

WHAT IS ARTS & HEALTH?

WHAT IS ART?



There are many different kinds!



visual arts • literary arts • performing arts • media arts • design • music • dance • festivals & celebrations

WHAT IS HEALTH?

Health refers to physical, mental, social, emotional & spiritual wellbeing; “not merely the absence of disease or infirmity.”



Health is the extent to which “an individual or group is able to realize aspirations & satisfy needs, & to change or cope with the environment.”²

Arts & health is a growing international field that embraces many forms of art to promote health & prevent disease in individuals & communities, enhance health service delivery & enrich research inquiry.

WHERE

can arts & health activities take place?

EVERYWHERE!



Arts & health activities can take place in a range of settings: health care facilities, homes, workplaces, schools, recreation centres, galleries, parks, places of worship, festivals, online, etc.

WHO

can take part in arts & health activities?

EVERYONE!

People across the lifespan from infants to seniors, across cultures & across the health continuum from prevention to end of life care can benefit from arts & health activities.



WHAT



The arts can be used in the design & delivery of prevention & health promotion programs to address personal, social, & environmental factors that impact the health & wellbeing of individuals & communities. Community arts programs are often partnerships between artists & community members, & value the process as much as the product.

Community Arts, Health Promotion & Prevention



Recreational Arts

Cultural engagement & creative expression, in community or recreational settings, have many health benefits for both participants & observers.



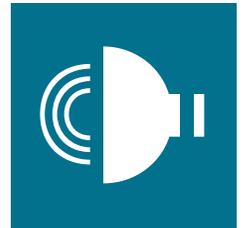
Arts-Based Research

The arts can be used in research that influences health, as a methodology, a tool to collect & analyze data, an intervention to be studied, or a way to communicate research findings.



Arts in Professional Health Care Education

Training programs for health professionals can include arts & humanities topics to “help learners develop observational, interpretive & empathetic skills.”³



Arts-Based Health Communication

Health communication strategies often include arts-based components like graphic design & music to stimulate public engagement & prompt changes in attitude and behaviour.



Arts in Health Care

Performance in Health Care Settings

Opportunities for people to attend & enjoy arts performances in health & residential care facilities.



Art and Design in the Health Care Environment

Art & design in health care facilities contributes to a supportive & therapeutic environment.

Participatory Arts Programs

Opportunities for patients, families, & staff in health & residential care facilities to engage in arts activities for pleasure, reflection, creative expression, etc.

Creative Arts Therapies

Music, Dance, Art, Drama, Play, Photo & Expressive Therapies use arts participation to address specific therapeutic goals.



ARTS HEALTH
NETWORK
CANADA

Arts Health Network Canada is the primary national arts and health knowledge sharing, networking and capacity building hub, helping to promote and facilitate the development and growth of arts and health initiatives across Canada. Learn more at artshealthnetwork.ca