



Does social prescribing affect population health?

Findings from UK Cohort Studies

Dr Daisy Fancourt

Associate Professor in Epidemiology / Wellcome Research Fellow

University College London

d.fancourt@ucl.ac.uk

Community engagement



40,000 choirs
11,000 amateur orchestras
50,000 amateur arts groups
5,000 amateur theatre societies
3,000 dance groups
2,500 museums
400 historic places
4,000 libraries
1,300 theatres
50,000 book clubs
27,000 public parks
1,000 community gardens
6,500 leisure centres
10,000 village halls
330,000 allotments
161,000 voluntary associations
160,000 community groups

=c.1 million in the UK



Connecting community engagement to health outcomes



COMPONENTS

- Aesthetic engagement
- Involvement of the imagination
- Sensory activation
- Evocation of emotion
- Cognitive stimulation
- Social interaction
- Physical activity
- Engagement with themes of health
- Interaction with healthcare settings

PSYCHOLOGICAL

e.g. enhanced self-efficacy, coping and emotional regulation

PHYSIOLOGICAL

e.g. lower stress hormone response, enhanced immune function and higher cardiovascular reactivity

BEHAVIOURAL

e.g. exercise, healthy diet, acceptance of care and adherence to prescribed treatments, help-seeking behaviours and low alcohol/smoking/ drugs consumption

Prevention

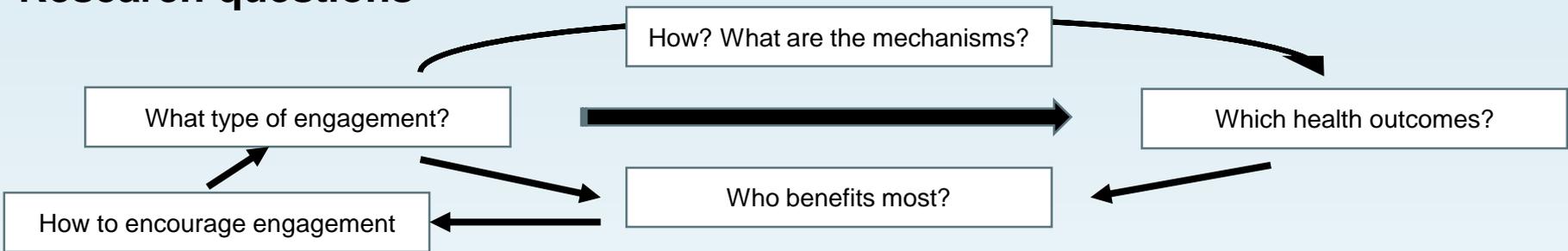
Management

Treatment

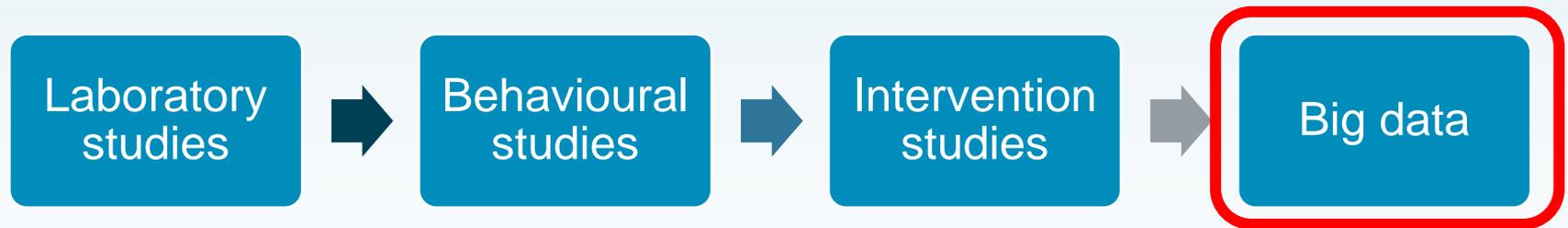
Health promotion

Overview of research at UCL

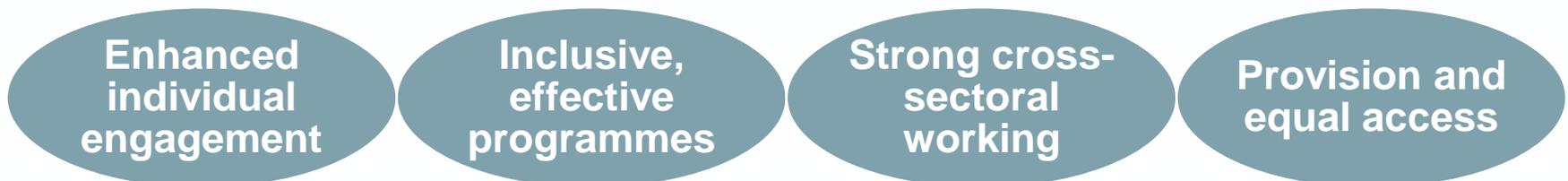
Research questions



Research methods



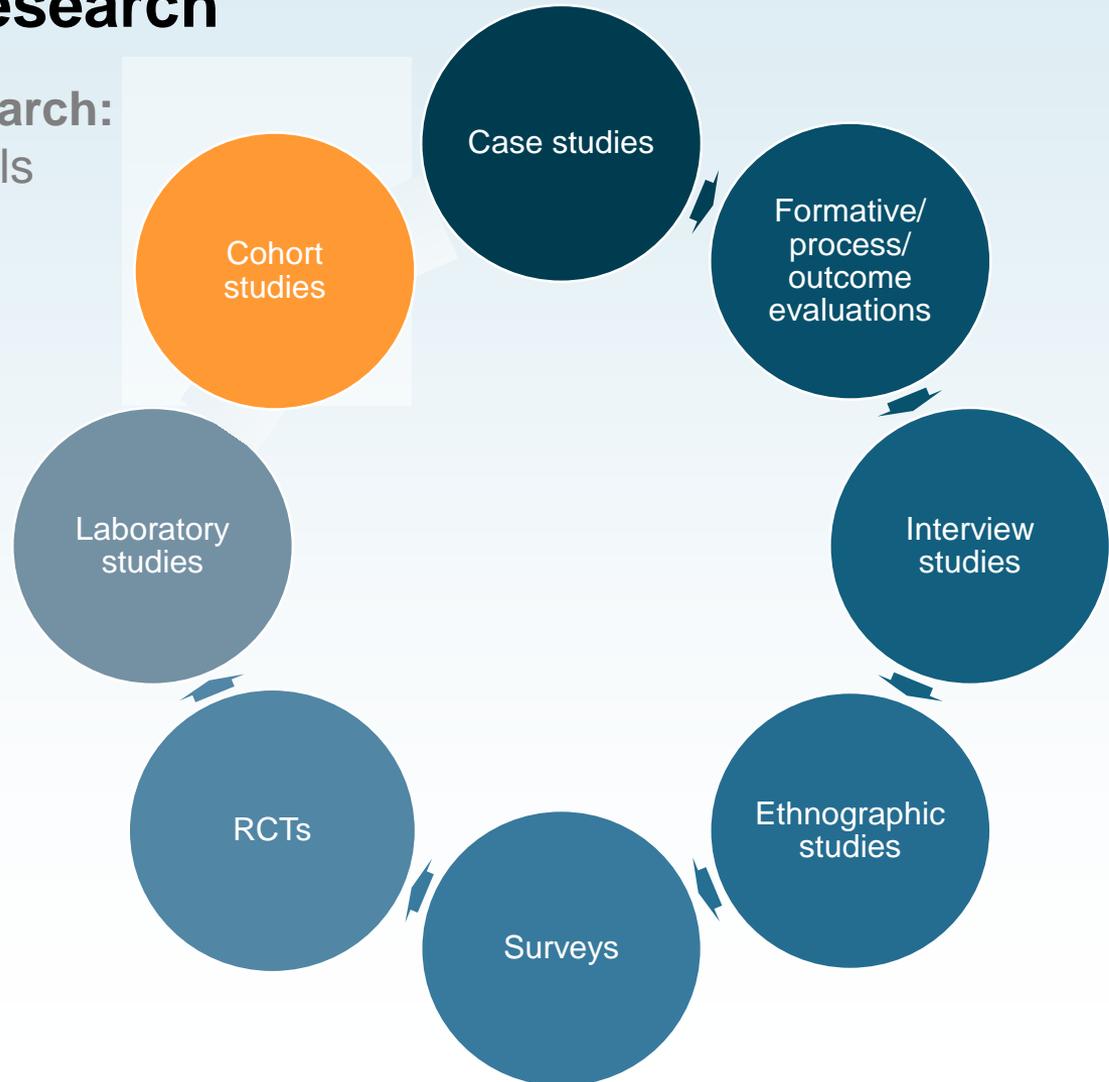
Research outcomes



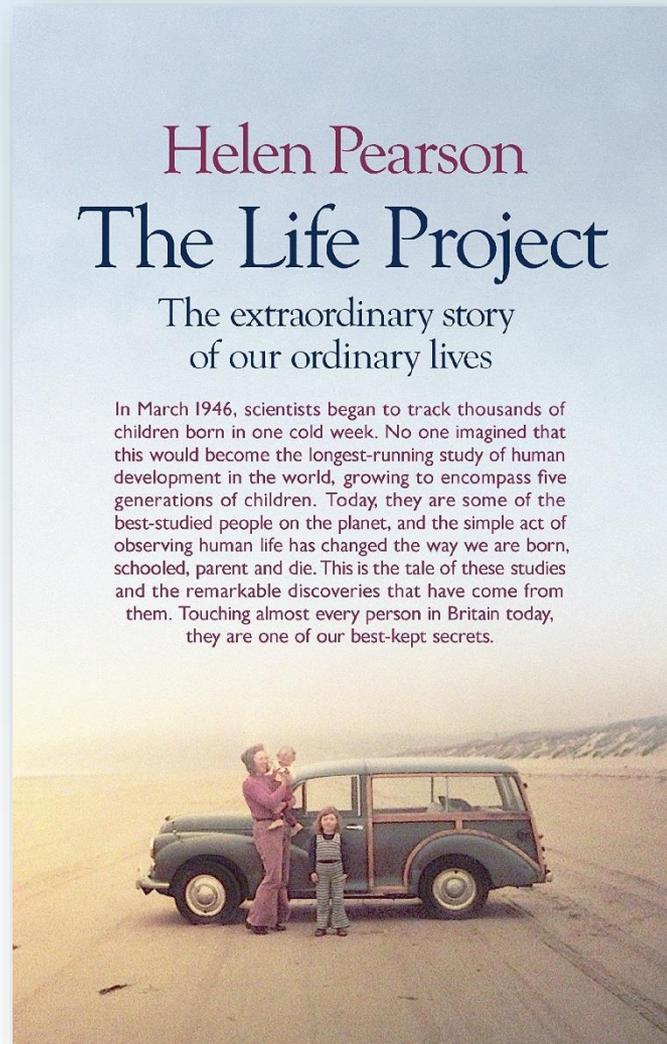
Social Prescribing Research

Common challenges in research:

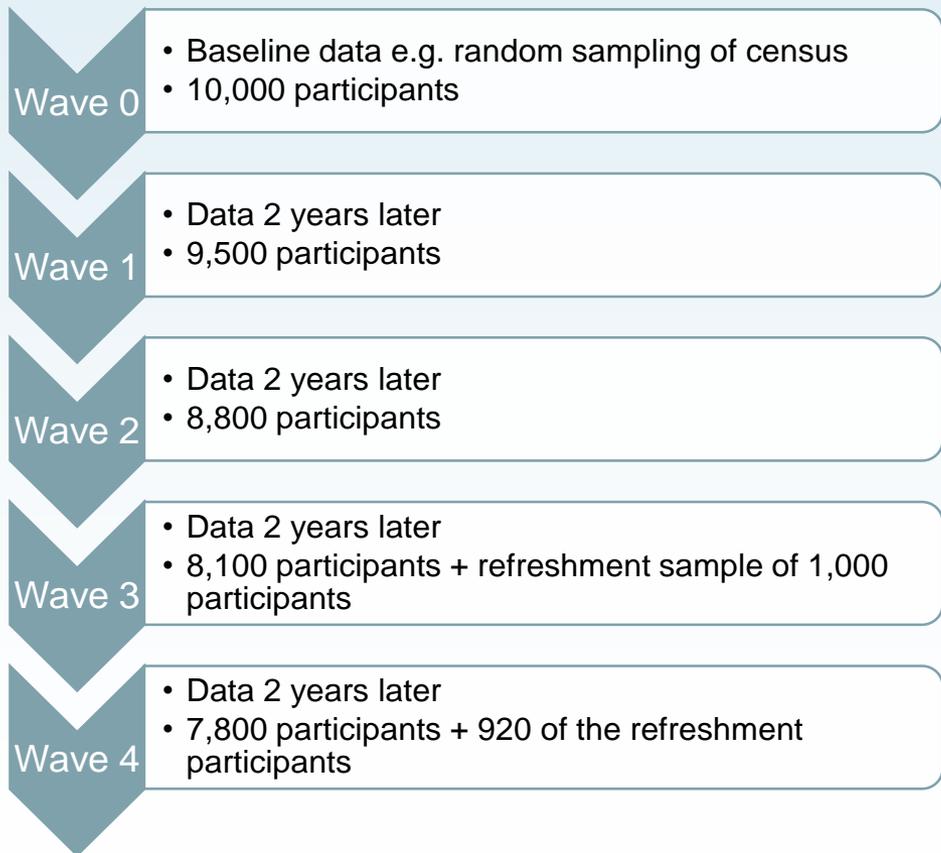
1. Identifying suitable controls
2. Sample size
3. Long-term data
4. Representative results



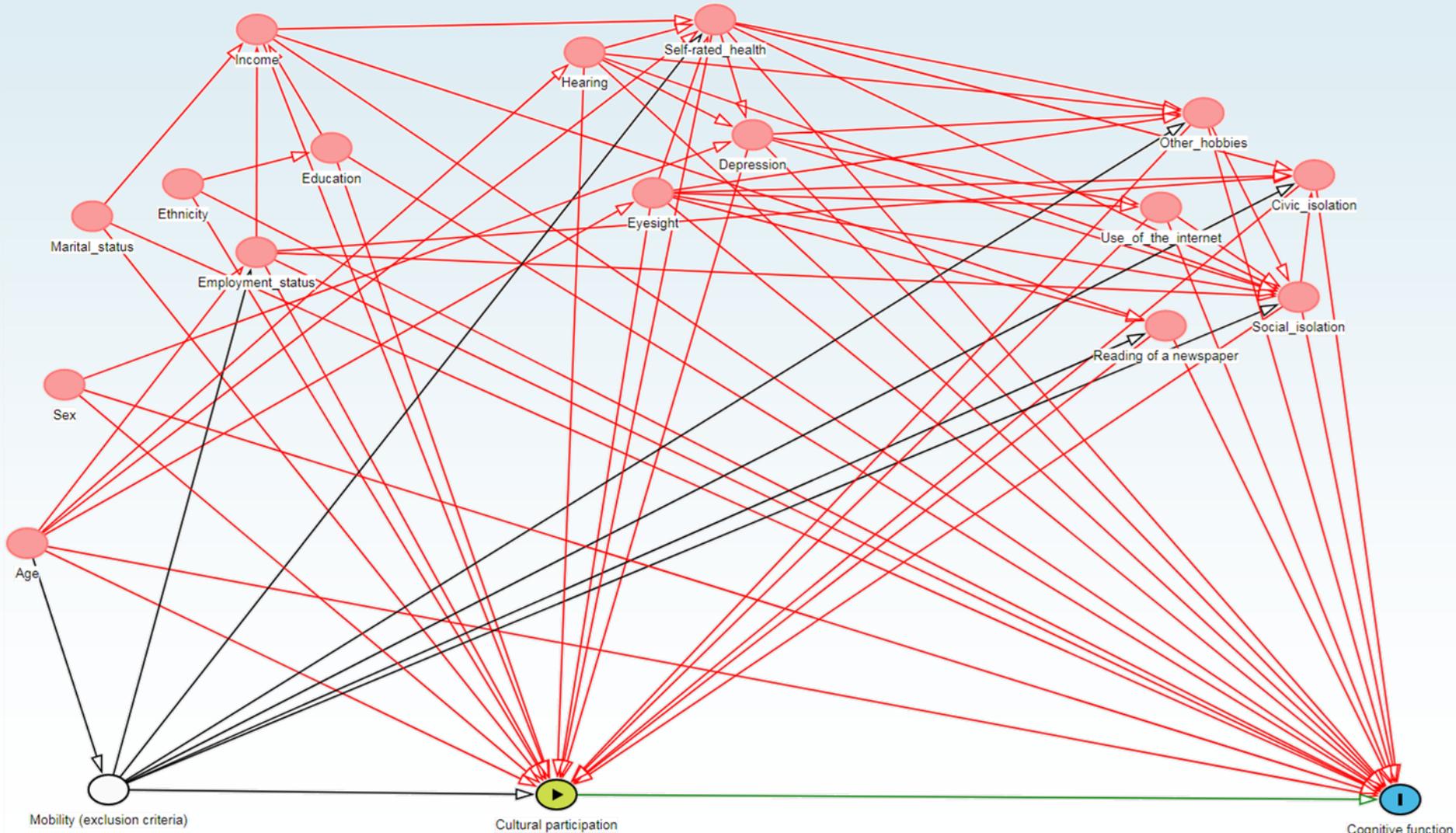
Cohort studies: how they are designed



Sample cohort design:



Measuring confounders in cohort studies



Where to find free open access papers

Dr Daisy Fancourt

d.fancourt@ucl.ac.uk



Profile

Publications

Research Activities

Achievements

1 - 10 of 69 Publications

Pages 1 2 3 4 5 ... 7

Results Per Page 10

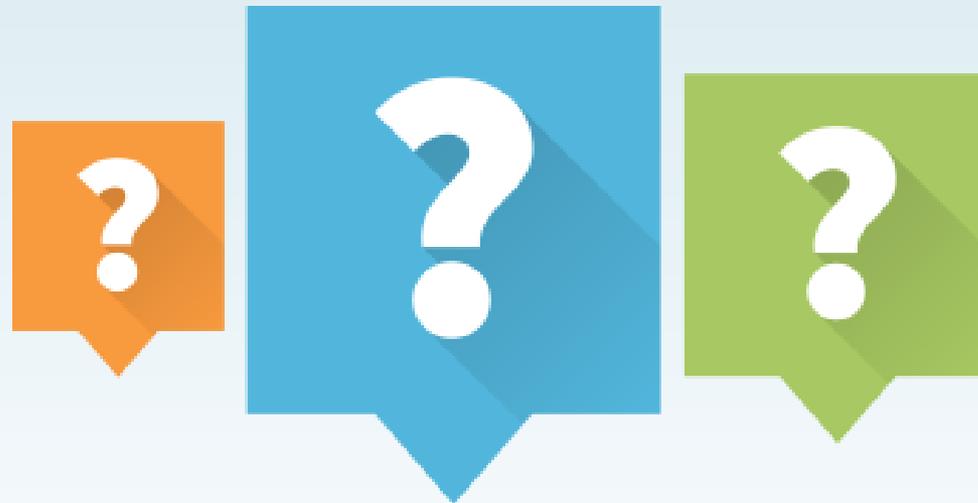
Display by : Title Type Year Highlighted

- ★ Fancourt, D. E., Steptoe, A., & Cadar, D. (2018). **Cultural engagement and cognitive reserve: museum attendance is inversely associated with dementia incidence over a 10-year period.** *British Journal of Psychiatry*. doi:10.1192/bjp.2018.129
- ★ Fancourt, D., & Perkins, R. (2018). **Effect of singing interventions on symptoms of postnatal depression: Three-arm randomised controlled trial.** *British Journal of Psychiatry*, 212 (2), 119-121. doi:10.1192/bjp.2017.29
- ★ Fancourt, D., & Steptoe, A. (2018). **Effects of creativity on social and behavioral adjustment in 7- to 11-year-old children.** *Annals of the New York Academy of Sciences*. doi:10.1111/nyas.13944
- ★ Fancourt, D., & Steptoe, A. (2018). **Physical and psychosocial factors in the prevention of chronic pain in older age.** *The journal of pain : official journal of the American Pain Society*. doi:10.1016/j.jpain.2018.06.001
- ★ Fancourt, D. (2017). *Arts in Health Designing and Researching Interventions*. Oxford University Press.
- ★ Fancourt, D., Perkins, R., Ascenso, S., Atkins, L., Kilfeather, S., Carvalho, L., . . . Williamon, A. (2015). **Group Drumming Modulates Cytokine Response in Mental Health Services Users: A Preliminary Study.** *Psychotherapy and Psychosomatics*, 85, 53-55. doi:10.1159/000431257
- ★ Fancourt, D., Ockelford, A., & Belai, A. (2014). **The psychoneuroimmunological effects of music: A systematic review and a new model.** *BRAIN BEHAVIOR AND IMMUNITY*, 36, 15-26. doi:10.1016/j.bbi.2013.10.014
- Mak, H., & Fancourt, D. (2019). **Arts engagement and self-esteem in children: Results from a propensity score matching analysis.** *Annals of the New York Academy of Sciences*. doi:10.1111/nyas.14056

