

WHAT IS ARTS & HEALTH?



WHAT IS ART?



There are many different kinds!



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

WHAT IS HEALTH?

Health refers to physical, mental, social, emotional & spiritual wellbeing; “not merely the absence of disease or infirmity.”¹



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

Arts & health is a growing international field that embraces many forms of art to promote health and prevent disease in individuals and communities, enhance health service delivery and 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 and 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 and delivery of prevention and health promotion programs to address personal, social, and environmental factors that impact the health and wellbeing of individuals and communities. Community arts programs are often partnerships between artists and community members, and value the process as much as the product.

Community Arts, Health Promotion & Prevention



Recreational Arts

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



Arts-Based Research

The arts can be used in research that influences health, as a methodology, a tool to collect and 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 and humanities topics to “help learners develop observational, interpretive and empathetic skills.”³



Arts-Based Health Communication



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

Performance in Health Care Settings
Opportunities for people to attend and enjoy arts performances in health and residential care facilities.



Arts in Health Care

Art and Design in the Health Care Environment
Art and design in health care facilities contributes to a supportive and therapeutic environment.

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

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

Did we miss something?

Join the conversation at artshealthnetwork.ca and let us know!



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

Designed by Zara Contractor January 2014

1. Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948. 2. Ottawa Charter for Health Promotion. WHO, Geneva, 1986 3. Cox, S. M., Lafrenière, D., Brett-MacLean, P., Collie, K., Cooley, N., Dunbrack, J., & Frager, G. (2010). Tipping the iceberg? The state of arts and health in Canada. *Arts & Health, 2*(2), 109-124.