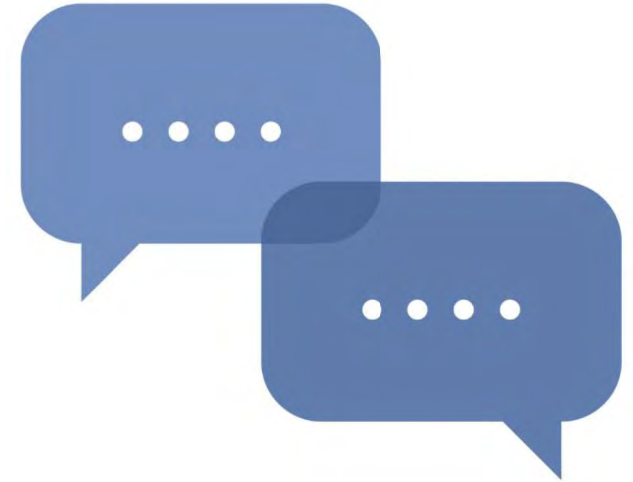
Key Questions:

- What arts prescribing programs already exist?
- What are some of the successes & challenges to implementation?
- What are some of the barriers & facilitators to engagement?
- What key common outcomes should be evaluated for arts prescribing programs?
- What core outcomes should be evaluated for arts-based social isolation programs?

Case Studies: Arts & Social Prescribing

Study Overview

- **US arts prescribing programs**
 - 23 programs
 - 11 states
- **Case study approach**
- **Core questions:**
 - What types of activities does each program offer?
 - Who are each program's participants?
 - How is the program organized, staffed, and funded?
 - What are the barriers and facilitators that enable program implementation?



Programs

Ongoing

- Art Pharmacy
- ArtsRx by NJPAC
- Community Access to the Arts
- Community as Medicine by Open Source Wellness
- Community Music School of Springfield
- Isolation to Connection by UJA Federation of New York
- Mass Audubon Berkshire Wildlife Sanctuary
- Norman Rockwell Museum
- Operation: Art of Valor
- Project Connection
- Ride4Recovery by SpeakUp About Drugs
- Rx for Wellbeing at the Clark Art Institute
- St. Mary's County Health Hub
- Stanford Arts Prescribing Program
- Urban Health Plan
- Zoo New England

Planned

- Arts on Prescription by City of Dallas Office of Arts and Culture
- Be Happy Rx by True Health
- Higher Ground
- UF Health Shands Arts in Medicine

Completed

- Community Music Center of Boston
- PALS: Community Providers and Local Students
- Veterans Community Arts Referral Program

Program Locations



1 Atlanta, GA
2 Newark, NJ
3 Barrington, MA
4 Alameda County, CA
5 Springfield, MA
6 Long Island, NY

7 Berkshire County, MA
8 Stockbridge, MA
9 St. Petersburg, FL
10 Salt Lake City, UT
11 Arkansas
12 Williamstown MA

13 Lexington Park, MD
14 Palo Alto, CA
15 Bronx, NY
16 Boston & Stoneham, MA
17 Dallas, TX
18 Orlando, FL

19 Harlan County, KY
20 Gainesville, FL
21 Boston, MA
22 Texas +
23 Gainesville, FL

Methods

- **Surveys:**
 - 55 questions in an online questionnaire
- **Interviews:**
 - Optional follow-up interviews
 - Questions varied & tailored to each program



Findings: Program Sectors

Led by 6 sectors:



Arts & Culture (9)



Health (9)



Education (1)



Nature (2)



Philanthropic (1)



Business (1)

Findings: Participants

Diverse Target Populations



- Underserved groups
- Mental & behavioral health
- Childhood obesity
- Addiction difficulties
- Domestic abuse
- Social Isolation
- Caregivers
- People w/disabilities
- Veterans
- Open to anyone

Findings: Activities

Variety of Activity Types



- Nature
- Summer camp
- Zoo visits
- Music lessons
- Music therapy
- Various arts activities
- Cultural visits
- Volunteering
- Other types of community engagement

Findings: Financial Considerations

Multiple Funding Sources & Budgets



- Public organization
- Health insurance company
- Donors, philanthropy, and/or foundation
- \$10k to >\$150k

Findings: Evaluation

Evaluation Processes



- General feedback
- Surveys
- Funder evaluation
- Other

Ex: Arts Rx by NJPAC

2. ArtsRx by the New Jersey Performing Arts Center



Primary Partner Sectors:	Performing Arts Center + Insurance Company + College/University
Program Location:	Newark, New Jersey
Program Start Date:	July 2023
Activity:	Arts and culture
Referrers:	Insurance company; college/university
Participants:	Adults and university students with mental health needs, who are socially isolated, or are caregivers
Program Status:	ongoing
Funding:	Insurance company; college/university
Other Key/Unique Features:	Insurance company partnership; college/university partnership