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**Wellcome-funded research 2018-2019:
Mental Health**



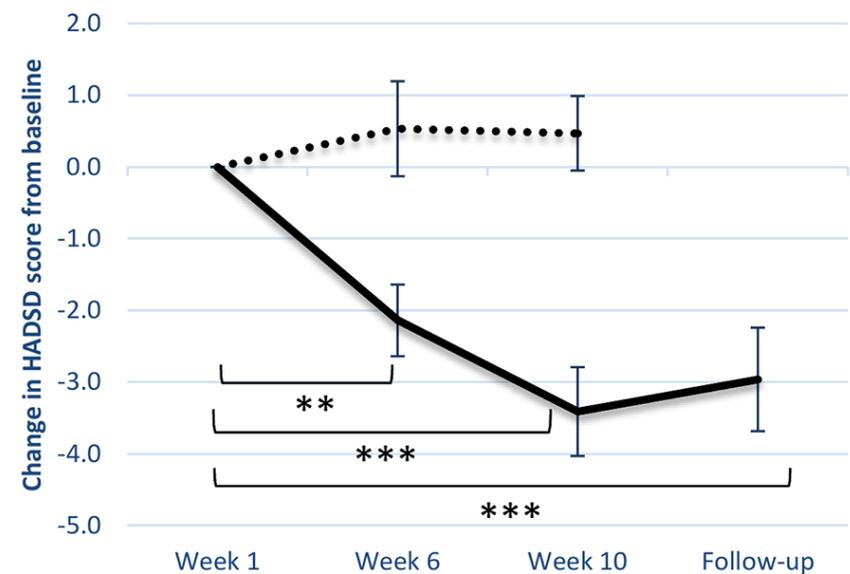
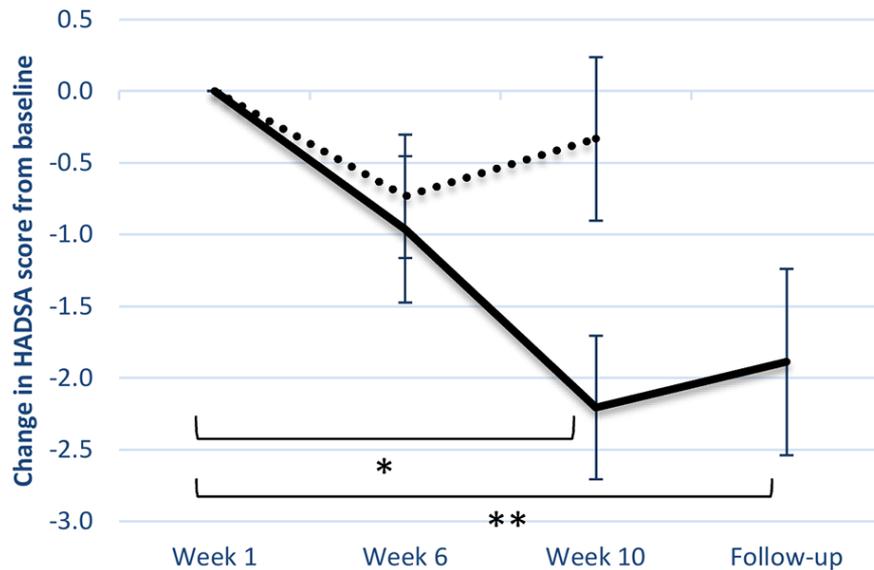
Does arts engagement support recovery from depression?

Drumming for Mental Health

Anxiety



Depression

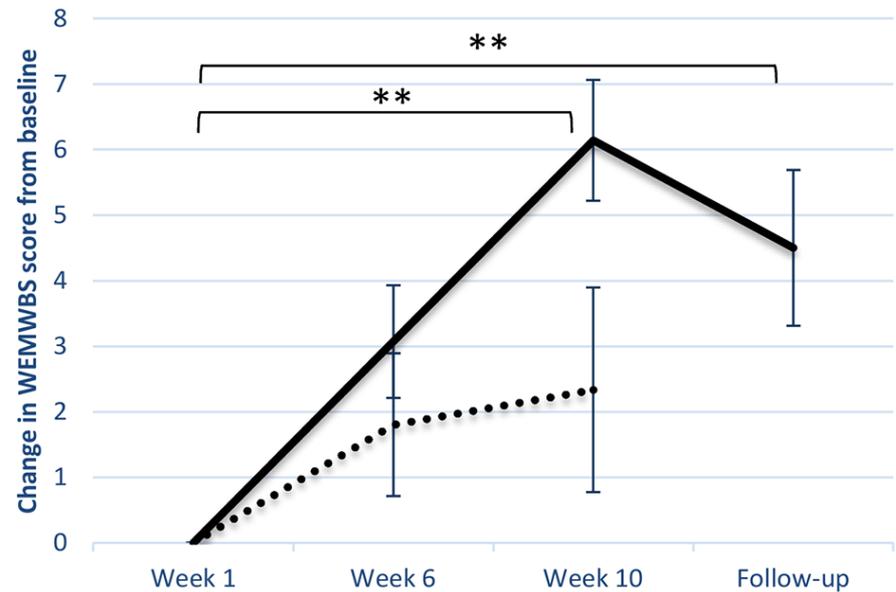
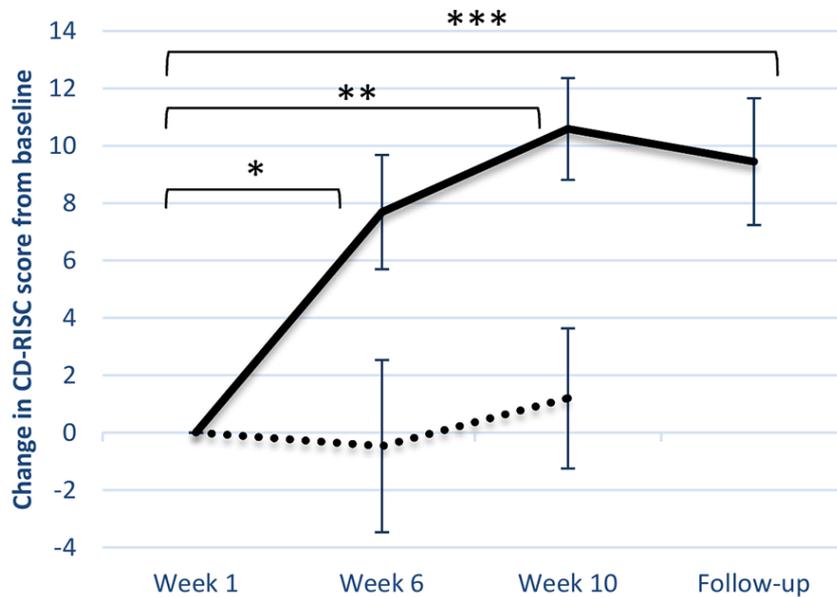


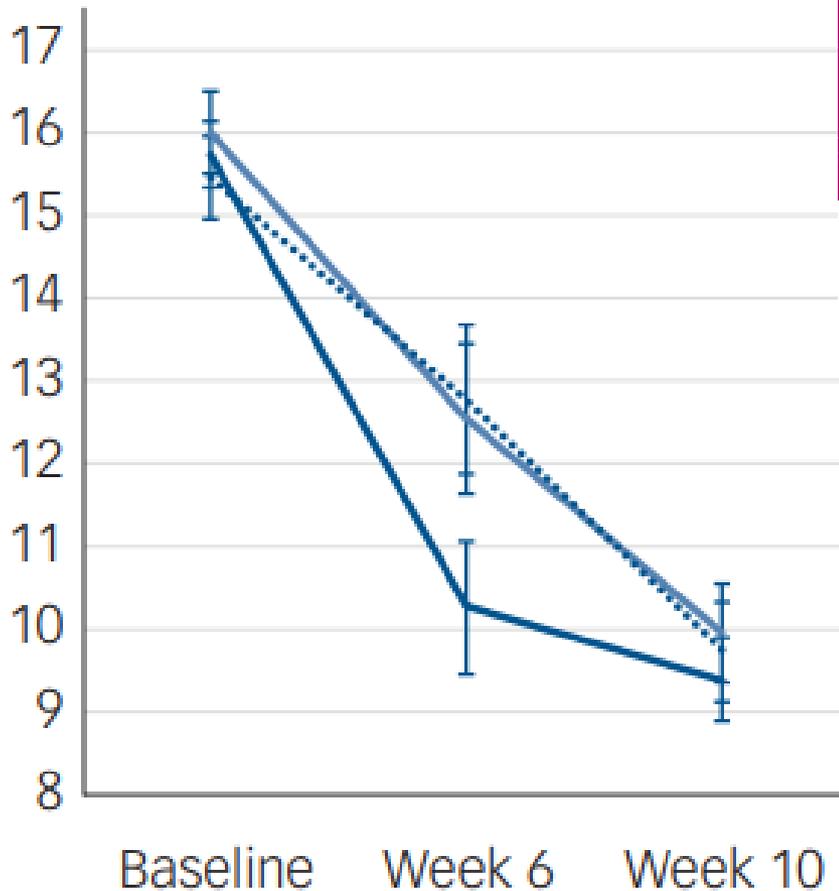
Drumming for Mental Health



Social resilience

Wellbeing





MELODIES FOR MUMS

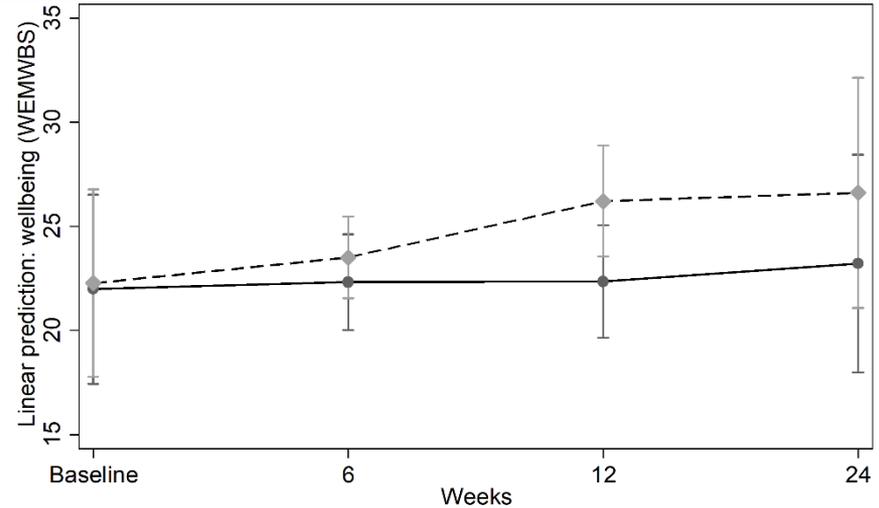
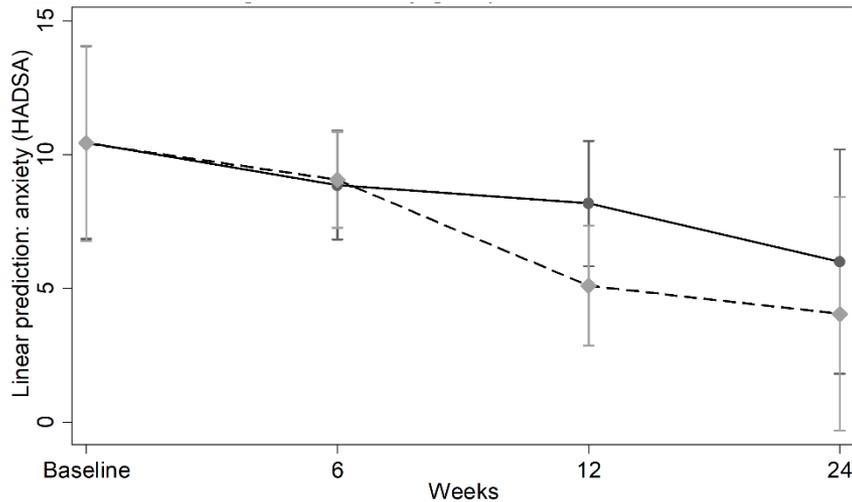
Culturally diverse songs to encourage bonding with the baby and engagement with others

A GROUND-BREAKING NEW SERVICE
FOR MOTHERS WITH POST-NATAL
DEPRESSION



- Singing
- - - Play
- Usual care

Mental health in cancer choirs



Anxiety

Control Group _____
Choir Group - - - - -

Wellbeing



Fancourt, D., Finn, S., Warran, K., and Wiseman, T. (2019) Psychosocial singing interventions for the mental health and wellbeing of family carers of cancer patients: results from a longitudinal controlled study. *BMJ Open*

Fancourt, D., Warran, K., Finn, S., and Wiseman, T. (2019) Group singing as mutual support for people who have been bereaved: effects on mental health, wellbeing, self-efficacy and self-esteem. *BMJ SPC*



Does arts engagement reduce the risk of developing depression?

Fancourt, D., & Tymoszuk, U. (2019). Cultural engagement and incident depression in older adults: evidence from the English Longitudinal Study of Ageing. *The British Journal of Psychiatry*, 214(4), 225-229.



Dataset

English Longitudinal Study of Ageing, Wave 2 (2004/5) to Wave 7 (2014/2015)

2,148 participants free from depression or any mental health condition or treatment for past 2 years

Cultural engagement

Receptive cultural engagement - frequency of visiting:

- The theatre, concert or opera
- The cinema
- An art gallery, exhibition or museum

[never, less than once a year, once or twice a year, every few months, once a month or more]

Depression index

- Score of 3+ on 8-item Centre for Epidemiologic Studies Depression Scale (CES-D) during follow-up
- Doctor diagnosis in the two years between each wave

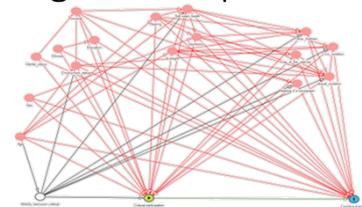
Covariates

Baseline depressive symptoms

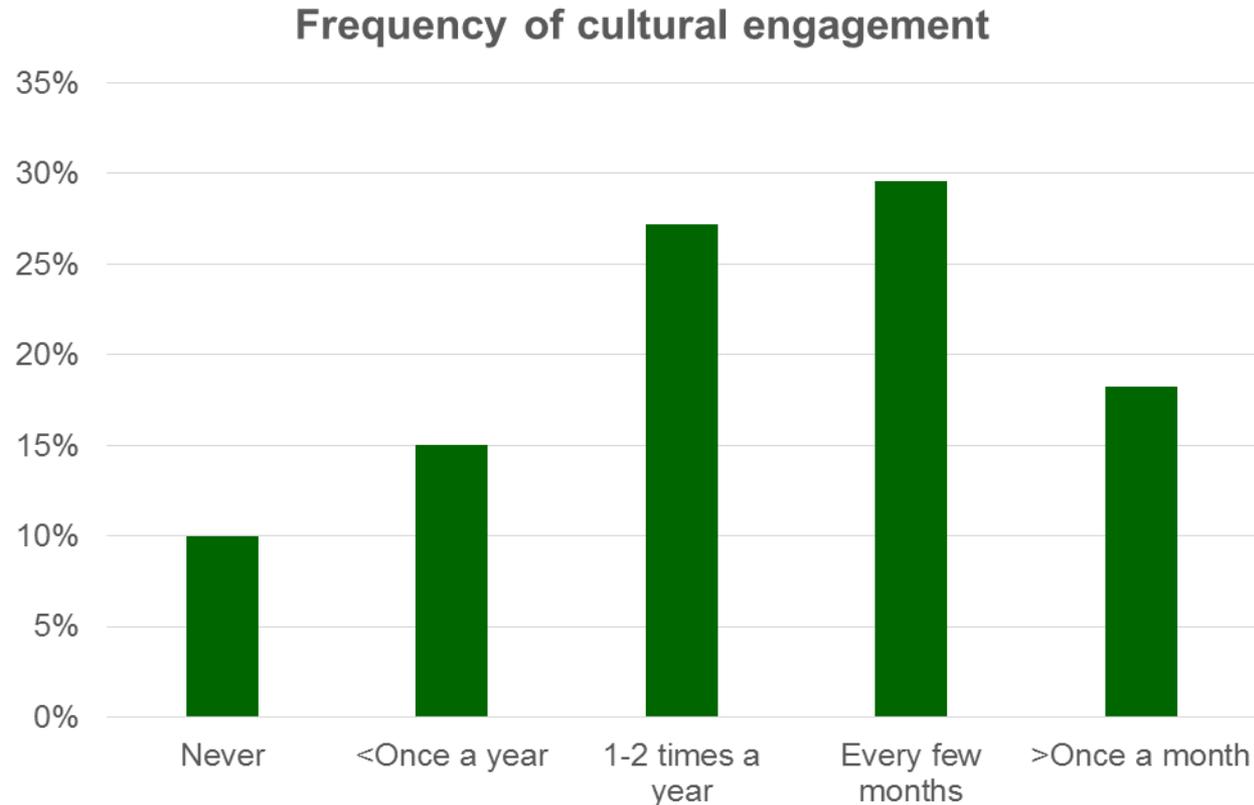
+ socio-demographic covariates (*age, gender, ethnicity, marital status, education, employment, wealth*)

+ health covariates (*longstanding illness, CVD, eyesight, hearing, chronic pain, alcohol consumption*)

+ social covariates (*freq of social contact, civic group, neighbourhood group, church, charity involvement, evening classes, social club, exercise class, sports group, society, having a hobby, reading*)

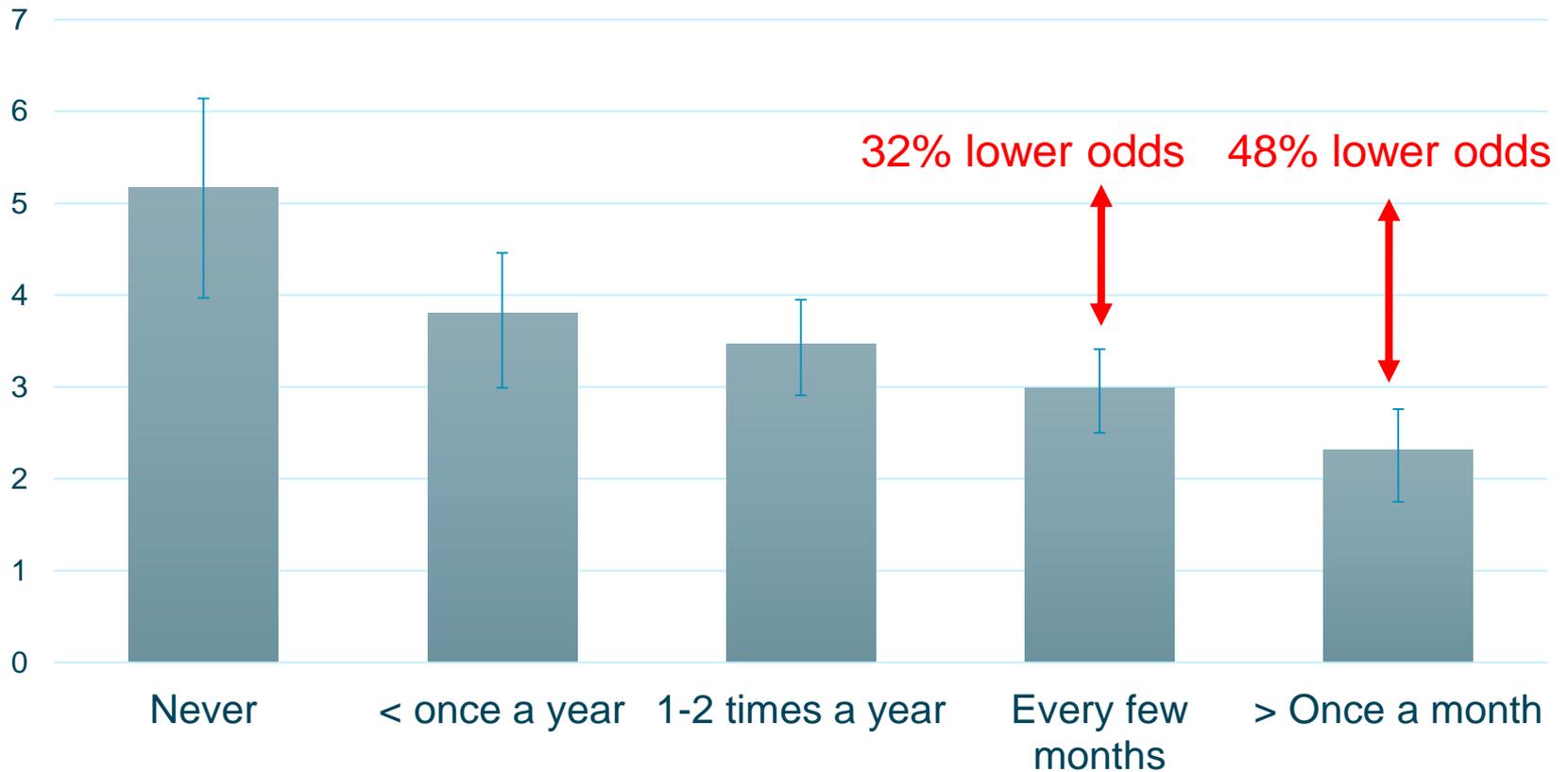


Cultural engagement and incident depression



•Fancourt, D., & Tymoszuk, U. (2019). Cultural engagement and incident depression in older adults: evidence from the English Longitudinal Study of Ageing. *The British Journal of Psychiatry*, 214(4), 225-229.

