

Culture, Art and Health

Culture and Health meeting.
From the analysis of local
organizations and practices
to new challenges

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Overview

- 1. What is arts and health?*
- 2. The evidence: Prevention, Promotion, Management and Treatment*
- 3. Arts and health work at WHO*
- 4. Some considerations*



What is arts and health?

What is arts and health?

“The arts are meant to talk about and show things that have to do with a more fundamental aspect of all of ourselves”

- Beverly Glenn Copeland

“Art is not some fun add-on to life”

- Grayson Perry



What is arts and health?

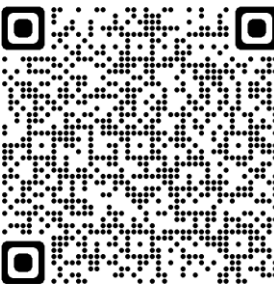
“a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”

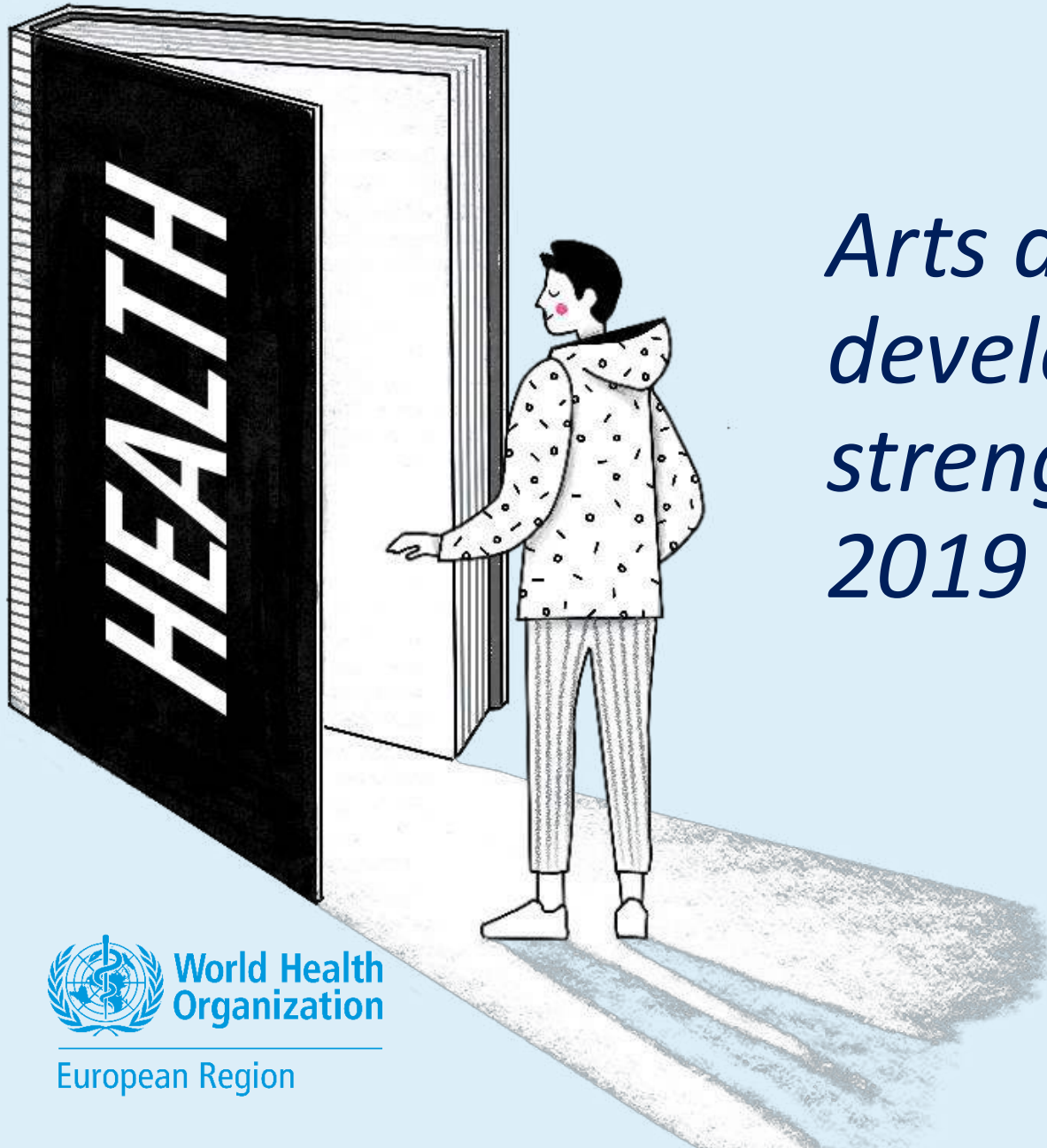


The evidence: Prevention, Promotion, Management and Treatment



*What is the evidence on the role
of the arts in improving health
and well-being? A scoping
review (2019)*



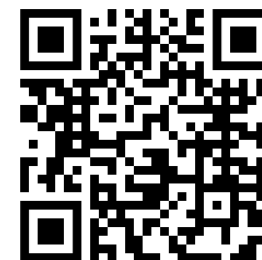


*Arts and Health: exploring the
developments, focus, and
strengthening of the field since
2019 (2023)*





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



Prevention

Promotion

Management

Treatment

Arts and Health work at WHO: An International perspective

Supporting forcibly displaced people

- 84 million people are estimated to have been forcibly displaced in 2021 worldwide
- Arts activities can prompt psychological, behavioural, and social processes that are linked to improved health and well-being.
- An investment in the arts is an investment for all.
- Engagement in arts activities can lead to a greater sense of belonging and solidarity within host communities.