Ex: Arts Rx by NJPAC



Photos courtesy of New Jersey Performing Arts Center

Ex: Community as Medicine

4. Community as Medicine by Open Source Wellness



Primary Partner Sectors:	Health Insurance Agency + Community Food Program + Local Farms + Federally Qualified Health Centers
Program Location:	Alameda County, CA
Program Start Date:	2016
Activity:	Arts, physical activity, health/wellness coaching, and social connection
Referrers:	Primary care providers and clinicians
Participants:	Adults with or at risk of developing a chronic condition and/or who have food insecurity
Program Status:	Ongoing
Funding:	Health insurance company
Other Key/Unique Features:	Services are paid for by a county public insurance plan; comprehensive SP including, but not focused on arts prescribing

Ex: Community as Medicine



Photo courtesy of Open Source Wellness

Ex: Mass Audubon Berkshire Wildlife Sanctuaries

7. Mass Audubon Berkshire Wildlife Sanctuaries



Primary Partner Sectors:	Wildlife Sanctuary + Health Clinics + Public Schools
Program Location:.....	Berkshire County, Massachusetts
Program Start Date:.....	2021
Activity:	Nature visits and summer camps
Referrers:.....	Healthcare and school professionals
Participants:	Underserved families
Program Status:.....	Ongoing
Funding:.....	Public grant (CultureRx)
Other Key/Unique Features:	Referral by school-based healthcare professionals; Wildlife sanctuary as a service provider

Ex: Mass Audubon Berkshire Wildlife Sanctuaries



Photos courtesy of Mass Audubon Berkshire Wildlife Sanctuaries

Ex: Operation: Art of Valor

9. Operation: Art of Valor



Primary Partner Sectors:	Veteran Affairs Medical Center + Community Arts Organization
Program Location:	St. Petersburg, Florida
Program Start Date:	2017
Activity:	Arts and Culture (visual arts)
Referrers:	Creative art therapist and self-referral
Participants:	Active-duty military and veterans
Program Status:	Ongoing
Funding:	Donors/philanthropy/foundation and public
Other Key/Unique Features:	Program designed, run and facilitated mostly by veterans and active military personnel

Ex: Operation: Art of Valor



Photos courtesy of Operation: Arts of Valor

Recent Publications

Full Report:

EpiArts Lab (2025). *Arts Prescribing in the US: 23 Case Studies, 2023-2024*. Gainesville, FL: University of Florida Center for Arts in Medicine.

Lancet Article:

Marshall, R., Bradbury, A., Morgan, N., Pineda, K., Hayes, D., Burton, A., Sonke, J., & Fancourt, D. (2025). Social Prescribing in the US: emerging learning and opportunities. *Lancet Public Health Viewpoint*.

Implementation Science Study: Arts & Social Prescribing



WORK IN PROGRESS: Please don't photograph.