Depression incidence rates per 100 person-years



n=616 cases detected in follow-up



Why do we see these benefits?

COMPONENTS

- Aesthetic engagement
- Involvement of the imagination
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- Physical activity
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- Interaction with healthcare settings

PSYCHOLOGICAL

e.g. enhanced self-efficacy, coping and **emotional regulation**

PHYSIOLOGICAL

e.g. lower stress hormone response, enhanced immune function and higher cardiovascular reactivity

BEHAVIOURAL

e.g. exercise, healthy diet, acceptance of care and adherence to prescribed treatments, help-seeking behaviours and low alcohol/smoking/ drugs consumption

Depression

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ARTS GET CREATIVE

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Are you brave enough to take the Great British Creativity Test?

9 March 2018

Singing in the shower or painting a picture makes you feel good, right? Scientists want to better understand just why getting creative has such an effect on boosting your mood and explore how creative activities can benefit our mental health. Take the **Great British Creativity Test** to discover how you stack up against the nation, or read on to discover what scientists are hoping to learn.

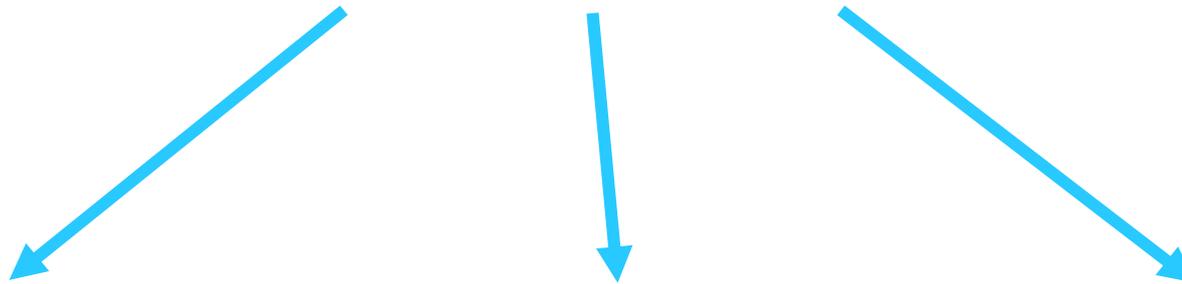


47,924

I just took the [#GreatBritishCreativityTest](#) and turns out I am in the 5% of the population who regularly undertake 5 or more creative activities.

How do creative activities affect our emotions?

Emotion regulation strategies



Avoidance

Distraction
 Suppression
 Avoidance
 Detachment
 Mindfulness

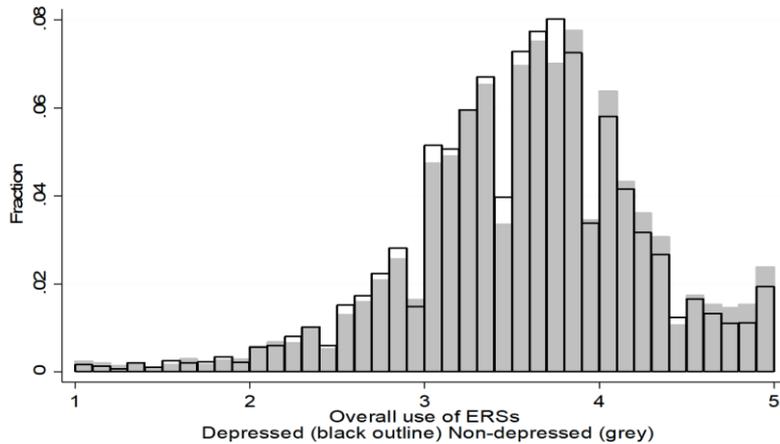
Approach

Acceptance
 Discharge
 Problem solving
 Reappraisal
 Rumination

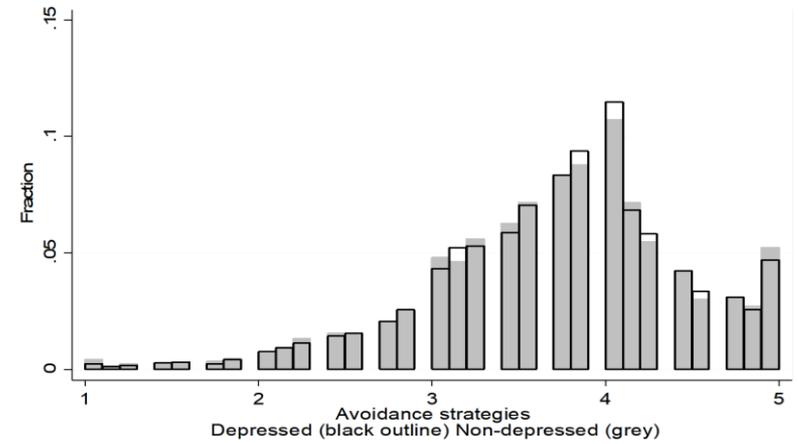
Self development

Sense of self
 Confidence
 Agency
 Purpose
 Self-esteem

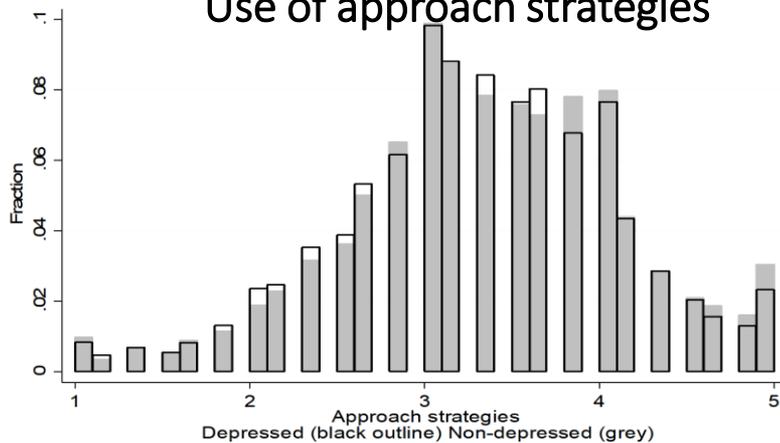
Overall use of emotion regulation strategies



Use of avoidance strategies



Use of approach strategies



Use of self-development strategies



Propensity score matching (nearest available Mahalanobis 1-to-1 without replacement, calibre 0.01) N=22,496
 Matched on gender, age, occupational status, education, arts experience, arts frequency, marital status, ethnicity, personality, income, loneliness
 Scale: Emotion Regulation Strategies for Artistic Creative Activities scale (ERS-ACA)

NASA Citizen Science



STScI | SPACE TELESCOPE
SCIENCE INSTITUTE

Scientific Research Project: Music and Wellbeing

“There is growing interest in virtual experiences of cultural activities: whether they can help to reach isolated individuals, how they affect people emotionally and how they compare to real-life experiences. However, to date there is very little research. This study will look at the phenomenon of the virtual choir through a two phase research study for a project delivered in collaboration with Eric Whitacre’s Virtual Choir (VC).”

Dr. Daisy Fancourt

As part of VCS, singers took part in a research study delivering vital scientific data to [University College London](#) to support research into the experience of virtual cultural events – specifically, being part of the Virtual Choir.

The research will look at the following areas in more detail:

1. What are people’s motivations for taking part in a VC?
2. How does engagement with a VC compare to experiences of real choirs?
3. Does taking part in a VC help people to feel more connected to others?
4. Does taking part in a VC enhance people’s wellbeing?

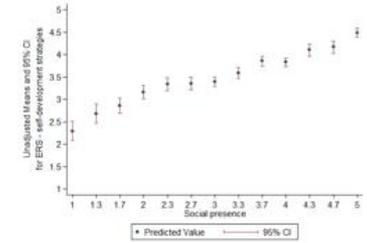
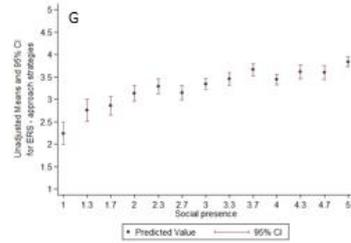
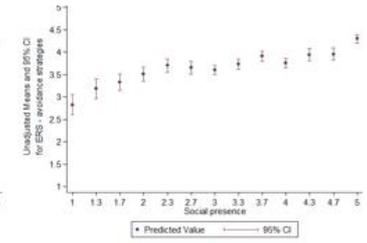
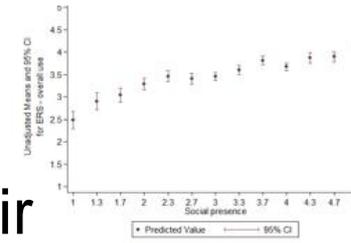
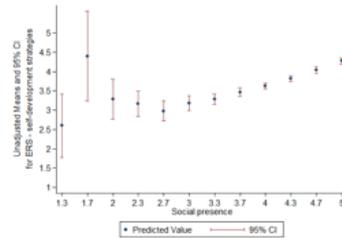
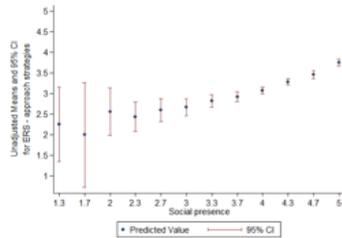
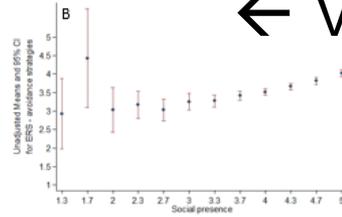
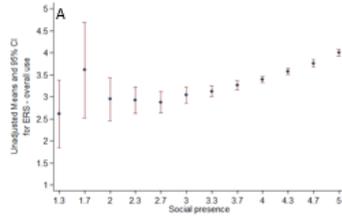


Daisy, you are a researcher at University College, London, and you’re also a broadcaster

Live vs virtual choir experiences

← Virtual choir

Live choir



- Singing in a virtual choir is associated with lower overall use of emotion regulation such as avoidance and approach strategies
- Singers in a VC feel greater increases in their sense of self-identity, self-esteem and agency after singing than those in a live choir.
- There is greater variability amongst how socially present and connected people feel in VCs than in live choirs, so these experiences are not necessarily as beneficial for everyone.

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PSYCHOLOGICAL

e.g. enhanced **self-esteem**, coping and emotional regulation

PHYSIOLOGICAL

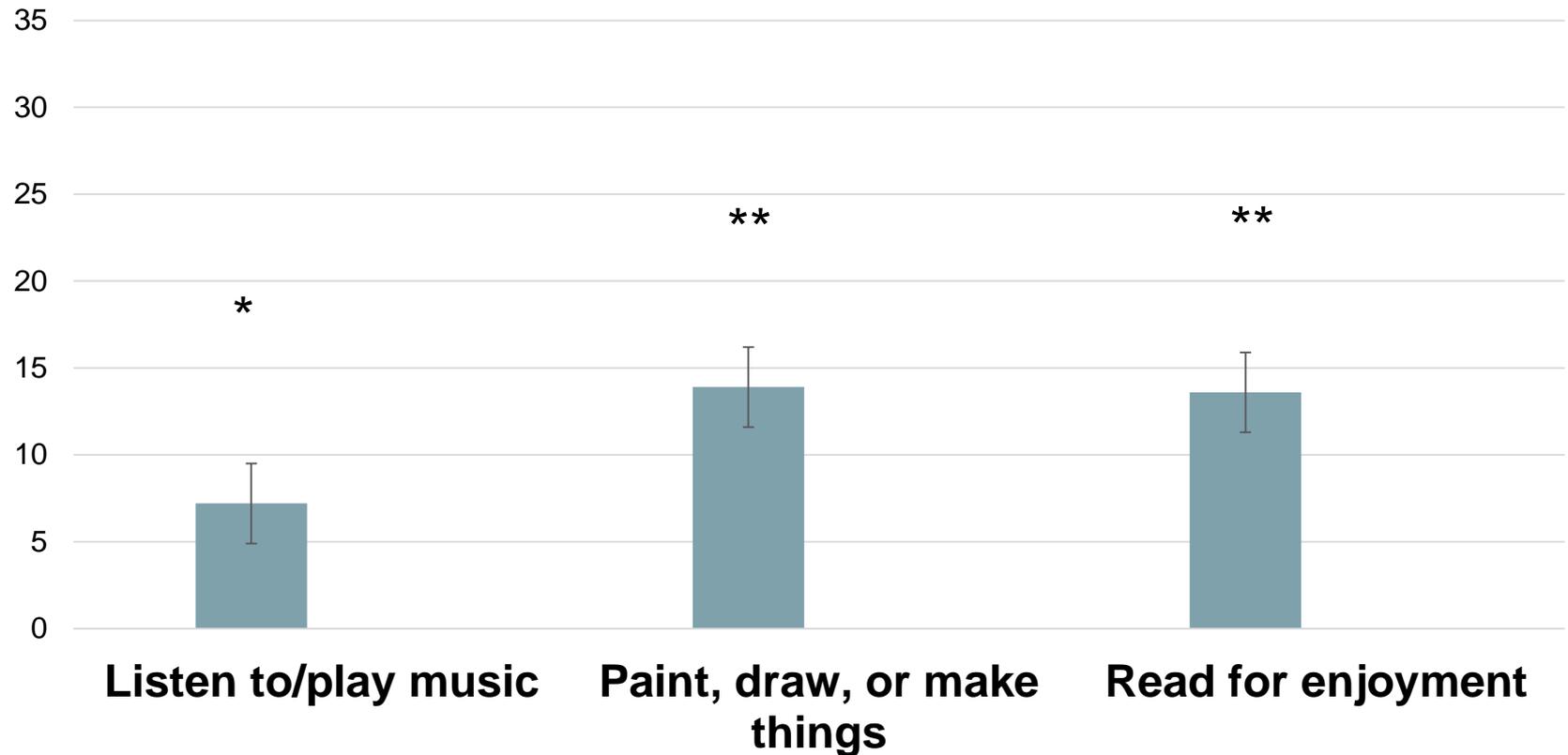
e.g. lower stress hormone response, enhanced immune function and higher cardiovascular reactivity

BEHAVIOURAL

e.g. exercise, healthy diet, acceptance of care and adherence to prescribed treatments, help-seeking behaviours and low alcohol/smoking/ drugs consumption

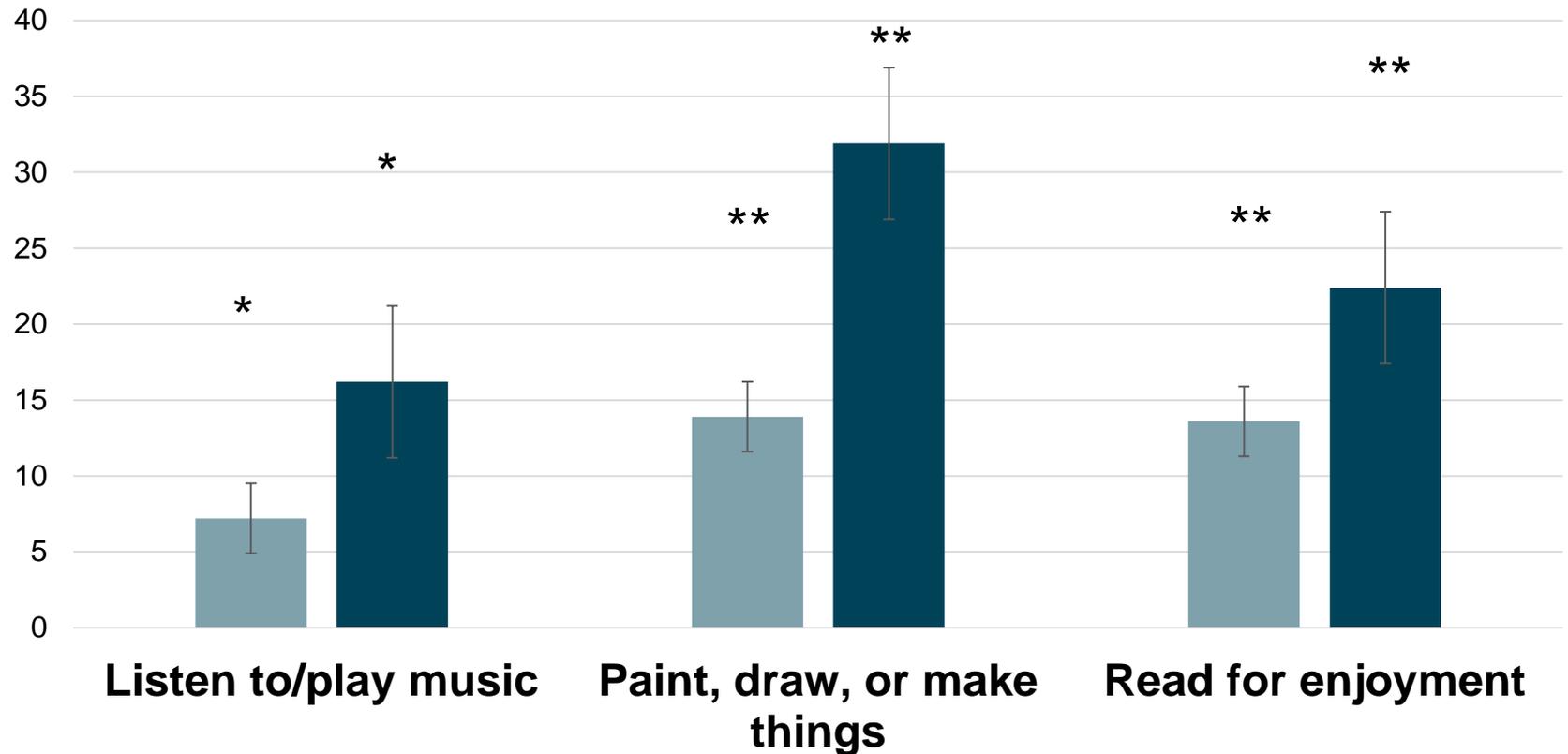
Depression

Arts and cultural engagement and self-esteem (age 11)



