ARTS & CULTURE IN PUBLIC HEALTH

AN EVIDENCE-BASED FRAMEWORK



MECHANISMS

Self-Efficacy

Personal & Cultural Resonance

Aesthetic Experience

Emotional Engagement & Empathy

Expression & Being Heard

Meaning-Making

Self-Transcendence

PROVIDE DIRECT **HEALTH BENEFITS**

INCREASE HEALTH SERVICE **EQUITY & ACCESS**

- **CREATE SAFE, INCLUSIVE** & ENGAGING ENVIRONMENTS
- SUPPORT SOCIAL, CULTURAL & POLICY CHANGE
 - **ENRICH RESEARCH METHODS & PRACTICES**

STRENGTHEN HEALTH COMMUNICATION

EVIDENCE-BASED OUTCOMES

- ▶ Enhanced immune response
- Better coping & emotional regulation
- Reduced loneliness and isolation
- ► Increased racial & social equity
- ► More welcoming and inclusive spaces
- ► Enhanced service utilization
- ► Increased mobility & exercise
- ► Spaces for learning, connection & play
- ► Growing & aging in place
- ► Enable dialogue within & across groups
- ► Elevate underrepresented voices
- ► Organize & mobilize communities
- ► Illuminate community needs and priorities
- Support & elevate community narratives
- Share findings in meaningful & engaging ways
- ► Make information clearer & more memorable Increase personal & cultural relevance
- Enhance self-efficacy & behavior change





