



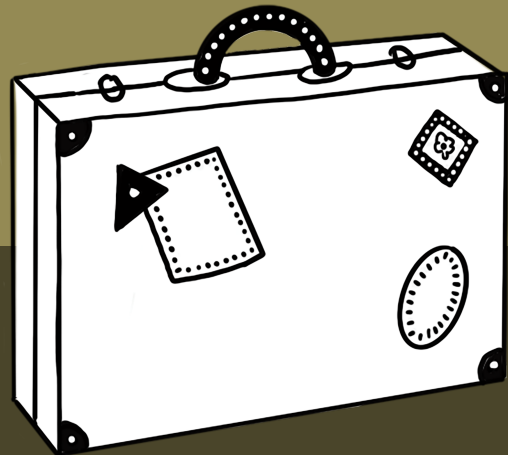
# Can you dance your way to better mental health?

*How arts and health interventions can be creative solutions to complex challenges*

# What is arts and health?

*“Art is a wound turned into light”*

- George Braque





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



- Scoping review that considers all study designs and methodologies
- Covers over 3,000 publications
- Looks at evidence across the life-course and the continuum of care



# Arts and health in the continuum of care



## Prevention & promotion

- Affects social determinants of health
- Supports child development
- Good for health promoting behaviours
- Supports caregiving

## Management & treatment

- Mental illness and health
- Acute conditions
- Neurological disorders
- Noncommunicable diseases
- End of life care



# Integrating arts and health into policy: some options



## The Evidence

- Implement interventions
- Share knowledge
- Fund Research

- Arts and culture: think health!
- Promote public awareness
- Encourage diversity

- Strengthen structures for cooperation
- Lines of referral
- Teaching

Added value

Cross sectoral