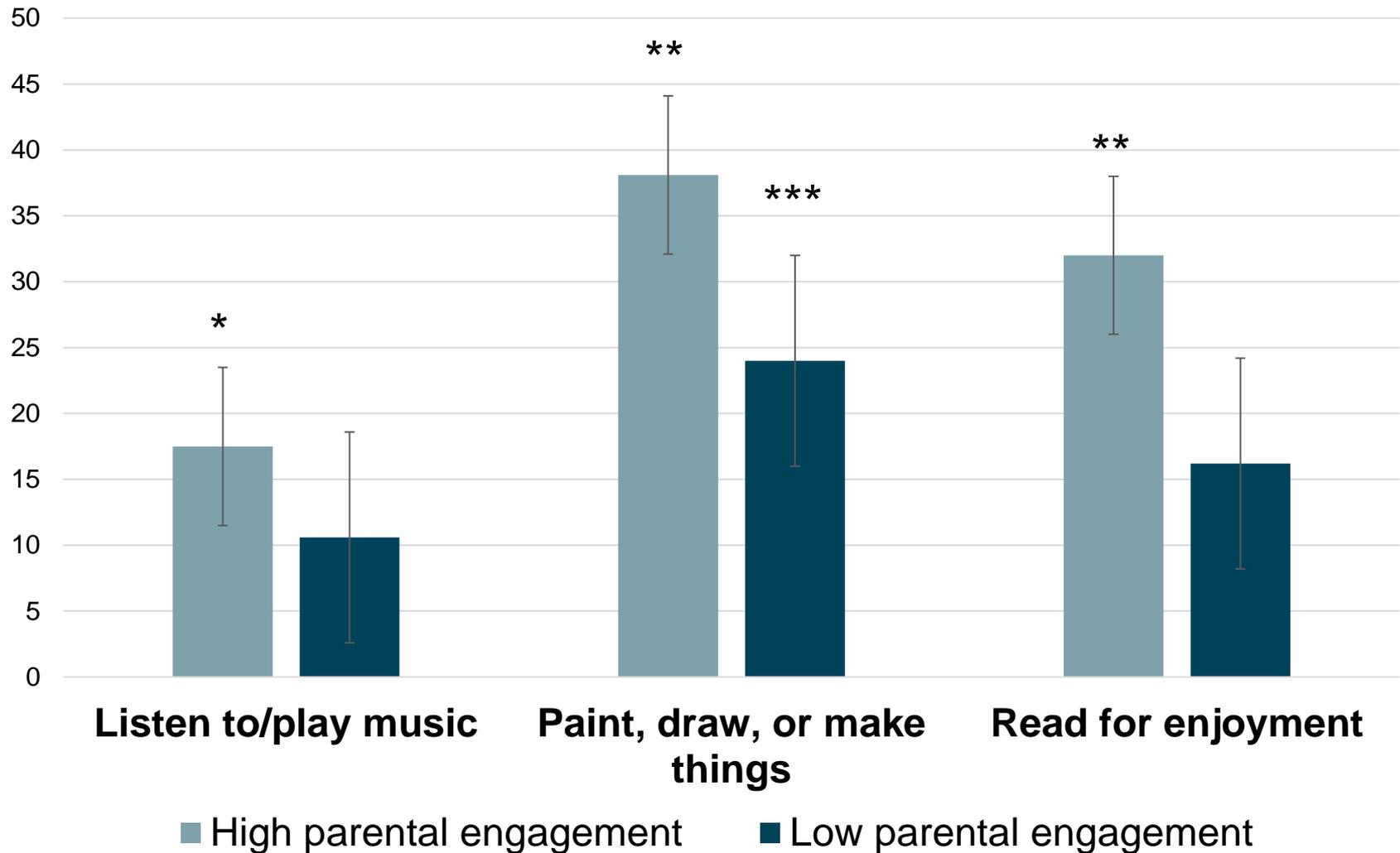
 Most days vs any other reading freq

Arts and cultural engagement and self-esteem (age 11)



Most days vs any other reading freq
 Most days vs never/less often than once a month

Parental engagement and self-esteem



COMPONENTS

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PSYCHOLOGICAL

e.g. enhanced self-efficacy, coping and emotional regulation

PHYSIOLOGICAL

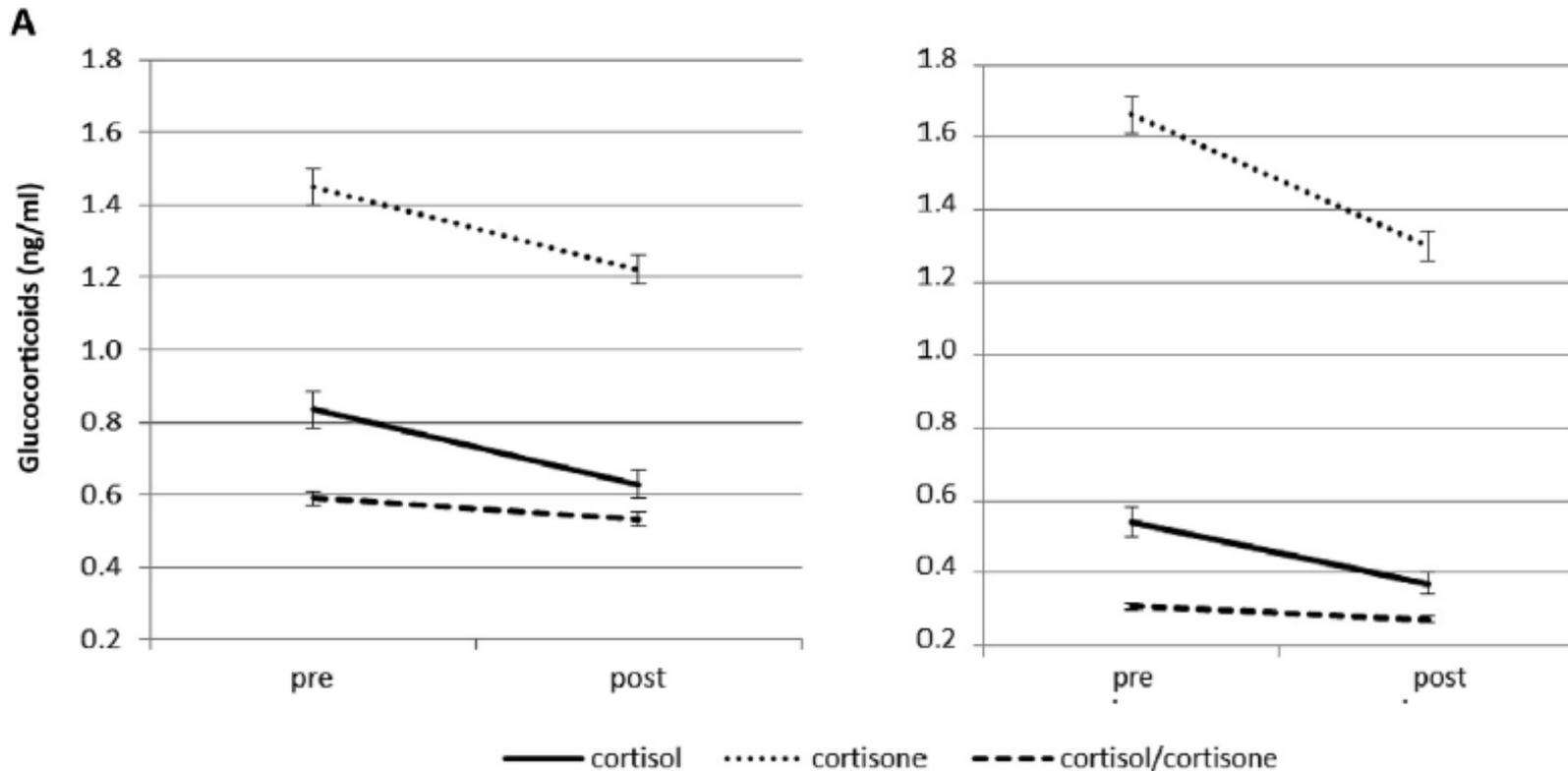
e.g. **lower stress hormone response, enhanced immune function** and higher cardiovascular reactivity

BEHAVIOURAL

e.g. exercise, healthy diet, acceptance of care and adherence to prescribed treatments, help-seeking behaviours and low alcohol/smoking/ drugs consumption

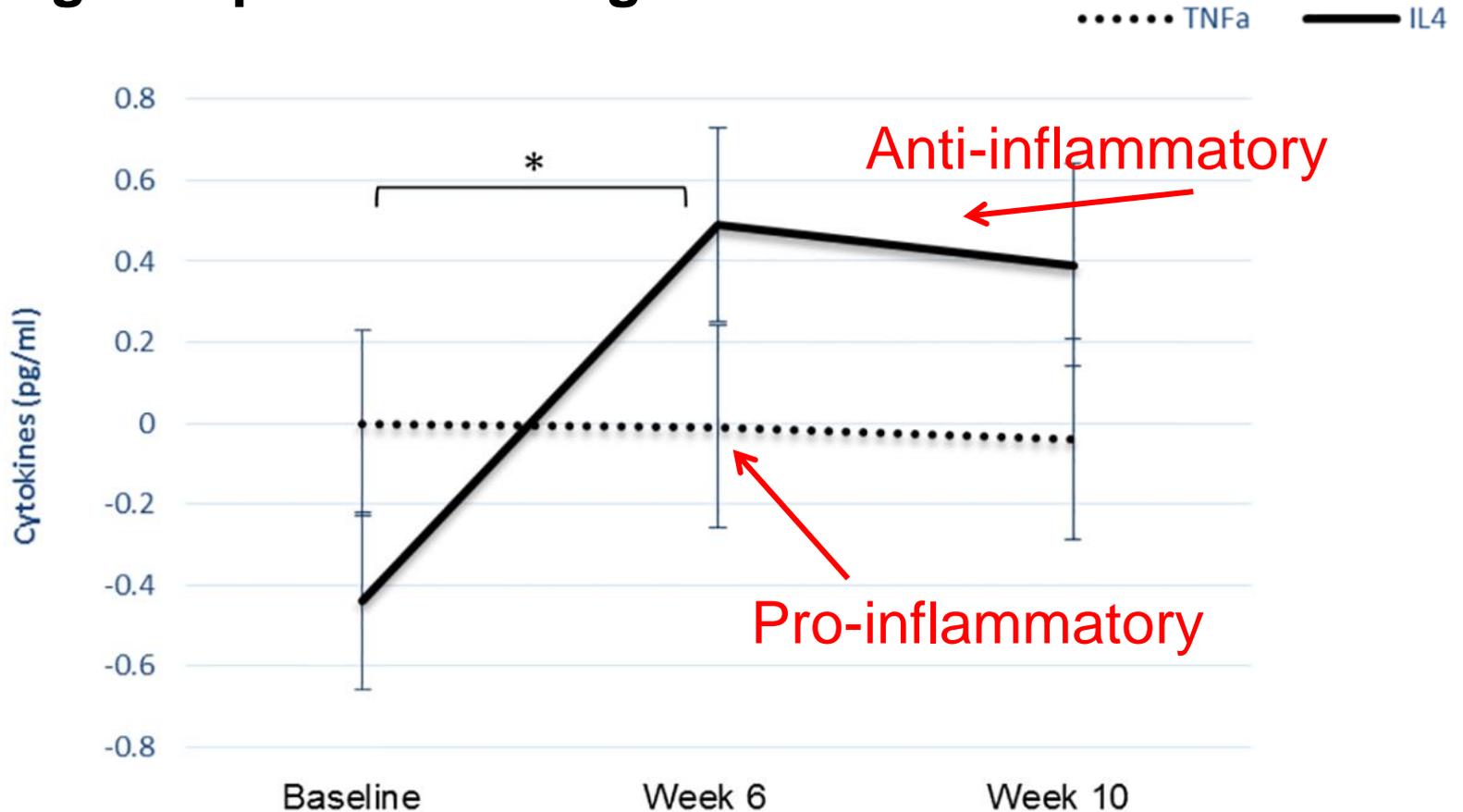
Depression

Attending concerts and biological stress response



Fancourt, D., & Willamon, A. (2016). Attending a concert reduces glucocorticoids, progesterone and the cortisol/DHEA ratio. *public health*, 132, 101-104.

Drumming & depression: longitudinal



Fancourt, D., Perkins, R., Ascenso, S., Carvalho, L. A., Steptoe, A., & Williamon, A. (2016). Effects of group drumming interventions on anxiety, depression, social resilience and inflammatory immune response among mental health service users. *PLoS one*, 11(3).

COMPONENTS

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PHYSIOLOGICAL

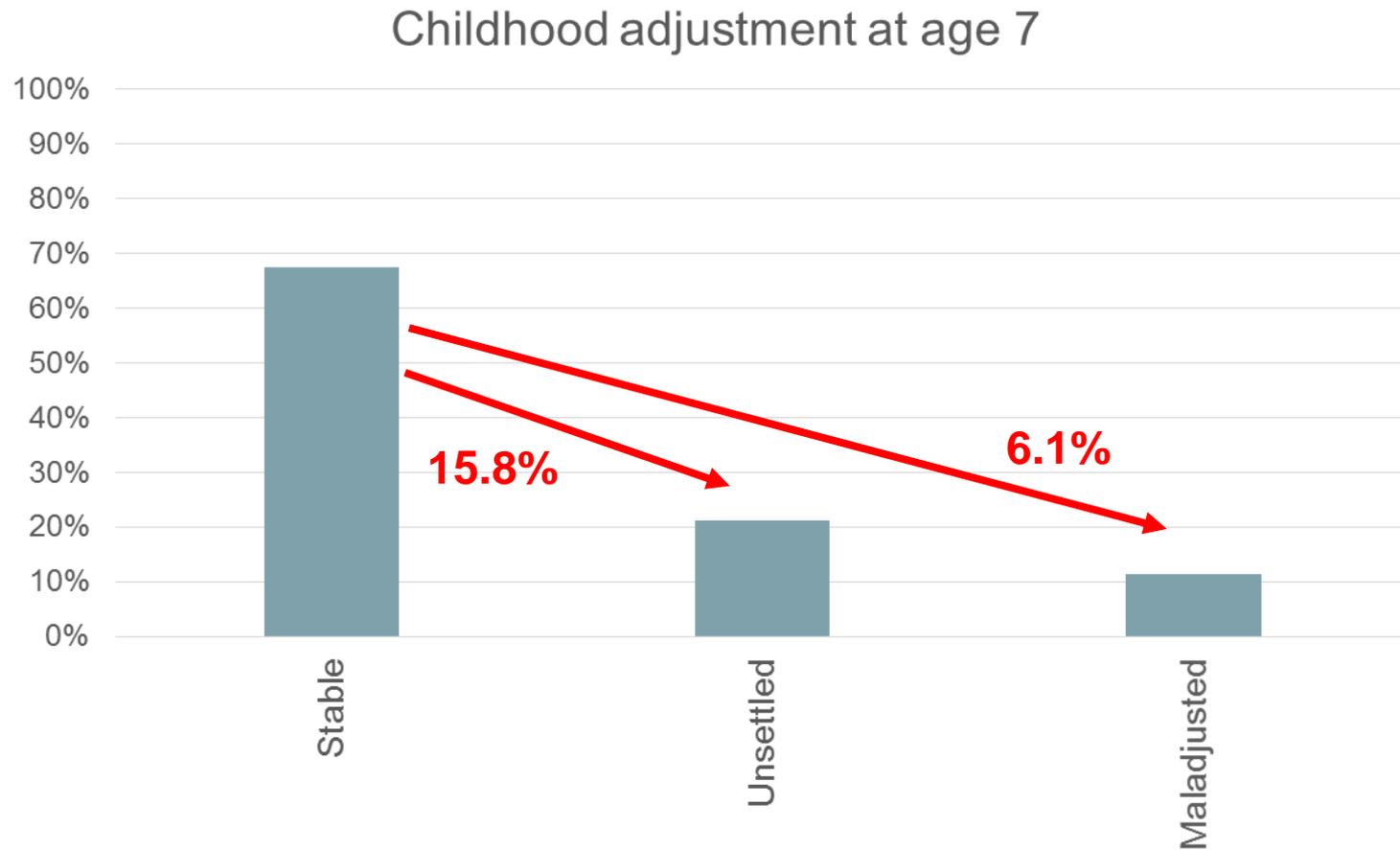
e.g. lower stress hormone response, enhanced immune function and higher cardiovascular reactivity

BEHAVIOURAL

e.g. **adjustment**, exercise, healthy diet, acceptance of care and adherence to prescribed treatments, help-seeking behaviours and low alcohol/smoking/ drugs consumption

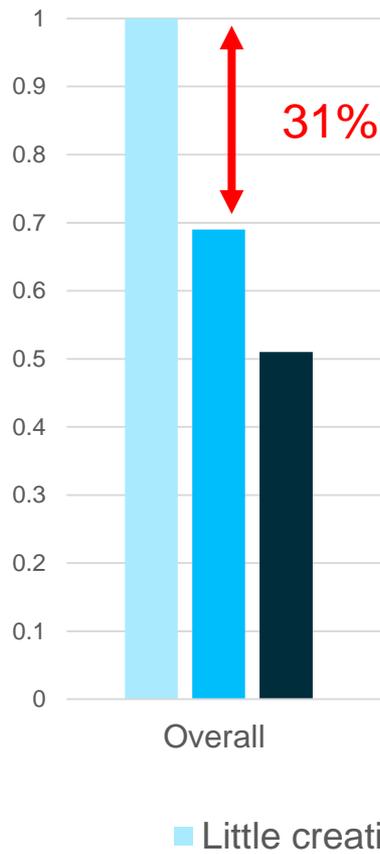
Depression

Creative activities and child adjustment



Creative activities and child adjustment

Maladjustment



Analysis

Sample reduced to those settled at age 7
N=7,558

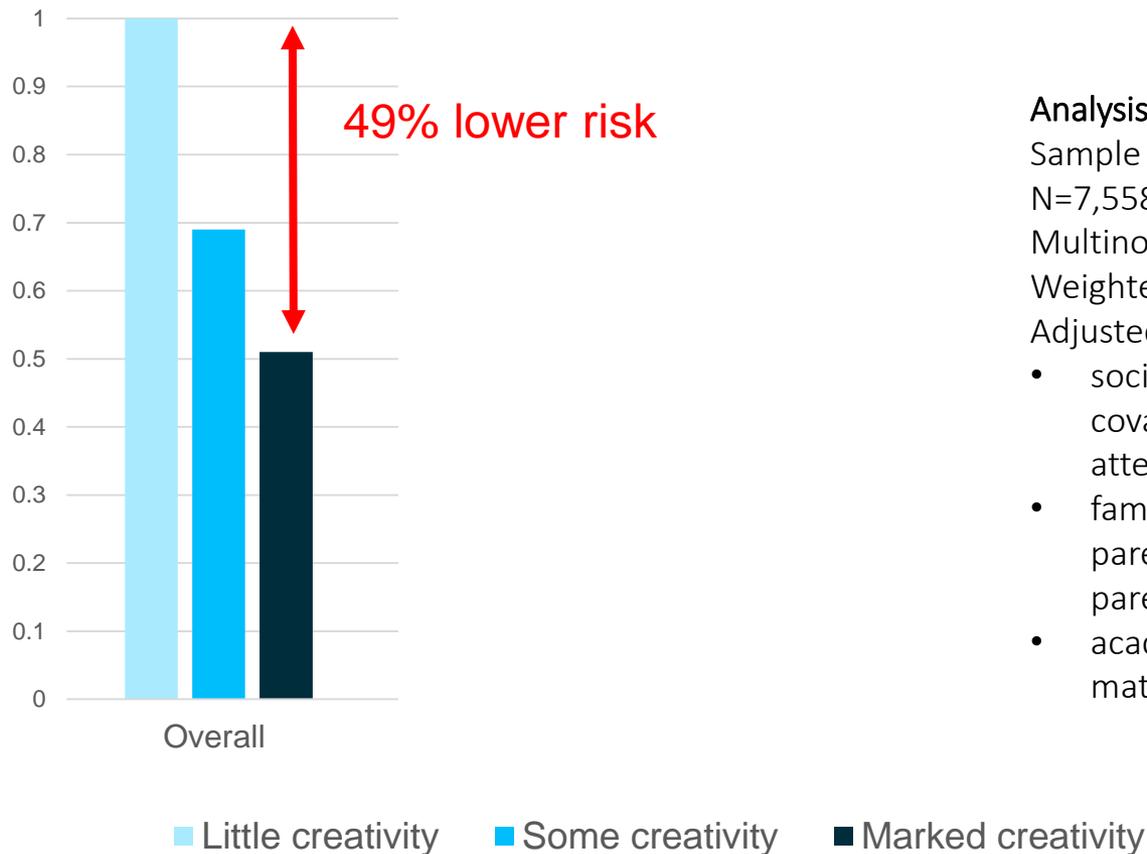
Multinomial logistic regression analyses (RRR)
Weighted (IPW)

Adjusted for

- social, demographic and educational covariates (sex, social class, school attendance and educational stability)
- family covariates (family mental illness, parental interest in schooling and parental time reading with the child).
- academic ability (reading and mathematics scores).

