

Arts + Social Impact Explorer Fact Sheet

HEALTH & WELL-BEING

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OVERVIEW

The intersection of the arts and the various fields that constitute the broad category of health and well-being covers everything from supplementing clinical practice, mental and physical health, community health, healthcare environments, and medical training.

As our collective understanding of healing, prevention, and next-generation practices and therapies evolve, it is becoming increasingly clear that arts and culture-based interventions offer promise in new and surprising ways.

The arts benefit patients, their caregivers, and the systems that provide the care—saving money, reducing pain medication needs and the length of hospital stays, strengthening immune levels, decreasing depression, increasing memory and cognitive function, and improving communication and behavioral skills.

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IMPACT POINTS

43% BELIEVE THE ARTS HELP

Almost half of frontline clinical staff believe that the arts have a positive effect on healing.¹

50% OF HOSPITALS HAVE ARTS PROGRAMS

More than 50 percent of U.S. hospitals now offer arts programming—and that number is rising.²

\$2.25 BILLION IN PROSPECTIVE SAVINGS

The use of arts can reduce healthcare costs. Tallahassee Memorial HealthCare saved \$567 per procedure by using a musician during the preparation period for pediatric CT scans. The savings for this procedure at the national level could exceed \$2.25 billion.³

24% IMPROVEMENT IN CLINICAL OUTCOMES

Twenty-four percent of clinical staff say the arts improve clinical outcomes.⁴

\$56 BILLION SAVINGS

Patients who see nature or art from their hospital beds recuperate almost one day faster and require fewer pain medications. A single hospital day averages \$2,300, and about 25 million people per year stay at least one night in the hospital, which adds up to a potential of \$56 billion in savings per year.⁵

INCREASED IMMUNITY FOR THOSE BATTLING TERMINAL DISEASES

Creative writing offers physical benefits to those battling terminal diseases. HIV positive patients show a strengthened immune level after just 30 minutes of writing. Similar results were found with asthma, rheumatoid arthritis, and Hepatitis B patients.⁶



EXAMPLES OF PRACTICE

Arts & Health at Duke University, Durham, NC



This program provides literary, performing, and visual arts program to Duke University Hospital and its clinics. It believes that arts are essential to the health and well-being of its patients, their caregivers, and its staff.

artsandhealth.duke.edu
sharon.swanson@duke.edu

image: William Dawson, right, of Arts & Health at Duke, plays a ukulele for Duke University Hospital patient David Stucker. Photo courtesy of David Stucker's family

Musicians On Call, Nashville, TN



Musicians On Call believes that patients, families, and caregivers should benefit from the healing power of music. In addition to live performances, it offers the Music Pharmacy, which gives each patient access to a tablet loaded with Pandora and headphones.

<http://www.musiciansoncall.org>
info@musiciansoncall.org

image: Photo by Nick Benik. Courtesy of Musicians On Call

Sing for Life, Gainesville, FL



Sing for Life works with Parkinson's patients and their caregivers on increasing vocal strength and stamina and enhancing well-being through exercises for relaxation, posture, breathing, and resonance.

arts.ufl.edu/academics/center-for-arts-in-medicine/outreach/sing-for-life
cam@arts.ufl.edu

image: University of Florida Professors Brenda Smith and Ronald Burrichter lead a Sing for Life Class, February 2018. Photo by Marissa Secades, UF College of the Arts intern

University of Washington Medical Center Arts Program, Seattle, WA



The UW Medical Center integrates art into patient care through its Arts in Healing program, permanent art collection, and music program.

uwmedicine.org/uw-medical-center/patient-resources/art-program
neuhardk@uw.edu

image: Art collection is visible throughout the UW Medical Center

Tracy's Kids, Washington, DC



Tracy's Kids uses art therapy to help young cancer patients and their families cope with the emotional stress and trauma of cancer and its treatment. It conducts more than 10,000 hours of sessions each year to ensure that the children and families are emotionally equipped to fight cancer as actively as possible.

<http://www.tracyskids.org>
tracy@tracyskids.org

image: The Washington Capitals visited Tracy's Kids at Medstar Georgetown University Hospital in December. Courtesy of Tracy's Kids

top image: Photo by Nick Benik. Courtesy of Musicians On Call

REFERENCES

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READING LIST

Arts in Healthcare: 2009 State of the Field Report



The State of the Field report was designed as an overview of arts in healthcare in the United States. The report details the prevalence of arts in healthcare programs, makes a business case for arts and healthcare, provides a sampling of current research findings, and concludes with a look at the future.

<https://www.americansforthearts.org/node/83873>

The Connection Between Art, Healing, and Public Health: A Review of Current Literature



This review explores the relationship between engagement with the creative arts and health outcomes, specifically the health effects of music engagement, visual arts therapy, movement-based creative expression, and expressive writing.

<https://www.americansforthearts.org/node/100594>

Arts in Medicine Literature Review



This report examines the role arts can play in healthcare, especially in clinical settings. It reviews studies supporting the use of the arts in medicine, methods of delivering the arts, artmaking, training for caregivers, and recommendations for funders.

<https://www.americansforthearts.org/node/100864>

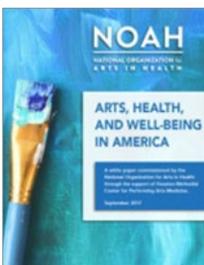
Basic Toolkit Handbook: Building and Sustaining Arts in Healthcare Programs



This guide provides information for artists trying to access healthcare institutions, community-based arts organizations hoping to reach new audiences, or healthcare institutions working to integrate the arts into a continuum of care.

<https://www.americansforthearts.org/node/90791>

Art, Health, and Well-Being in America



This white paper illustrates how the arts are being used to enhance the healing environments and patient experience, provide essential clinical-care services, support caregiver wellness, and spearhead public health.

<https://www.americansforthearts.org/node/101238>



ORGANIZATIONS

Center for Arts in Medicine

The University of Florida Center for Arts in Medicine advances research, education, and practice in arts in medicine. It works in education and training, research, and outreach.

arts.ufl.edu/academics/center-for-arts-in-medicine

The Foundation for Arts and Healing

The mission of the Foundation for Art & Healing is to use its position as a “bridge” to create and expand general awareness about art and healing, to bring forward through research and related explorations critical knowledge about art and healing and the relationship between them, and to help make this knowledge available at the individual and community level.

<https://artandhealing.org/>

ArtPlace America

Among ArtPlace’s numerous focuses is the intersection of arts and health.

<http://www.artplaceamerica.org>

Arts & Healing Network

While the network itself closed in 2015, the website, and its resources, remain.

http://www.artheals.org/resources/art_healing_organizations.html

Robert Wood Johnson Foundation

The Robert Wood Johnson Foundation has a wide portfolio related to healing, including research on the Social Determinants of Health.

<https://www.rwjf.org/en/our-focus-areas/topics/social-determinants-of-health.html>

National Organization for Arts in Health

Provides transformational leadership to bring the field of arts in health together, and to move the field forward. Our focus is on the future of arts, health, and wellbeing; and creating tangible impact from our goals and initiatives.

<https://thenoah.net/>

top image: William Dawson, right, of Arts & Health at Duke, plays a ukulele for Duke University Hospital patient David Stucker. Photo courtesy of David Stucker’s family

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