

Introduction

An example of the importance that arts in health now has in mainstream healthcare is a report commissioned by the UK Department of Health (DoH, 2007) to investigate the role that it should play in this field. Among the key findings were:

- Arts and health are, and should be firmly recognised as being, integral to health, healthcare provision and healthcare environments, including supporting staff;
- Arts and health initiatives are delivering real and measurable benefits across a wide range of priority areas for health, and can enable the Department and NHS to contribute to key wider Government initiatives;
- There is a wealth of good practice and a substantial evidence base.



Textile design by elderly patients of Pool Health Centre, Cornwall

Literature Review

The aim of this review was to bring together all of the work relevant to Arts for Health practice in the UK in a format easily accessible to Arts for Health practitioners.

Emphasis is placed on:

- Studies that took place in the UK;
- Studies based on rigorous methodology; and
- Studies relating to interventions in community, primary and secondary care settings.

Internet searches were supplemented by journals available through the Metalib electronic library at the University of Plymouth, and other studies were picked up from the UKPHA Annual Conference and events arranged by Arts for Health South West.

Three lists of published literature are given. The first covers major literature reviews since 2000. The second gives examples of good practice within individual projects, and the third includes papers which consider theoretical approaches to evaluation.

Major Literature Reviews

Health Development Agency (HDA) (2000). *Arts for Health. A review of good practice in community-based arts projects and initiatives which impact on health and well-being.*

Newman T et al., (2003) *Do community-based arts projects result in social gains?* Community Development Journal 38:4

Centre for Arts and Humanities in Health and Medicine (CAHHM) (2003) *Arts and Adult Mental Health Literature Review*

Staricoff, R (2004) *Arts in health: a review of the medical literature*

South, J (2004) *Community-based Arts for Health – A Literature Review*

Daykin N et al., (2004) *The effects of participation in performing arts in young people: a systematic review of the published literature 1994-2004*

Department of Health (DoH) (2007) *Report of the Review of Arts and Health Working Group*

Arts Council (2007) *A prospectus for Arts and Health*

Reviews of Key Projects

Smith T (2003) *Common Knowledge: The Tyne and Wear Health Action Zone's Arts and Health Project*

Everitt A & Hamilton H (2003) *Arts, Health and Community CAHHM (2004)* *Seeing the Wood for the Trees: An Arts for Health Action Plan for the East Midlands*

Staricoff R (2003) *A study of the effects of the Visual and Performing Arts in Healthcare*

South J (2004) *Evaluation of Bradford District Arts for Health Programme*

Dooris M. (2005) *A Qualitative Review of the Walsall Arts into Health Partnership.* Health Education 105:5 355-373

Windsor J. (2005) *Your Health and the Arts: a study of the association between arts engagement and health.*

Lowson K et al., (2006) *Evaluation of Enhancing the Healing Environment (EHE) Programme*

Manchester Metropolitan University (2007) *Invest to Save: Arts in Health Evaluation*

Daykin N et al., (2008) *Evaluation of Art-Lift: A Partnership Arts and Health Project*

Papers on Evaluation Methodology

Angus J (2002) *A review of evaluation in community-based arts for health activity in the UK*

Macnaughton J (2005) *Researching the benefits of Arts in Health.* Health Education 105:5 332-339

Putland C (2008) *Lost in Translation: The question of evidence linking community-based Arts and Health promotion.* Journal of Health Psychology 13: 265-276



Jive dancing at Newquay Day Care Centre

Conclusions

The literature described in this review illustrates the expanding field of reported work. Within the specific projects there is to be found a large degree of expertise to which practitioners can tap into when considering new local initiatives.

Perhaps the most important issues for consideration are (i) evaluation methods and (ii) collaboration and partnership working. It has been demonstrated that rigorous quantitative and qualitative data can contribute to the advancement of knowledge, and that the input of skills drawn from a variety of sectors make an important contribution towards a successful project.

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The authors acknowledge the input from the Director, Jayne Howard, and her staff. A searchable version of the full review, including key words, can be found on the Arts for Health Cornwall website, www.artsforhealthcornwall.org.uk

The pictures featured on this poster illustrate recent projects managed by Arts for Health Cornwall.