Creative activities and child adjustment

Maladjustment



Analysis

Sample reduced to those settled at age 7
 N=7,558

Multinomial logistic regression analyses (RRR)
 Weighted (IPW)

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PHYSIOLOGICAL

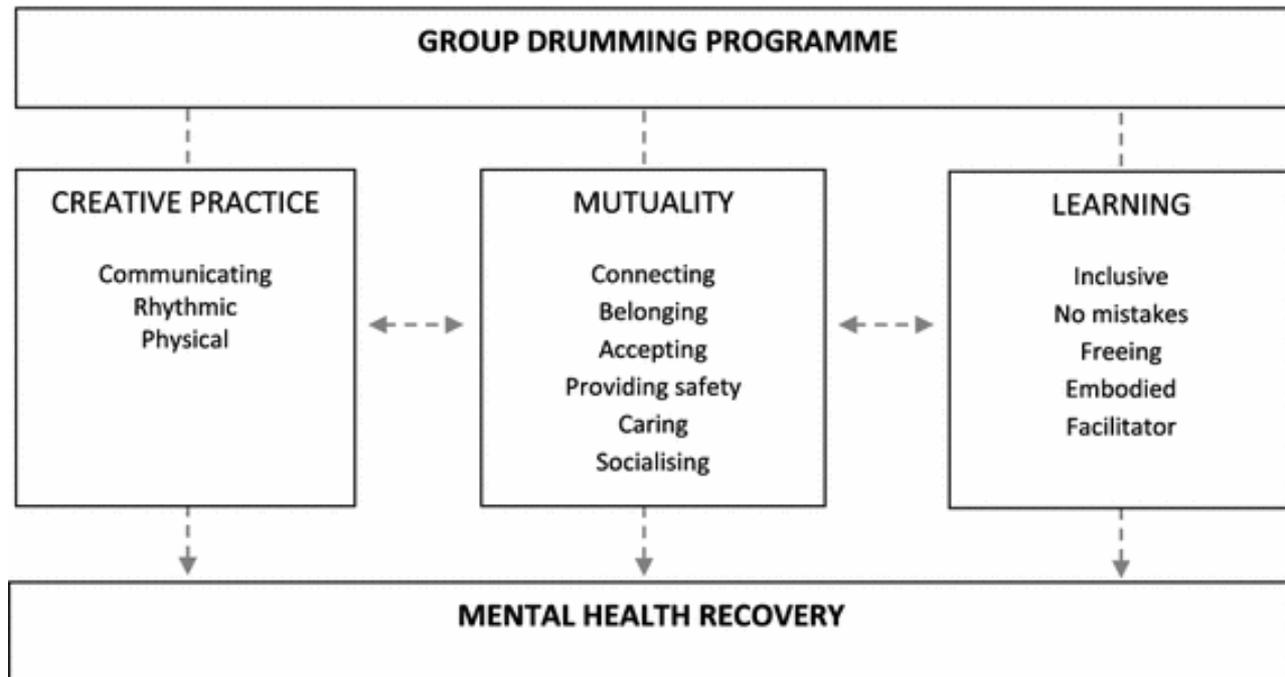
e.g. lower stress hormone response, enhanced immune function and higher cardiovascular reactivity

BEHAVIOURAL

e.g. adjustment, exercise, healthy diet, acceptance of care and adherence to prescribed treatments, help-seeking behaviours and low alcohol/smoking/ drugs consumption, **skills development**

Depression

Drumming for Mental Health



Summary of opportunities

- Promotion of the benefits of SP not just for wellbeing but also for *prevention* of mental illness (e.g. public health campaigns)
- Promotion of the benefits of the arts in schools not just for academic outcomes but also for mental health and related behaviours
- Engagement with healthcare providers (including through social prescribing) about opportunities to work with individuals at risk of mental illness
- Further engagement with individuals who are less likely to engage with community activities (e.g. lower SES, minority groups, with long-term health conditions)
- Policy discussions about the value of SP activities as in-kind support in reducing the burden of mental illness
- Provision of arts and cultural activities for the elderly both in the community and nursing homes
- Discussions with local authorities and councils on the importance of investment in community programmes



**Wellcome-funded research 2018-2019:
Cognition & Physical Health**



Could cultural engagement reduce cognitive decline in older age?

Cultural engagement and cognitive decline

Sample: 3,468 adults aged 50+

Timescale: Tracked for 10 years

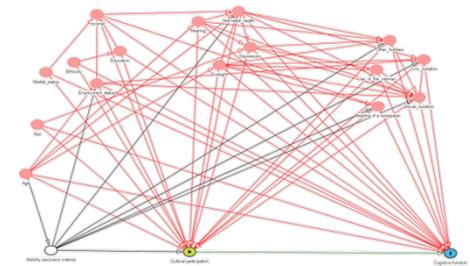
Activity: Visiting museums/galleries/exhibitions

Going to the theatre/concert/opera

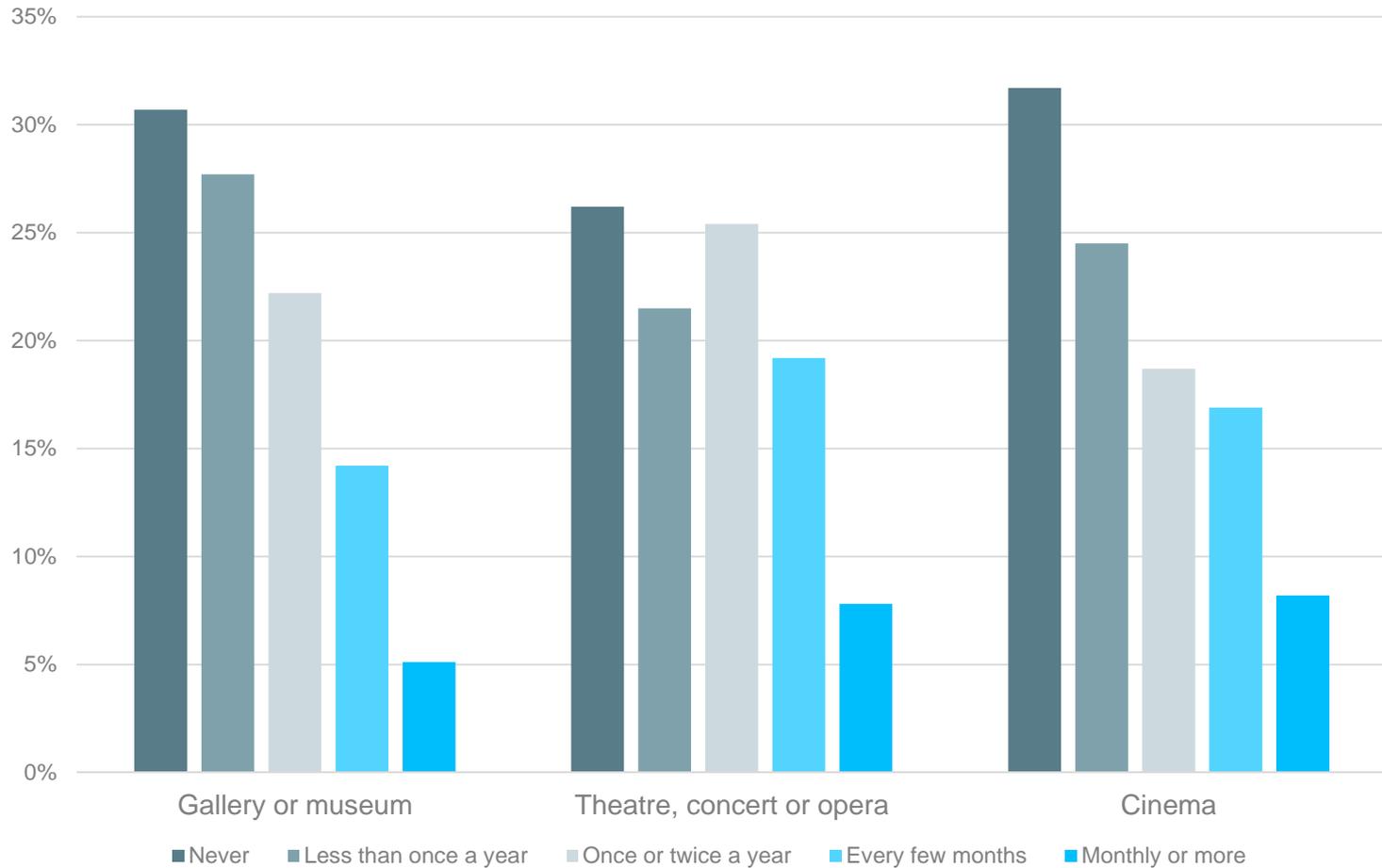
Going to the cinema

Covariates:

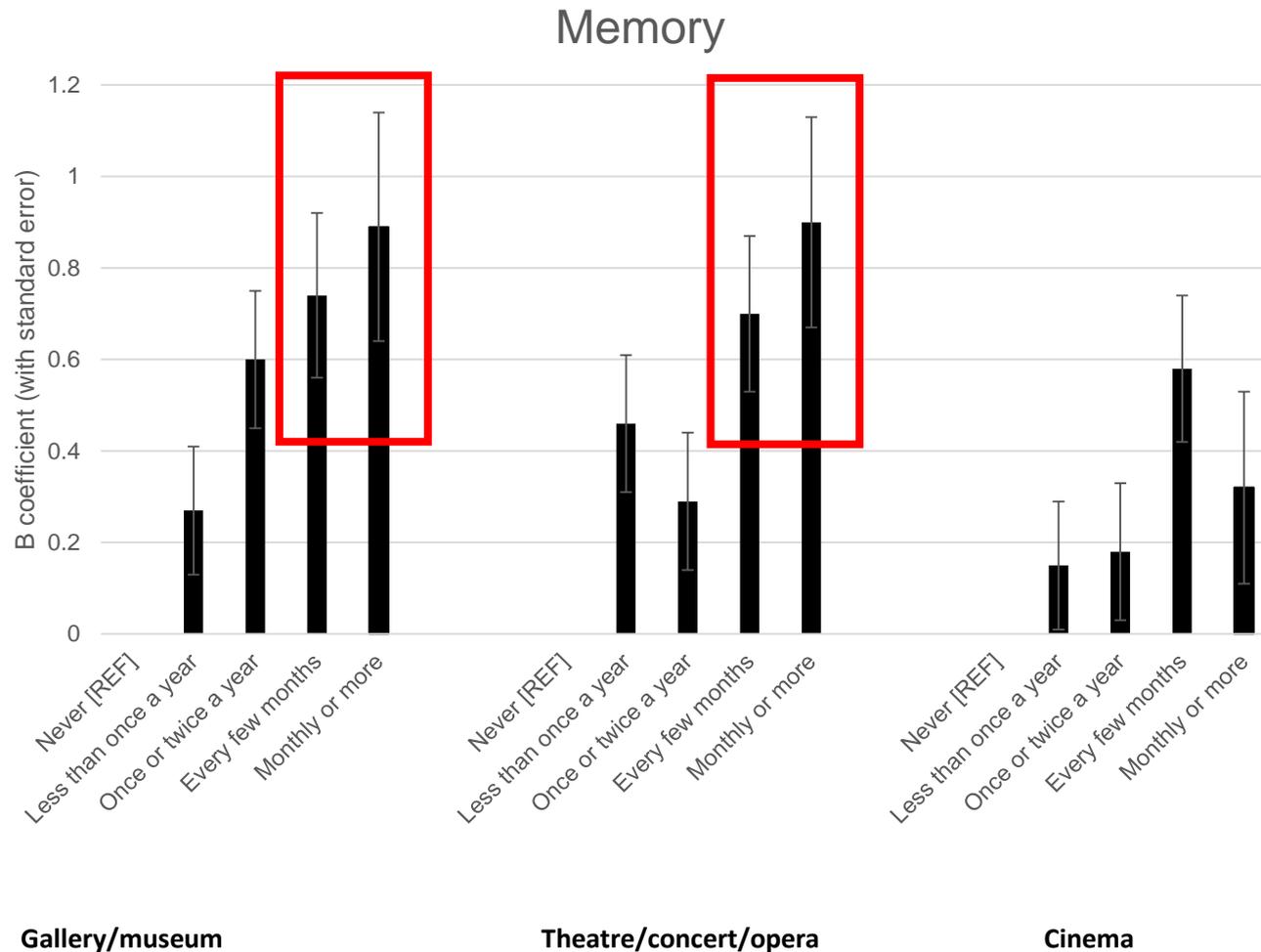
- Sex | Age | Marital status | Ethnicity | Educational attainment
- Employment status | Wealth | Occupation
- Self-rated health | Eyesight | Hearing | Depression
- Social network | having a hobby | using the internet | reading a daily newspaper
- Engagement in civic or social activities (political groups, neighbourhood groups, church groups, charities, evening classes or arts or music classes, social clubs, sports clubs, other societies)



Cultural Engagement in Older Adults

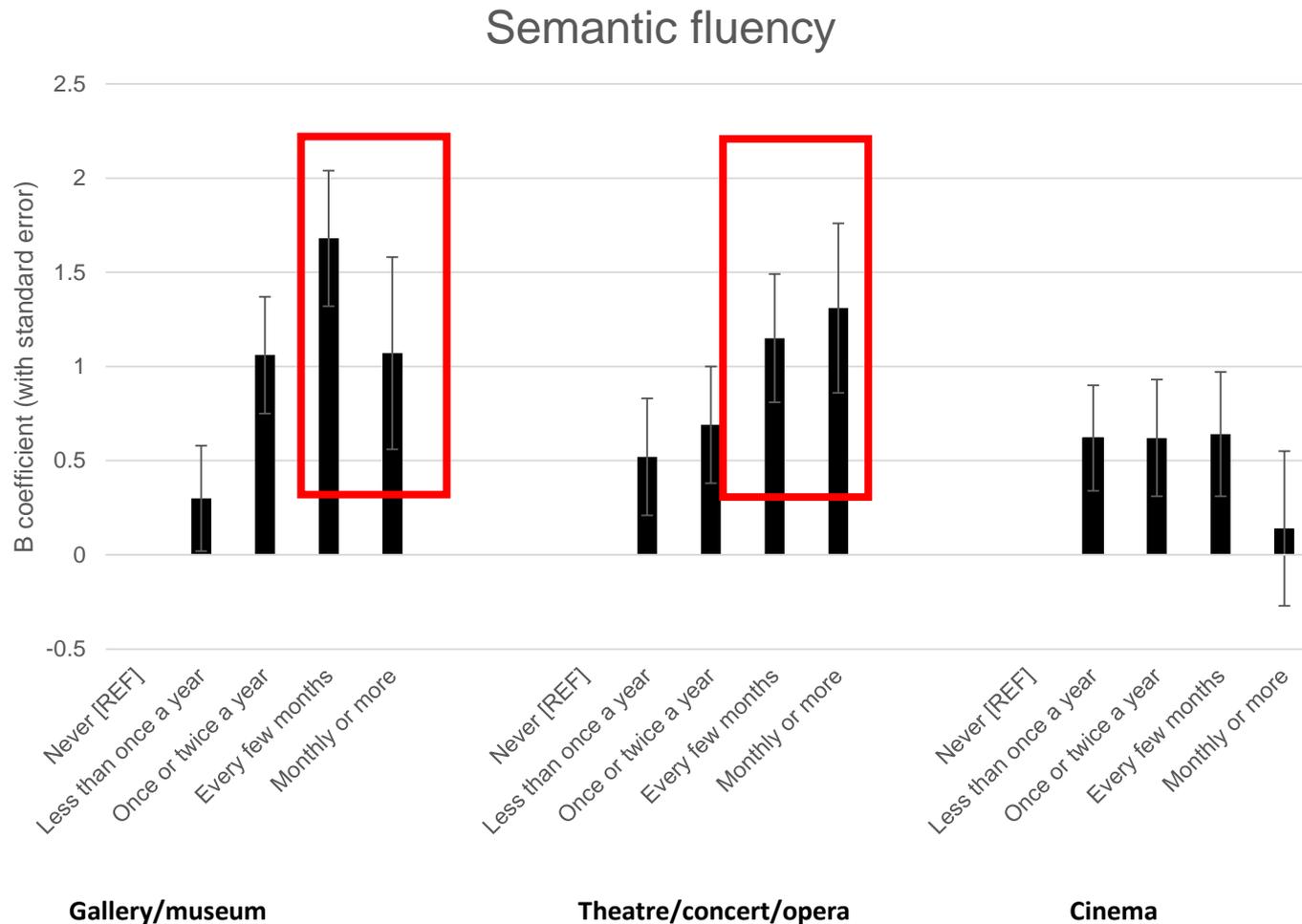


Cultural engagement and cognitive decline



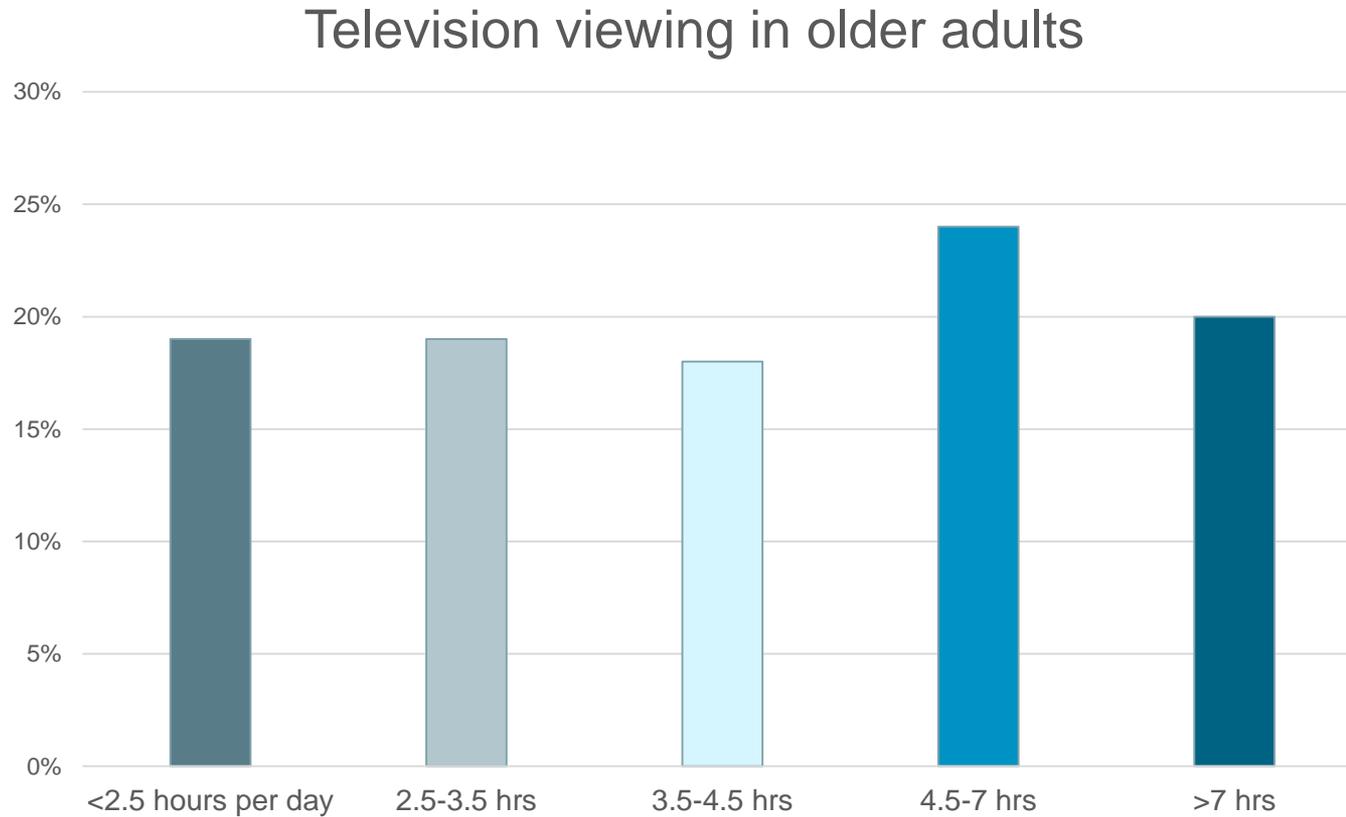
Fancourt, D., Steptoe, A. (2018). Cultural engagement predicts changes in cognitive function in older adults over a 10 year period: Findings from the English Longitudinal Study of Ageing. *Scientific Reports*, 8 (1)