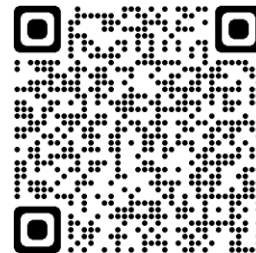
Youth and mental health in Greenland

- Working with young people in Aasiaat
- Collaboration between JAHL/WHO and Ministries of Health and Social Affairs in Greenland
- Research partners include Greenlandic Institute of Public Health, Royal College of Music, Imperial College
- Based on co-production and conversations



Social prescribing

- What is social prescribing?
- Why social prescribing
- Implementation in Sweden, Denmark, UK, and other countries
- Toolkit and online training course developed in WPRO



A TOOLKIT ON HOW TO IMPLEMENT SOCIAL PRESCRIBING



Music and motherhood

- Supports mothers with PPD
- Based on a UK intervention
- Good clinical data
- Multi-site implementation study
- Proof of concept in other cultural contexts



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Music and motherhood: Outputs

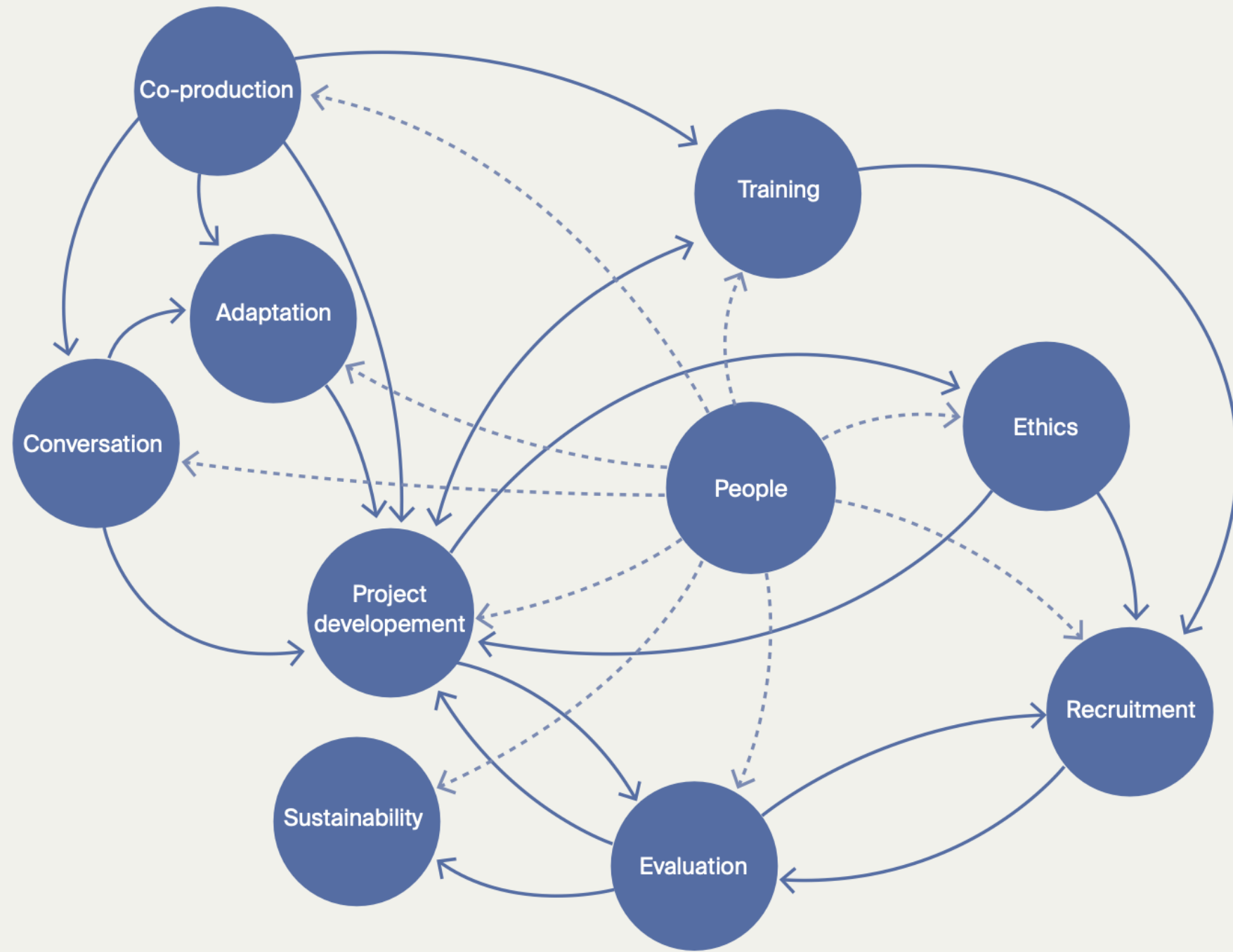
- BMJ protocol, Frontiers piece
- Italian Frontiers article
- Meeting report, thinking tool, project report