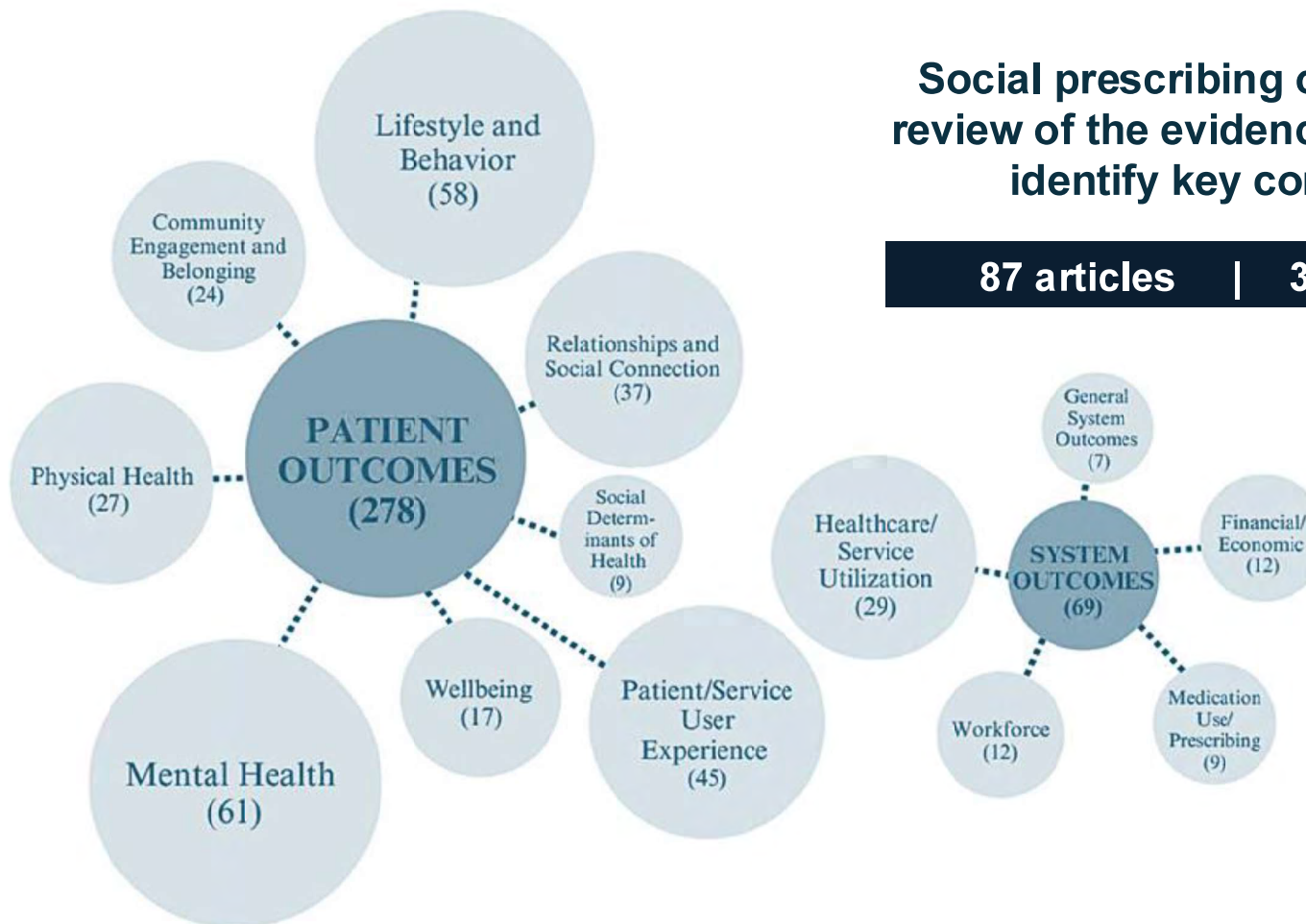
Key Common Outcomes Set: Arts Prescribing in the US

Key Common Outcomes Initiatives



1. **PUBLISHED:** Mapping review of evidence from 13 countries
2. **UNDER REVIEW:** Development of key common outcomes set for arts prescribing in the US

Mapping Review from 13 Countries



Social prescribing outcomes: a mapping review of the evidence from 13 countries to identify key common outcomes

87 articles | 347 unique outcomes

Sonke, J., Manhas, N., Belden, C., Morgan-Daniel, J., Akram, S., Marjani, S., ... & Fancourt, D. (2023). Social prescribing outcomes: a mapping review of the evidence from 13 countries to identify key common outcomes. *Frontiers in Medicine*, 10, 1266429.

Mapping Review from 13 Countries

Country or region	# of articles reporting outcomes from country/region	Country or region	# of articles reporting outcomes from country/region
Australia	7	Scandinavia	1
Canada	6	Scotland	2
Denmark	2	South Korea	1
England	60	Sweden	1
Ireland	3	Taiwan	1
Netherlands	2	United Kingdom	28
Northern Ireland	1	United States	7
Norway	1	Wales	4
Portugal	2	Did not report	1

Sonke, J., Manhas, N., Belden, C., Morgan-Daniel, J., Akram, S., Marjani, S., ... & Fancourt, D. (2023). Social prescribing outcomes: a mapping review of the evidence from 13 countries to identify key common outcomes. *Frontiers in Medicine*, 10, 1266429.

Core Outcomes Set: Arts Interventions for Social Isolation



WORK IN PROGRESS: Please don't photograph.

Overview

Aims

1. Identify outcomes relevant to social isolation
2. Engage stakeholders
3. Establish set of outcomes for social isolation arts-based initiatives

Participants

- Public health practitioners
- Artists in healthcare & public health
- Public health researchers
- Health activists & advocates
- Public health administrators
- Community development practitioners

Conclusion

Resources



UF Center for Arts in Medicine Website:

<https://arts.ufl.edu/academics/center-for-arts-in-medicine/>



EpiArts Lab Website:

<https://arts.ufl.edu/academics/center-for-arts-in-medicine/researchandpublications/epiarts-lab/overview/>



Arts on Prescription Field Guide:

<https://arts.ufl.edu/sites/creating-healthy-communities/resources/arts-on-prescription-a-field-guide-for-us-communities/>

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Questions?



THANK YOU!

Sincerely,
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