Cultural engagement and cognitive decline

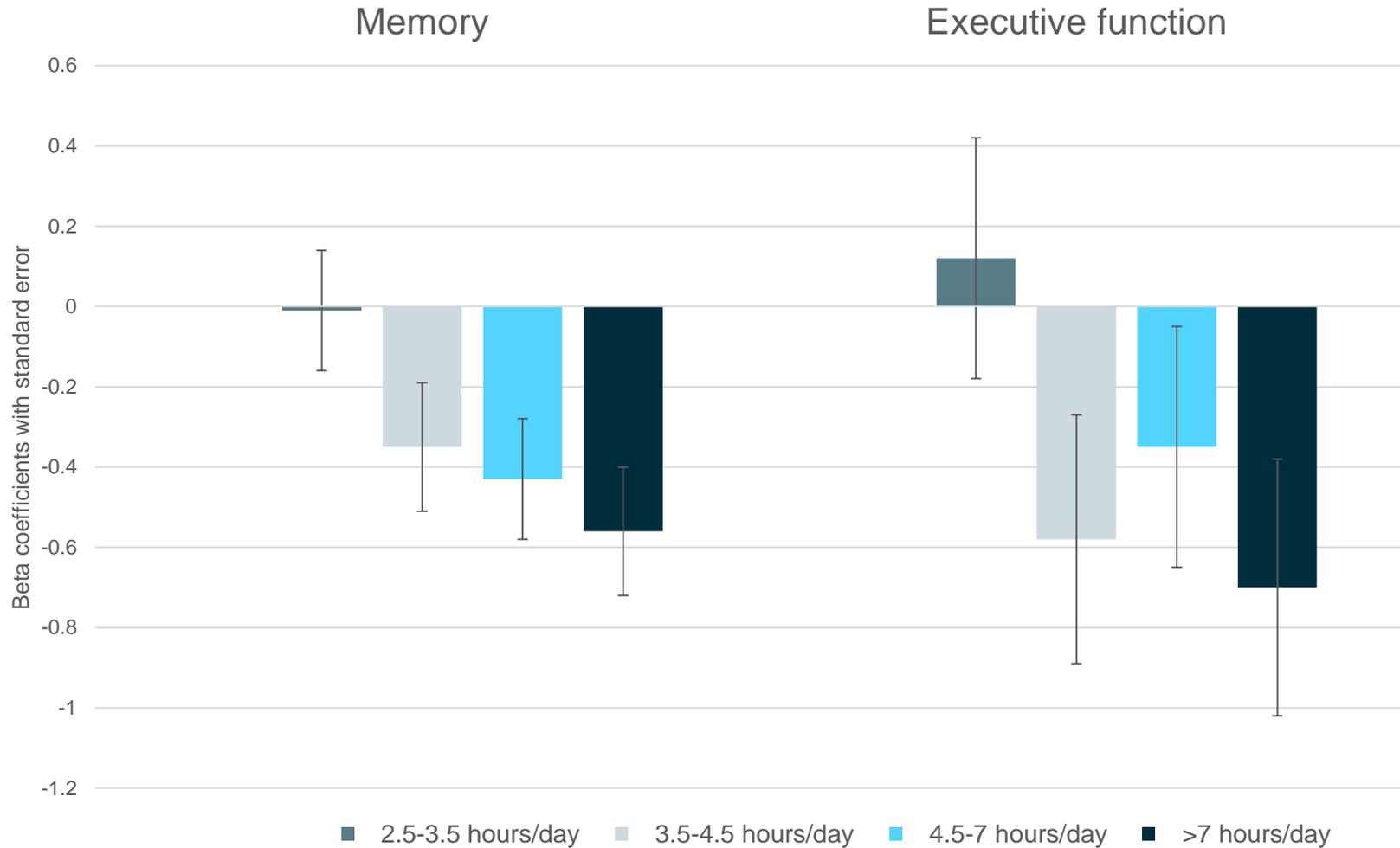


Fancourt, D., Steptoe, A. (2018). Cultural engagement predicts changes in cognitive function in older adults over a 10 year period: Findings from the English Longitudinal Study of Ageing. *Scientific Reports*, 8 (1)

Television and cognitive decline



Television and cognitive decline



Fancourt, D., & Steptoe, A. (2019). Television viewing and cognitive decline in older age: findings from the English Longitudinal Study of Ageing. *Scientific reports*, 9(1), 2851.

Museums and dementia incidence

Sample: 3,946 adults aged 50+

Timescale: Tracked for 10 years

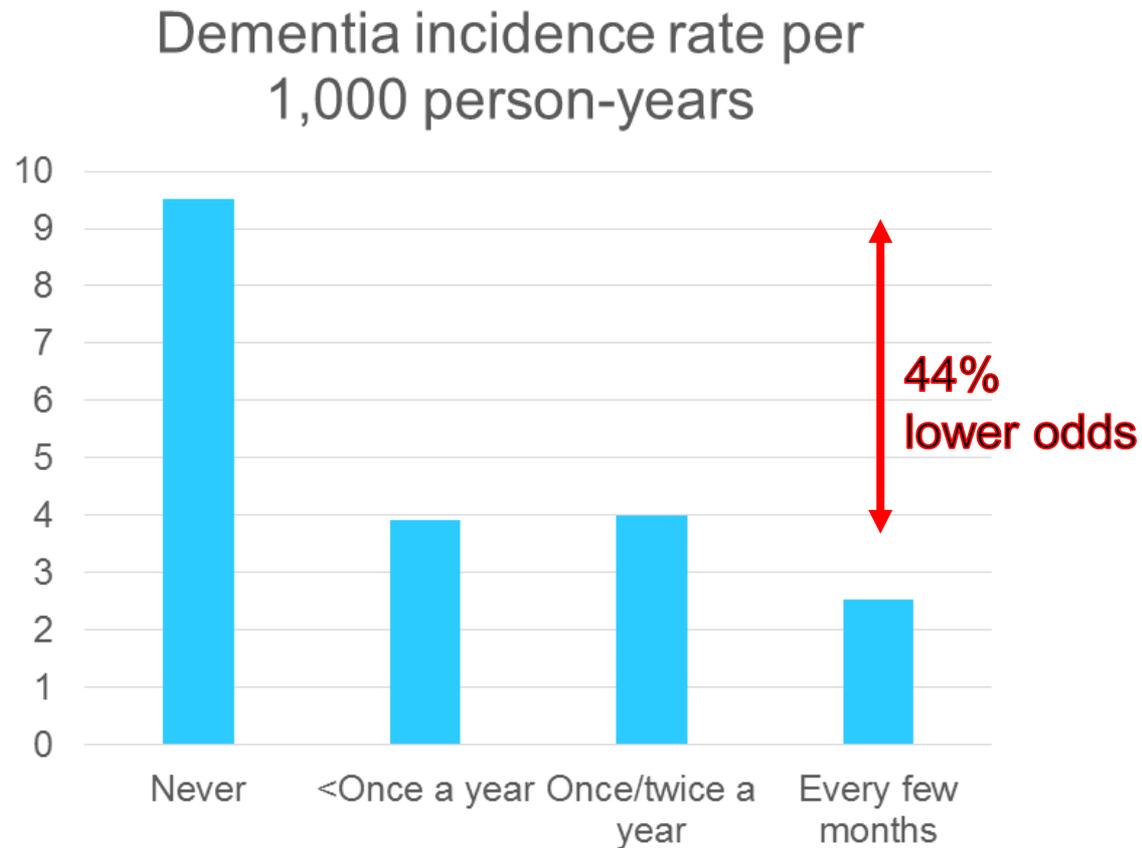
Activity: Visiting museums, art galleries or exhibitions

Dementia: 3.38+ score on IQCODE or self/informant-reported physician diagnosis

Covariates:

- Sex | Age | Marital status | Ethnicity | Educational attainment
- Employment status | Wealth | Occupation
- Depression | Eyesight | Hearing | Cardiovascular conditions
- Community engagement (political groups, neighbourhood groups, church groups, charities, evening classes or arts or music classes, social clubs, sports clubs, other societies)

Museums and dementia incidence



Fancourt, D., Steptoe, A., Cadar, D. (2018). Cultural engagement and cognitive reserve: museum attendance is inversely associated with dementia incidence over a 10-year period. *British Journal of Psychiatry*

COMPONENTS

- Aesthetic engagement
- Involvement of the imagination
- Sensory activation
- Evocation of emotion
- Cognitive stimulation
- Social interaction
- Physical activity
- Engagement with themes of health
- Interaction with healthcare settings

PSYCHOLOGICAL

e.g. **disuse**, **cognitive reserve**,
depression, hedonic tone

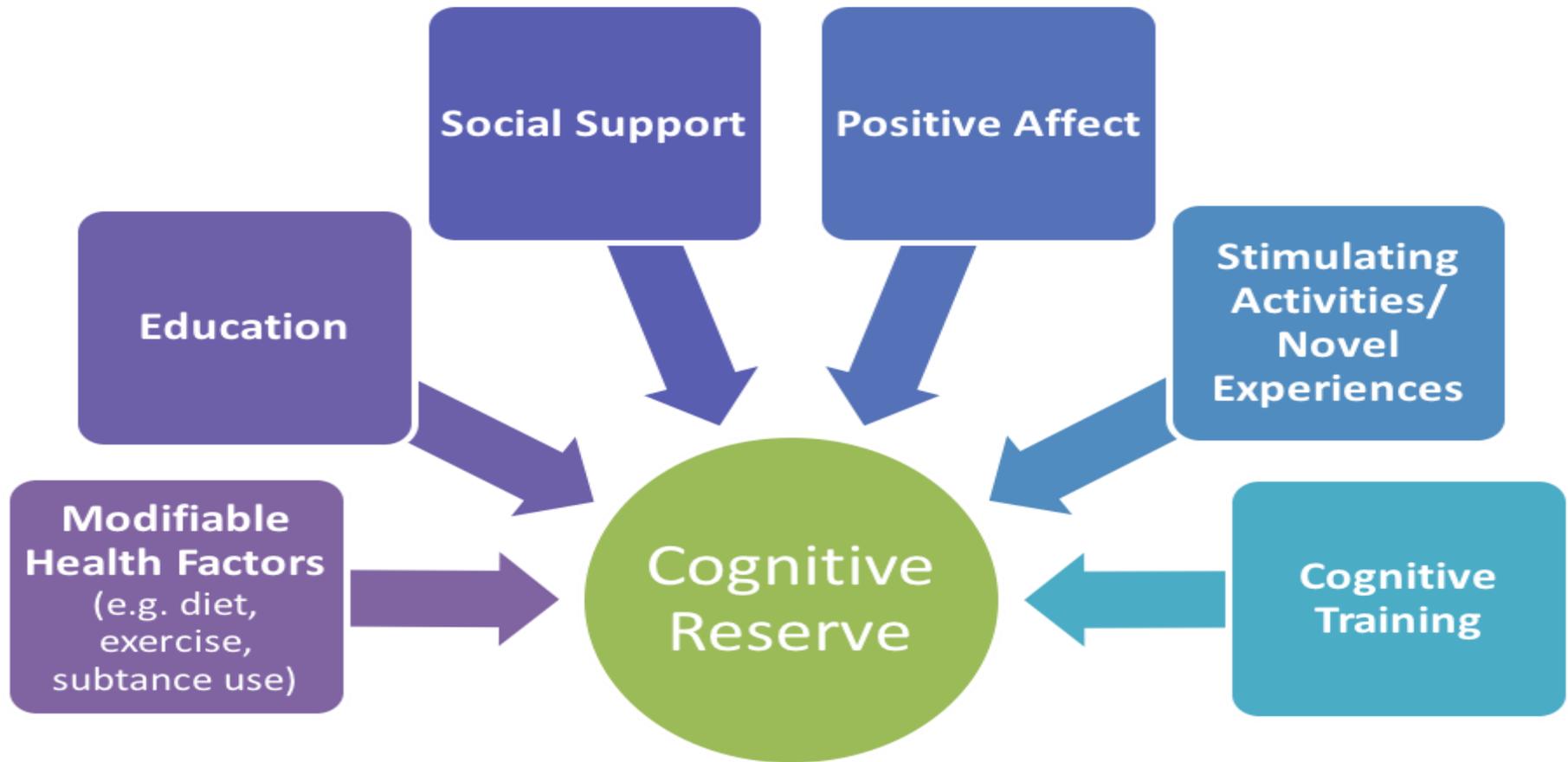
PHYSIOLOGICAL

e.g. lower stress hormone
response, enhanced immune
function and higher cardiovascular
reactivity

BEHAVIOURAL

e.g. sedentary behaviours, social
support, acceptance of care and
adherence to prescribed
treatments

Dementia



COMPONENTS

- Aesthetic engagement
- Involvement of the imagination
- Sensory activation
- Evocation of emotion
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BEHAVIOURAL

e.g. sedentary behaviours, social support, acceptance of care and adherence to prescribed treatments

Dementia

Arts & purpose

Steptoe, A., & Fancourt, D. (2019). Leading a meaningful life at older ages and its relationship with social engagement, prosperity, health, biology, and time use. *Proceedings of the National Academy of Sciences*, 116(4), 1207-1212.

Table 2. Living a worthwhile life: Longitudinal associations with social, economic, health, and time use over 4 y

Factor	OR	β	95% CI	SE	P	E (CI)
Social variables						
Divorce ^a (%)	0.84		0.75–0.94		<0.001	1.5 (1.39)
Living alone ^b (%)	0.92		0.87–0.97		0.002	1.39 (1.21)
Close relationships ^c (n)		0.082		0.012	<0.001	1.59 (1.46)
Contact with friends \geq 1/wk ^d (%)	1.06		1.01–1.11		0.017	1.2 (1.08)
Organizations ^e (n)		0.033		0.010	0.002	1.31 (1.16)
Volunteer \geq monthly ^f (%)	1.10		1.04–1.16		<0.001	1.43 (1.24)
Loneliness rating ^g		0.007		0.012	0.001	1.67 (1.53)
Cultural activity \geq every few months ^h (%)	1.07		1.02–1.12		0.007	1.34 (1.16)
Economic variables						
Wealth highest tertile ⁱ (%)	1.05		1.01–1.09		0.015	1.25 (1.14)
Income highest tertile ^j (%)	1.03		0.99–1.07		0.070	1.14 (1.0)
Paid employment ^k (%)	1.03		0.98–1.09		0.25	1.14 (1.0)
Health variables						
Poor/fair self-rated health ^l (%)	0.91		0.88–0.94		<0.001	1.27 (1.21)
Limiting longstanding illness ^m (%)	0.92		0.90–0.95		<0.001	1.25 (1.19)
Chronic disease ⁿ (%)	0.94		0.91–0.97		<0.001	1.21 (1.14)
Depressive symptoms ^o (%)	0.81		0.77–0.85		<0.001	1.46 (1.39)
Impaired ADL ^p (%)	0.86		0.83–0.90		<0.001	1.37 (1.29)
Impaired IADL ^q (%)	0.86		0.82–0.89		<0.001	1.37 (1.31)
Chronic pain ^r (%)	0.94		0.90–0.98		0.002	1.21 (1.11)
Obesity ^s (%)	0.94		0.90–0.98		0.007	1.21 (1.11)
Gait speed ^t (m/s)		0.044		0.012	<0.001	1.37 (1.24)
Health behavior						
MVPA \geq 1/wk ^u (%)	1.11		1.06–1.15		<0.001	1.29 (1.2)
Sedentary behavior ^v (%)	0.84		0.80–0.88		<0.001	1.67 (1.53)
Fruit and vegetables \geq 5/d ^w (%)	1.09		1.04–1.13		<0.001	1.26 (1.16)
Alcohol ^x (units/week)		0.036		0.010	0.001	1.34 (1.21)
Sleep rating good/very good ^y (%)	1.13		1.09–1.16		<0.001	1.32 (1.26)
Smoking ^z (%)	1.02		0.95–1.10		0.54	1.16 (1.0)
Time use yesterday^{aa}						
Time with friends (min)		0.034		0.013	0.008	1.31 (1.16)
Time alone (min)		-0.054		0.011	<0.001	1.43 (1.32)
Time TV (min)		-0.046		0.011	<0.001	1.39 (1.25)
Time walk/exercise (min)		0.043		0.013	<0.001	1.37 (1.21)
Time work/volunteer (min)		0.028		0.012	0.019	1.28 (1.11)

Adjusted for age, sex, educational attainment and social class. ADL = activities of daily living; IADL = instrumental activities of daily living; HDL = high-density lipoprotein; MVPA = moderate/vigorous physical activity; TV = television.

COMPONENTS

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e.g. disuse, cognitive reserve, depression, hedonic tone

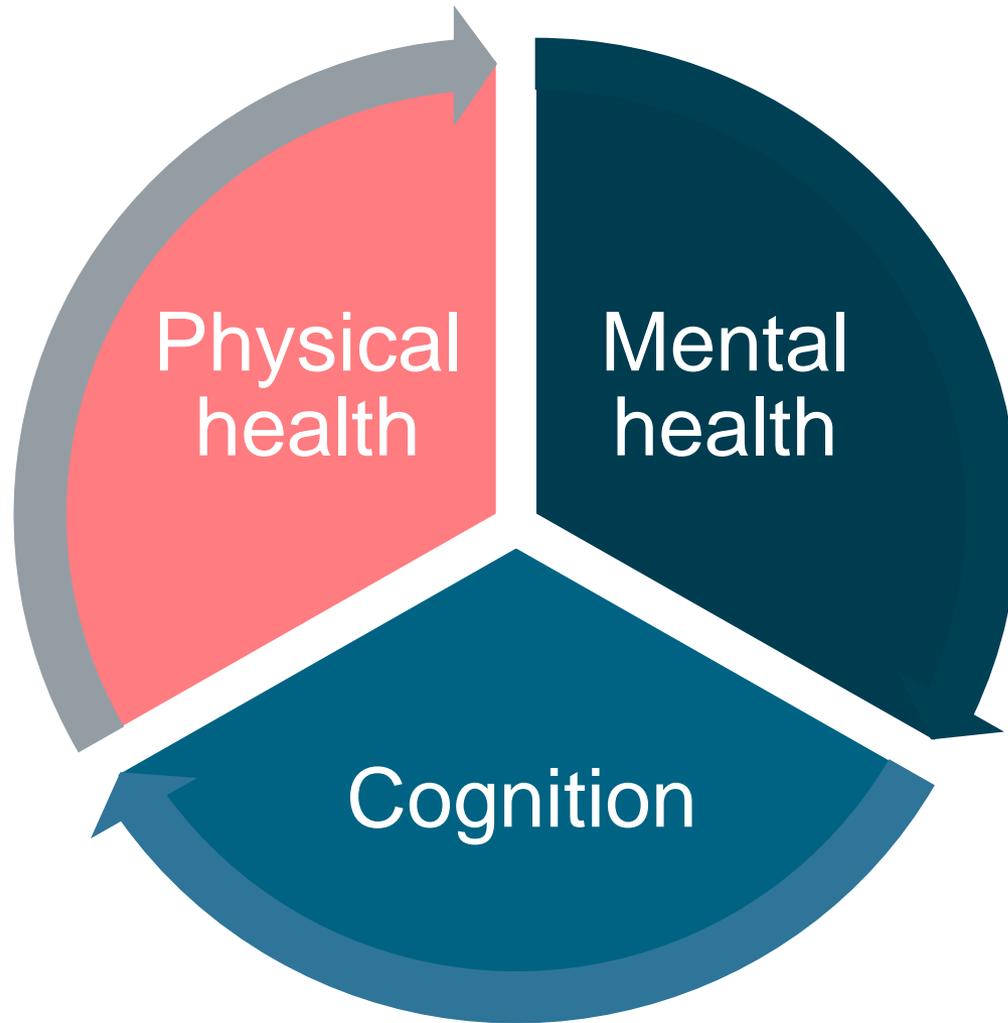
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e.g. lower stress hormone response, enhanced immune function and higher cardiovascular reactivity

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e.g. sedentary behaviours, **social support**, acceptance of care and adherence to prescribed treatments

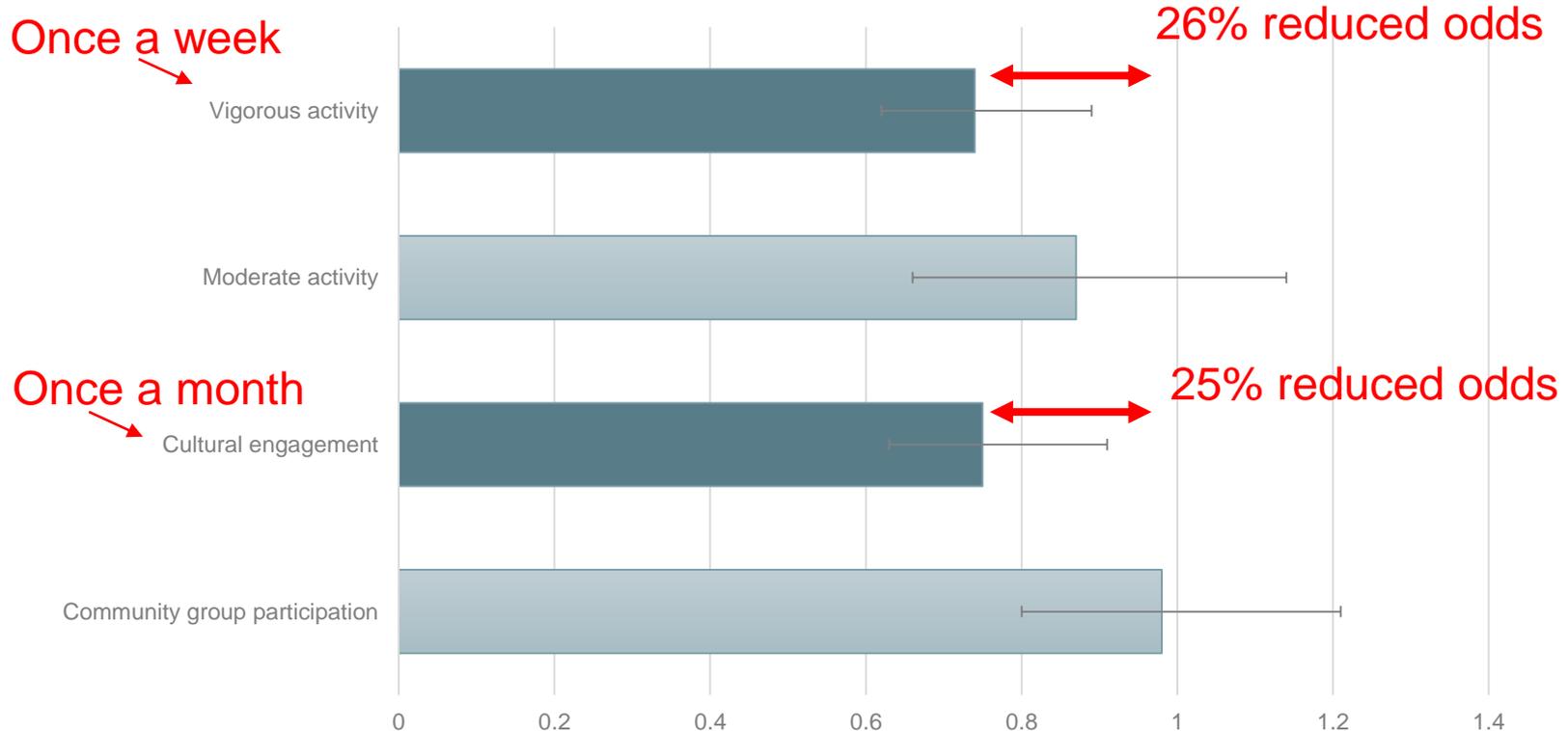
Dementia





Is cultural engagement protective against the development of chronic pain?