**Adapting and implementing
arts & health interventions:**
a thinking tool



Thinking tool



Music and motherhood: Next steps

- Nine more groups running in Italy!
- Continuation (3 years funding) in Denmark
- Sessions beginning in Portugal and Switzerland



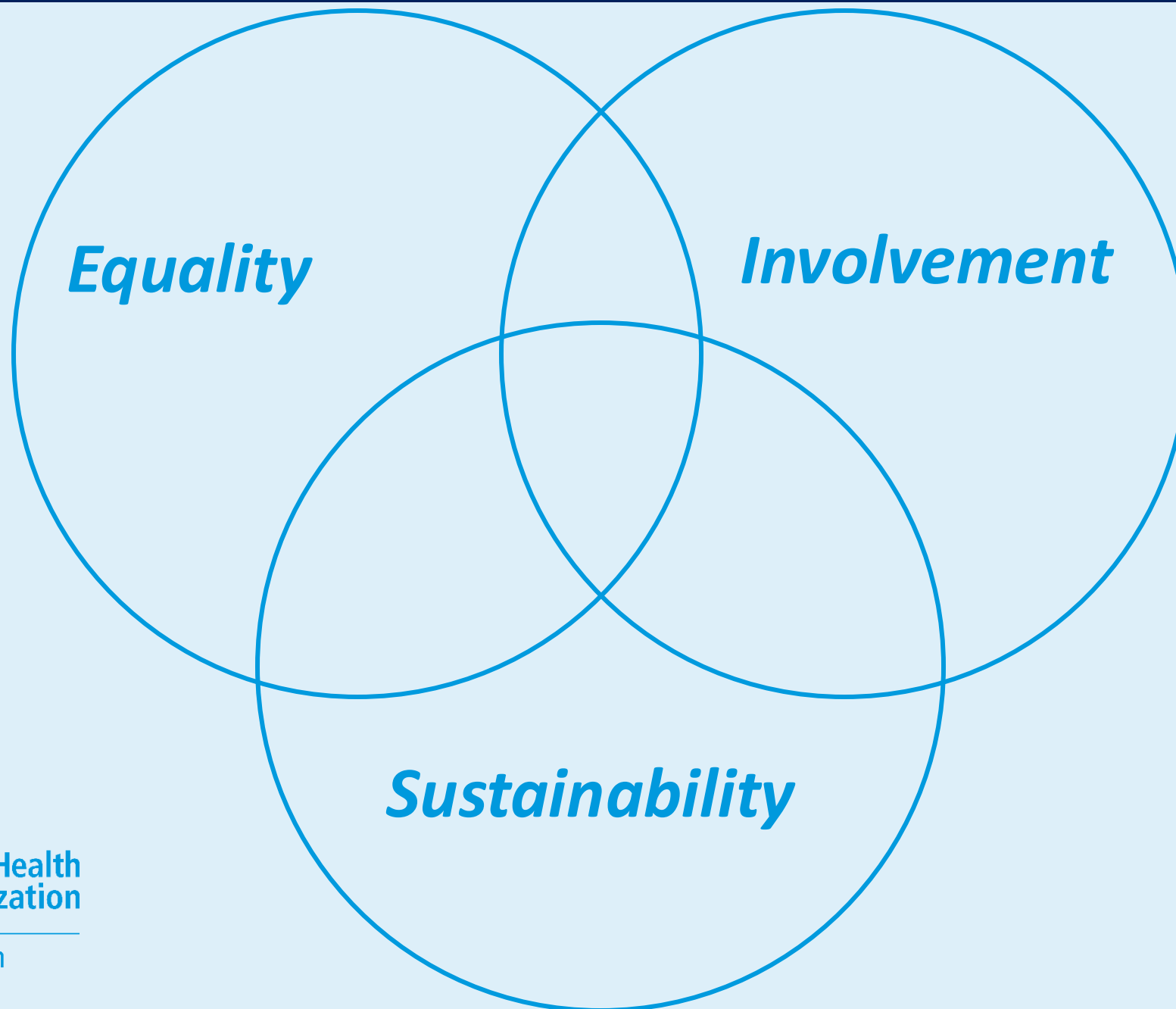
Policy

- Policy briefs
 - Arts & Health in the Digital Space
 - Arts & Mental Health in Young People
 - Arts, Health & Climate
- Lancet Global Health Series
 - 4 papers
 - 1 photo essay



JAMEEL ARTS & HEALTH LAB

Some considerations



“One mother told me: ‘I don’t know if a discussion group would have helped me at that time, because sometimes when I’m in psychotherapy groups I feel less than others... instead having an activity to do together allowed me to be on an equal footing and then, slowly, to tell my story’ (Singing leader Group 3)”



Thank you

For more information, please contact:

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European Region