Cultural engagement and chronic pain



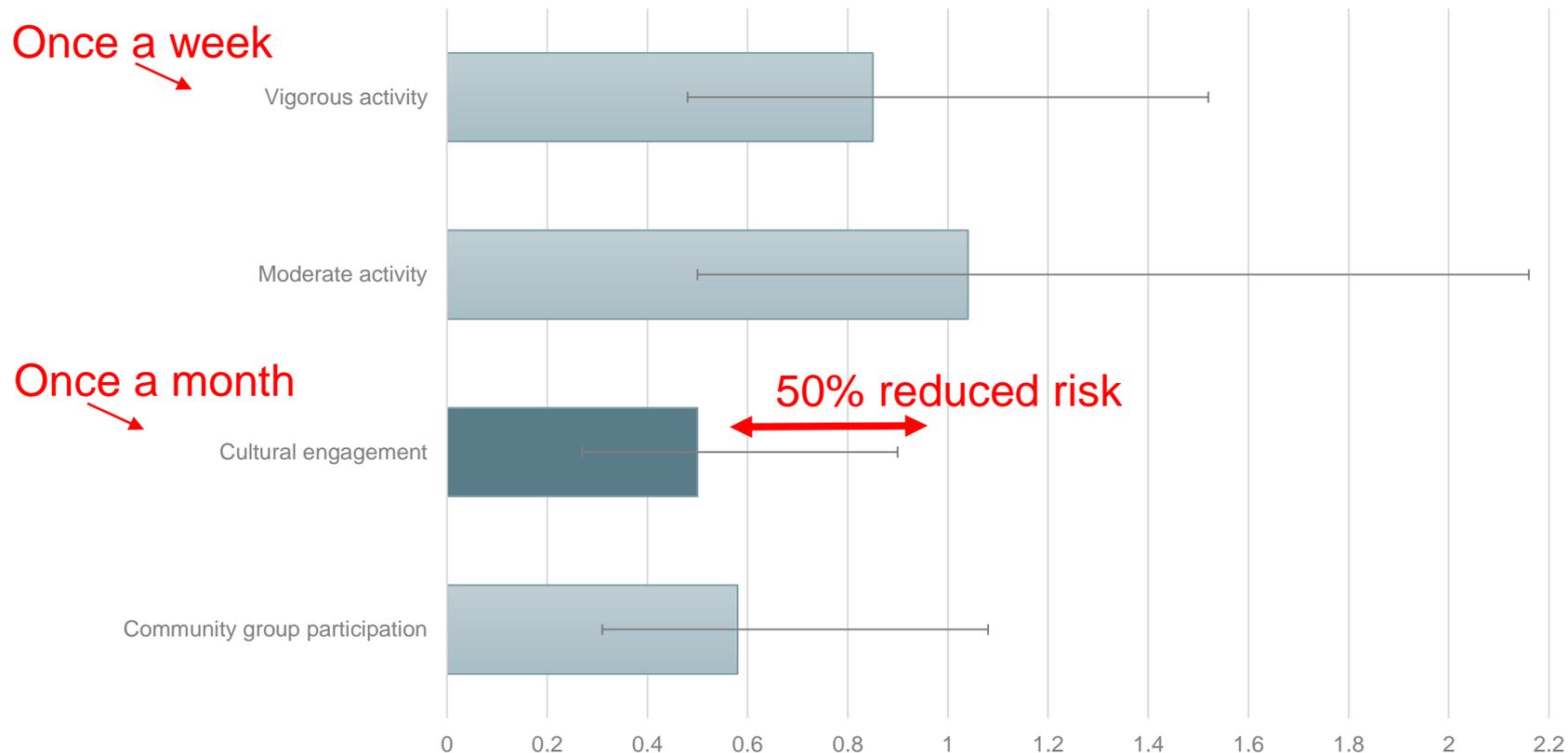
Analysis: Weighted logistic regression models

Free from pain at baseline. Follow-up of 12 years. N=3,358

Adjusted for age, gender, ethnicity, educational qualifications, wealth, cohabitation, employment, physical illnesses, arthritis, alcohol consumption, depression, sedentary behaviors, and social isolation

Cultural engagement and chronic pain

Moderate-Severe Chronic Pain
(generalised)





Is cultural engagement protective
against age-related disability?

What is disability?

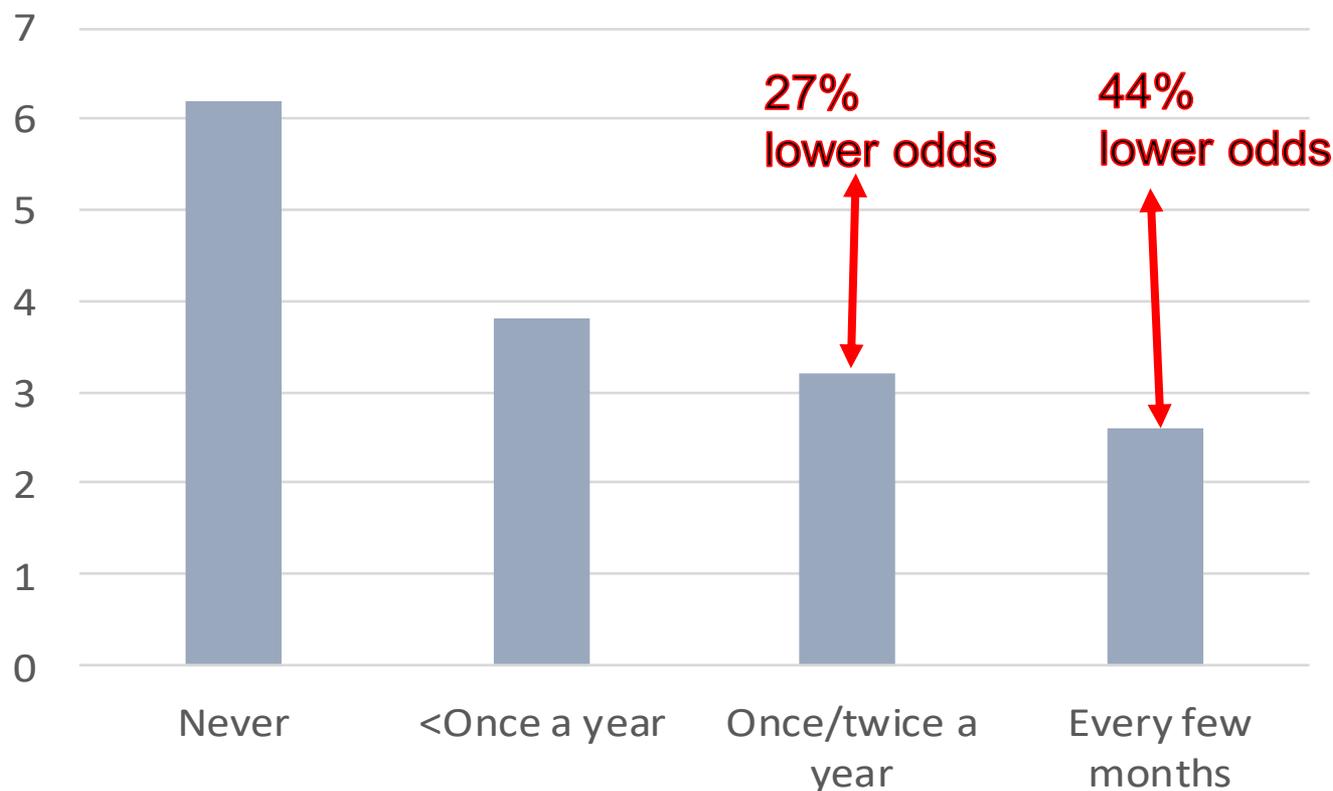
Activities of Daily Living



Instrumental Activities of Daily Living

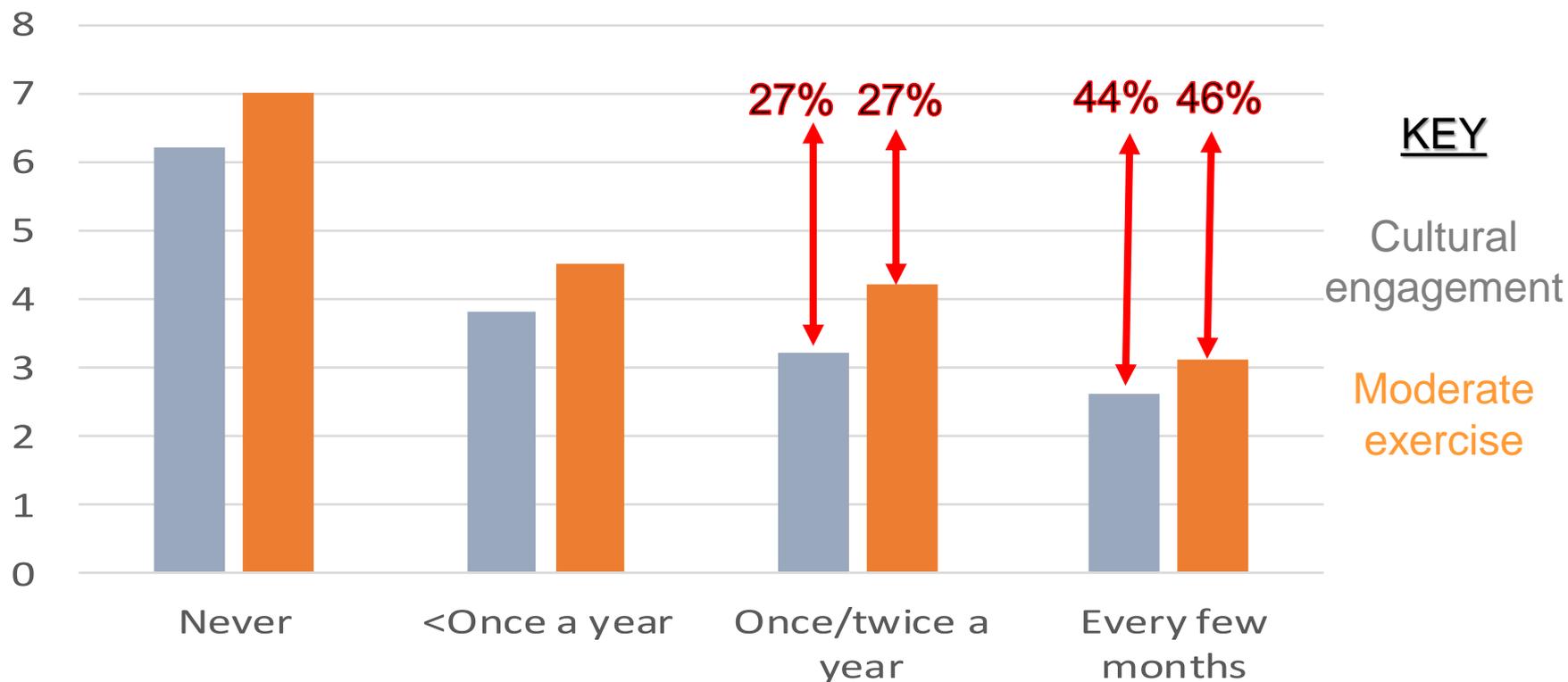


Disability incidence rate per 1,000 person-months



Analysis: Weighted Cox proportional hazards regression models & Weibull proportional hazards models
Follow-up of 12 years. N=5,434
Adjusted for demographics (sex, age, marital status, ethnicity, education, employment, wealth), health (eyesight, pain, smoking, alcohol), stratified by depression and cancer

Disability incidence rate per 1,000 person-months



Analysis: Weighted Cox proportional hazards regression models & Weibull proportional hazards models
Follow-up of 12 years. N=5,434
Adjusted for demographics (sex, age, marital status, ethnicity, education, employment, wealth), health (eyesight, pain, smoking, alcohol), stratified by depression and cancer

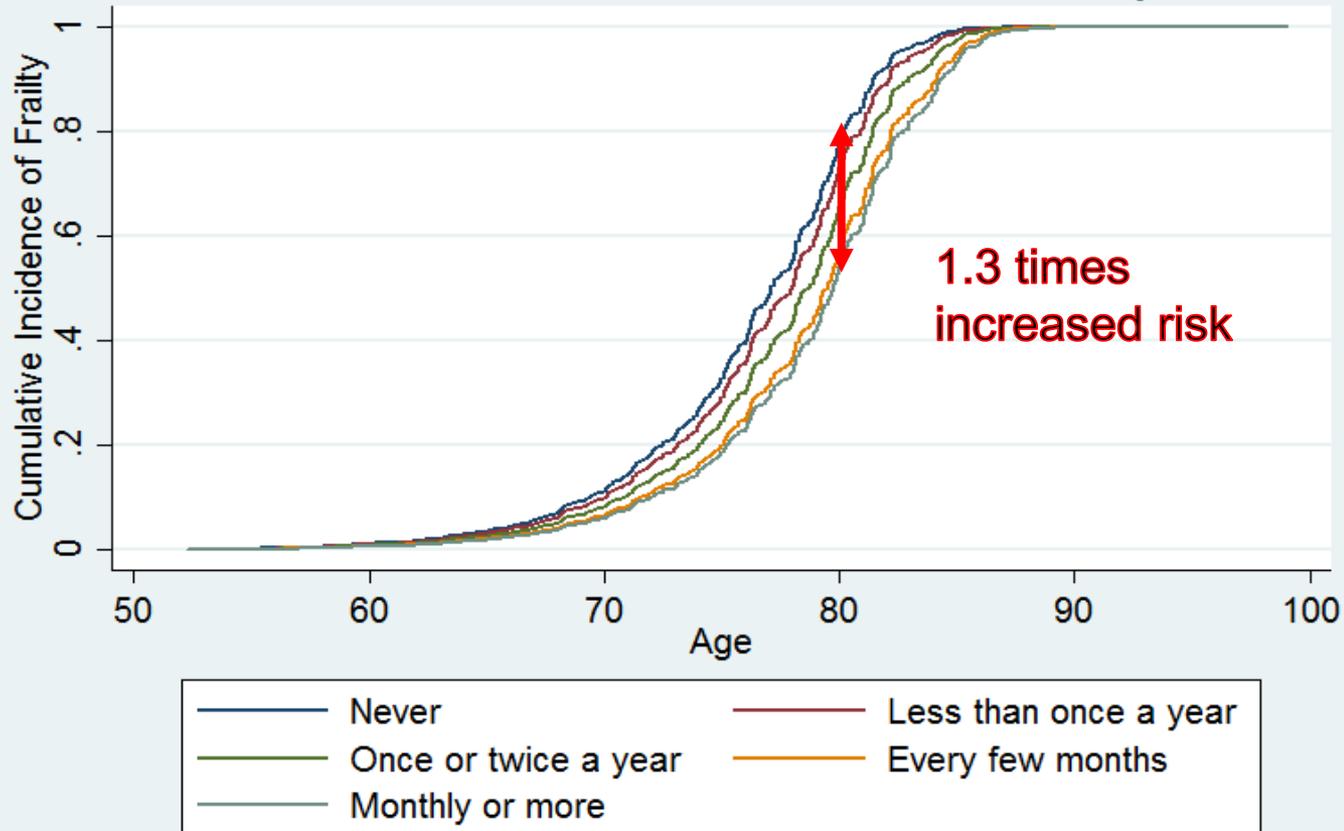


**Is cultural engagement protective
against frailty?**

Cultural engagement and frailty



Modelled Cumulative incidence of frailty



Rogers N and Fancourt D (2019) Cultural engagement and frailty among older adults: findings from the English Longitudinal Study of Ageing. *Journal of Gerontology Series B*.

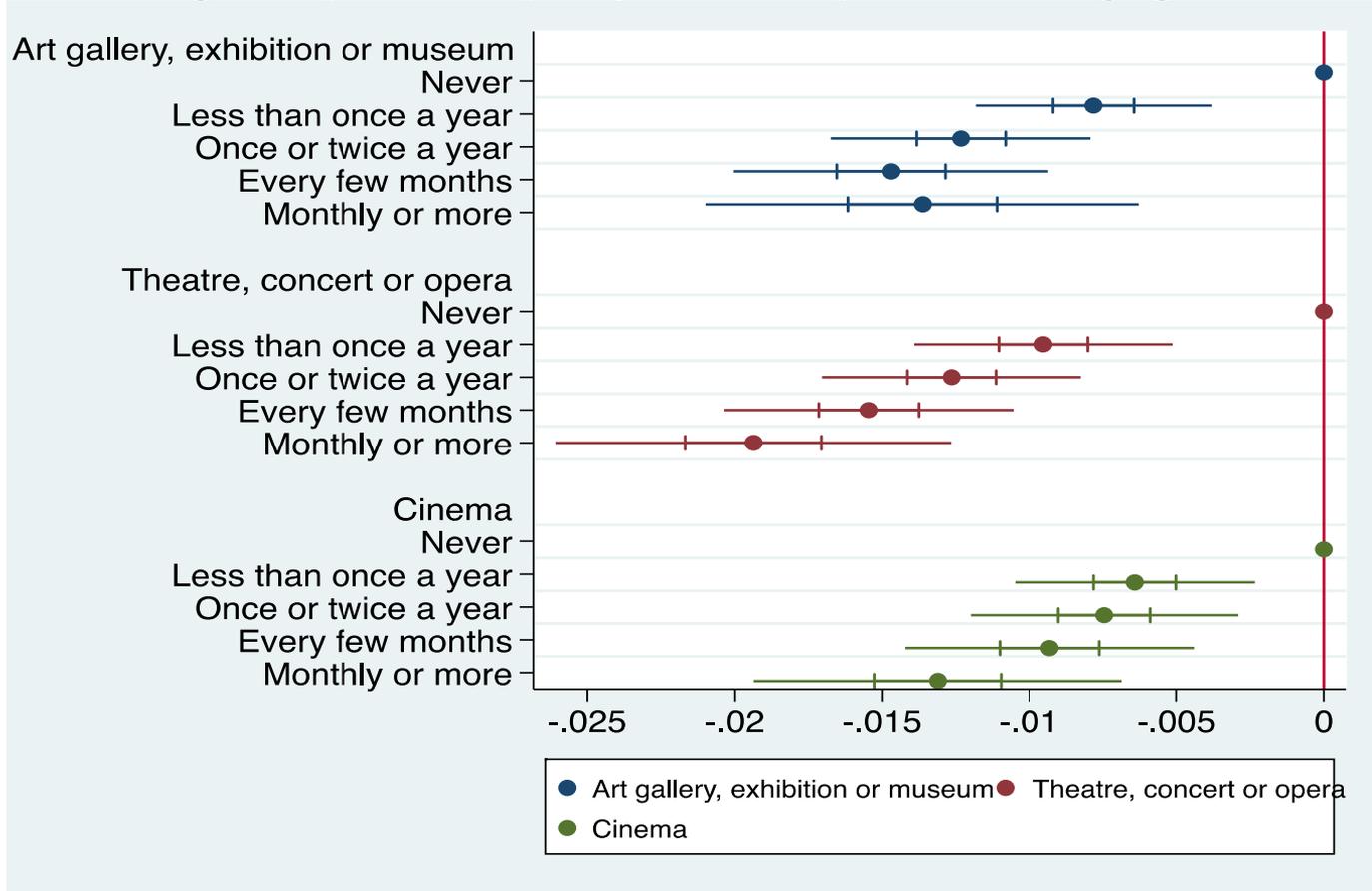
Analysis: 56-item frailty index comprising chronic conditions, eyesight, hearing, general health, disability, mobility, depression & cognitive function. Frailty threshold score=0.25+

Cumulative incidence function models with death as competing event

Follow-up of 12 years. N=4,575

Adjusted for age, gender, education, wealth, marital status, physical activity, social activity and civic engagement

Average 10-year frailty trajectories by cultural engagement



Rogers N and Fancourt D (2019) Cultural engagement and frailty among older adults: findings from the English Longitudinal Study of Ageing. Journal of Gerontology Series B.

Analysis: 56-item frailty index comprising chronic conditions, eyesight, hearing, general health, disability, mobility, depression & cognitive function. Frailty threshold score=0.25+

Multilevel growth curve models

Follow-up of 12 years. N=4,575

Adjusted for age, gender, education, wealth, marital status, physical activity, social activity and civic engagement

Summary of opportunities

- Promotion of the benefits of the SP in supporting healthy cognitive ageing (beyond brain training apps...)
- Active encouragement of people with dementia to engage in the arts, especially in social arts activities
- Caution around screen-based activities for individuals with dementia
- Development of greater links with pain services for individuals either with chronic pain or at risk of chronic pain (e.g. following an injury/older adults)
- Promotion of SP activities amongst older adults completing physiotherapy courses
- Policy discussions about the value of the arts, culture and community activities as in-kind support in reducing the burden of physical illness
- Discussions with local authorities and councils on the importance of investment in community arts programmes



**Wellcome-funded research 2018-2019:
Cognition & Physical Health**

**Future directions
for research and practice:
launch of the MARCH network**



World Health Organization

WHO Regional Office for Europe & WHO Collaborating Centre for Global Health Histories at the University of York present

Global Health Histories Seminar 105

| 8 May 2018 | 12:30-14:00 CEST |

| Live broadcast: <http://www.euro.who.int/ghh> | Twitter: #GHHistories |



Daisy Fancourt
Wellcome Research Fellow
Institute of Epidemiology & Health Care
University College London



World Health Organization
REGIONAL OFFICE FOR EUROPE

HEALTH EVIDENCE NETWORK SYNTHESIS REPORT 50

A resource for developing an evidence synthesis report for policy-making

Leena Eklund Karlsson | Ryoko Takahashi

Cultural Contexts of Health:
The role of the arts in
improving health and well-being
in the WHO European Region

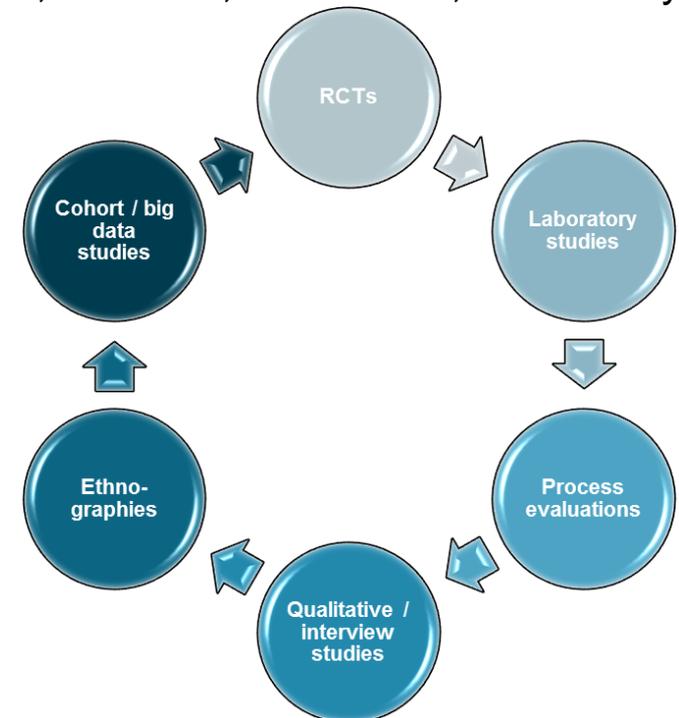
COMING JULY 2019

Health Evidence Network Synthesis Report

Reviewed papers on:

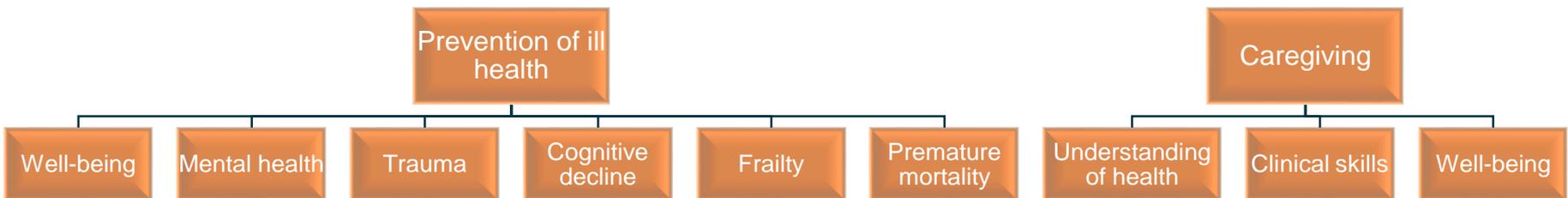
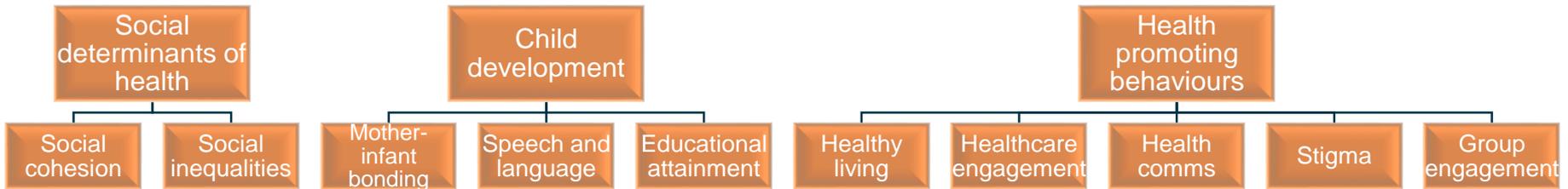
- **Performing arts** (e.g. activities in the genre of music, dance, theatre, singing, film, etc.);
- **Visual arts, design and craft** (e.g. crafts, design, painting, photography, textiles, etc.);
- **Literature** (e.g. activities such as writing, reading, attending literary festivals etc.);
- **Culture** (e.g. going to museums, galleries, art exhibitions, concerts, the theatre, community events, cultural festivals, and fairs).
- **Online, digital and electronic arts** (e.g. animations, digital art, electronic art, etc.);

- **Scoping review**
- **Searches in English and Russian**
- **Over 900 publications included**
 - c. 200 reviews/systematic reviews/meta-analyses/meta-syntheses covering +3,000 studies
 - Around 700 further individual studies.



Prevention & promotion

Management & treatment



Prevention & promotion

Management & treatment

Mental illness

Perinatal mental illness

Mild-moderate mental illness

Severe mental illness

Trauma and abuse

Acute conditions

Premature infants

In-patient care

Surgery a& invasive procedures

Intensive care

Neurodevelopmental & neurological disorders

Autism

Cerebral palsy

Stroke

Other ABI

Degenerative

Dementia

Non-communicable diseases

Cancer

Lung disease

Diabetes

CVD

End of life care

Palliative care

Bereavement



MARCH Network



UK Research
and Innovation

**Transforming our understanding of
how social, cultural & community
assets can support mental health**

Social, Cultural and Community Assets



Our areas of focus



SUPPORTING

research on social, cultural and community assets and mental health



DEVELOPING

cross-disciplinary methodological approaches



NURTURING

the next generation of researchers in this field



IDENTIFYING

and removing barriers to access at individual, organisational and policy levels



ENABLING

new strategies and policies on community assets & mental health



ENCOURAGING

greater participation and public engagement with community assets

Team



Dr Daisy Fancourt

Prof Helen Chatterjee

Prof Kam Bhui



Prof Geoff Crossick

Prof Tia DeNora

Prof Jane South



Prof Paul Crawford

Ms Vas James

Dr Louise Baxter

+ 800 members

The collage includes logos for: think local act personal, Royal Horticultural Society, communitycatalysts, Federation of CITY FARMS & COMMUNITY GARDENS, UK THEATRE, NCO, CRAFTS COUNCIL, MUSEUMS ASSOCIATION, heritage lottery fund, youth music theatre, CoinStreet, eden project, THE READING AGENCY, National Foundation for Youth Music, Historic England, GREEN GYM, National Trust, People Dancing, NHS Health Scotland, RSPH, Government Association, NHS Wales, delta, what works wellbeing, nesta, Public Health England, action for children, mind, MOSAIC LGBT YOUTH CENTRE, the Children's Society, ACTION FOR HAPPINESS, mind OUT, the listening place, Mental Health Foundation, ageUK, and WONDER FOUNDATION.

Communications

MARCH Network

Home Team Focus Opportunities News Resources Contact Us

The MARCH Network

Transforming our understanding of how community assets can support mental health

POLICY AND STRATEGY UPDATES

The All-Party Parliamentary Group on Arts, Health and Wellbeing publishes minutes from a recent Round Table on libraries, health and wellbeing

[Find out more](#)

The King's Fund publishes a report that examines the pursuit of outcomes by mental health services

[Find out more](#)

The British Medical Association publishes a policy paper on prioritising prevention for population

Public Health promote social

What Works Wellbeing

RESEARCH CORNER

For a sample of some of the research in this field, see the suggested reading below.

Each month, we will add a sample of new papers to the list. You can recommend papers by tweeting them @NetworkMARCH

Recommended articles for January 2019:

1. [Attending theatres, cinemas and museums](#) is associated with a lower risk of developing depression in older age.
2. Having [local greenspace](#) near to where we live is associated with higher levels of life satisfaction.
3. [Participatory theatre activities](#) can support identity transformation and cultivate a sense of belonging amongst mental health service users.
4. [Engaging with visual arts](#) can reduce reported anxiety and depression levels, and increase levels of positive mental wellbeing in adults with mental health conditions.
5. [People who volunteer have higher life satisfaction](#) than non-volunteers, with benefits persisting even after volunteering ceases.

Recommended articles for February 2019:

1. Two hours per week or more spent doing [arts activities can increase mental well-being](#).
2. [Allotment gardeners report better mental health and social cohesion](#) compared to non-gardeners.
3. [Reading groups](#) help to mitigate feelings of distress
4. Participants in an [arts programme based in galleries](#) have improved mental wellbeing and an increased interest in art.
5. [Community group membership](#) (specifically arts, education and music activities) are associated with enhanced wellbeing in older age

Recommended articles for March 2019:

1. Attending [museum-based social prescription interventions](#) can improve wellbeing in older adults.
2. Participating in [community-based arts programmes](#) can improve mental health
3. [Walking groups in a deprived communities](#) are sustained by shared health goals above and beyond sociability.
4. Social identity is a key predictor of quality of life among members of the community activity "Men's Sheds"
5. [Nature engagement](#) can benefit overall mental health, stress and resilience in children

EVENTS



kHealth



Social Prescribing Conference

11-12 July 2019
London



Young People and Wellbeing

30 April 2019
London



FUNDING

SR

Deadline:
June 2019

Up to £550k for proposals for innovative research projects that focus on a wide range of methodologies and approaches to understanding and measuring wellbeing.

[read more](#)

ERC

Deadline:
May 2019

Up to £3m for transdisciplinary research projects that seek to improve understanding of the pathways between climate, environment and health

[read more](#)

ARTS IMPACT FUND

Deadline:
going

£150-600k for projects that bring together public, private and charitable funding to demonstrate the potential and impact of social investment in the arts.

[read more](#)

NATIONAL LOTTERY OPEN GRANT PROGRAMMES

Deadline:
going

£3k to £3m for projects focusing on heritage in the UK.

[read more](#)

SMEE FAIRBURN

Deadline:
going

A range of arts-focused grants that support creative approaches to difficult social issues, and projects that build engagement with culture where there is low provision

[read more](#)

MARCH

Deadline:

ARHC Follow-on Funding for Impact and Engagement Scheme (FIF)

SPOTLIGHT ON PRACTICE

Some projects we've found inspirational this month...



The Eden Project is supporting people with range of conditions from mental ill health to diabetes through social prescribing.

[Find out more](#)



Significant Seams is building community through crafting and supporting people in vulnerable life moments.

[Find out more](#)



Parkruns and isolation of people at problems



The Choir with No Name! is running choirs in four locations around the country for people who have experienced homelessness to support their mental health

[Find out more](#)



Beyond Skin is developing creative projects that strengthen community relations, nurture peace processes, promote interaction between different cultures and assist good mental health

[Find out more](#)



Sea Sanctuary runs a range of 'blue health' programmes based on the therapeutic benefits of exposure to blue spaces such as the sea.

[Find out more](#)

Communications



The MARCH Network

Transforming our understanding of how social, cultural & community assets can support mental health



Transforming our understanding of how social, cultural and community assets can support mental health

Transforming our understanding of how social, cultural and community assets can support mental health

MARCH Network

Friday Motivational Video

If you're feeling ready for the weekend and need an afternoon pick-me-up, we recommend this inspirational video on the amazing work of The National Trust and their Littledale Hall therapeutic community, where volunteers with drug and alcohol addiction problems are helping National Trust Rangers with conservation work in the Lake District - and helping themselves on the path to recovery.

[Watch here](#)

INSPIRATIONAL VIDEOS OF PROJECTS IN ACTION

All Videos

All Videos

▶ Play video

Sandra Ashton
Support Worker at Littledale Hall

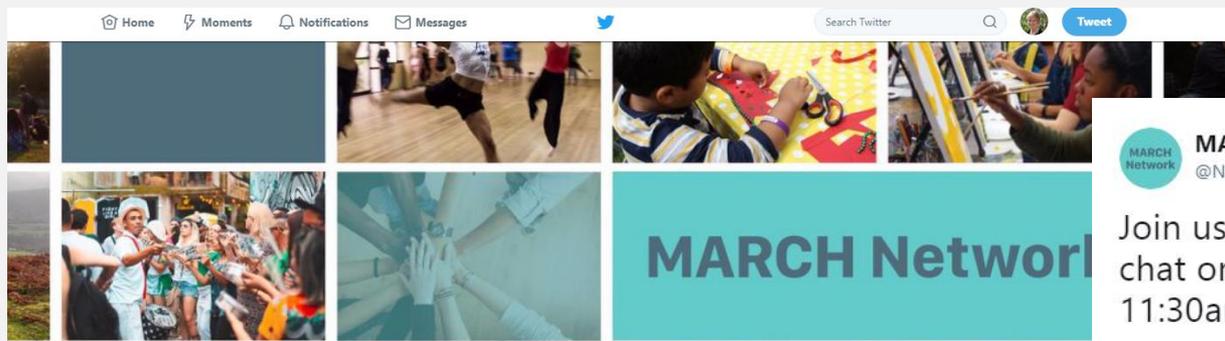
Search video

MARCH Network Newsletter March 2019

Prescribing Day!

Today is Prescribing Day for those of us interested in social, cultural and community assets. Today we are celebrating and recognising the fantastic work of social prescribing. To celebrate this day, we are launching a search for **inspiring stories** on how social, cultural or community assets have benefited individuals. If you know of any stories, have experience or expertise to share with others who you think have stories to tell, we'd love to hear from you. You can submit personal or anonymous stories [here](#) or contact [Vas](#) if you'd like to. We will be sharing some of these stories on social media and with you. Your input will be incredibly valuable in communicating the benefits of social, cultural and community engagement to a wider audience.

Communications



MARCH Network



MARCH Mental Health Network

@NetworkMARCH Follows you

UKRI #MentalHealthNetworks led @UCL_BSH transforming our understanding of how social, cultural & community assets can support mental health. #NetworkMARCH

United Kingdom

marchnetwork.org

Joined September 2019

The Mental Elf @Mental_Elf · 11 Dec 2018

Replying to @BeyondSkin @Daisy_Fancourt and 2 others

Nice, there are some great podcast interviews here if you want to embed them on your web page: soundcloud.com/national-elf-s... Cheers, André

#NetworkMARCH



- National Elf Service - Paul Crawford and Kam Bhui** View track ▶ 284
 - National Elf Service - Helen Chatterjee** ▶ 265
 - National Elf Service - Mark Williamson** ▶ 203
- Cookie policy

#NetworkMARCH



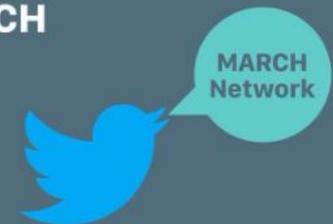
MARCH Mental Health Network

@NetworkMARCH

Following

Join us for our next #NetworkMARCH Twitter chat on Tuesday 19 March from 11:00-11:30am to highlight fantastic work, and to connect researchers, community organisations and potential collaborators together #NetworkMARCH #communityassets #networkMARCH @Mental_Elf @ArtsHealthECRN

Join us for a MARCH network Twitter chat #NetworkMARCH



2:43 PM - 13 Mar 2019

Communications

JOIN ONE OF OUR SPECIAL INTEREST RESEARCH GROUPS (SIGs):

Or propose your own group. [Read our guidelines to find out more:](#)



Interdisciplinary Research Methods

[Join Group](#)



Nature, Outdoors and Mental Health

[Join Group](#)



Singing and Mental Health

[Join Group](#)



Arts, Crafts and Mental Health

[Join Group](#)



Digital Community Assets and Mental Health

[Join Group](#)



Historic Environment and Mental Health

[Join Group](#)

All Members

This page is open to all members of the MARCH
Last updated Saturday at 8:57am



Arts, Crafts and Mental Health

A special interest research group co-led by Julia ...
Last updated Tuesday at 1:54pm



Digital Community Assets and Mental Health

A special interest research group led by Ian Tucke...
Last updated yesterday at 10:11am



Early Career Researchers - Steering Group

Last updated an hour ago



Explore Basecamp!

A sample project to help you discover Basecamp.
Last updated on Mar 28



Historic Environment and Mental Health

A special interest research group led by Linda Mon...
Last updated on Mar 26



Arts, Crafts and Mental Health

[Invite more people](#) [Catch up](#)
58 people on this project on recent changes

A special interest research group co-led by Julia Bennett and Susan Hogan. The aim of the group is to start discussions about research ideas, and to support applications for the MARCH Plus Funds later in 2019.

[5 Discussions](#) [3 Files](#) Add the first: [To-do list](#) [Text document](#) [Event](#)

Latest project updates

- Apr 2** Julia B. gave Katy C. access to the project: Arts, Crafts and Mental Health
- Apr 1** Vas J. gave Dafni K. access to the project: Arts, Crafts and Mental Health
- Apr 1** Julia B. gave oliver.bliss@artscouncil.org.uk access to the project: Arts, Crafts and Mental Health

[See all updates](#)

Discussions

[Post a new message](#)

[Watch a quick video about Discussions](#)

- Jean B. [Shall we do some introductions.](#) - Hello all, so many interesting thoughts are being shared...so exciting to hear about the breadth and depth of knowledge and research interests from many. 19 Mar 15
- Daisy F. [What are the important research questions to...](#) - Hi all. It's been brilliant seeing all the introductions in this group and hearing about your work. One of the aims of these SIGs is to start 15 Mar 15
- Lisa A. [Early Career Researchers - Steering Group.](#) - What a great opportunity. I am away this week but will drop you an email when I get back. 2 Mar 12
- Julia B. [Evidence about haptic engagement](#) - Thanks Sarah and Lorna for these interesting suggestions and links. I'm really keen to understand the breadth of how people are engaging with haptics. 3 Mar 6
- Susan H. [Hallo!](#) - Susan Hogan is Professor of Arts and Health, University of Derby and a Professorial Fellow, Institute of Mental Health, University of Nottingham. She is Director of the Arts & Health Feb 7

Communications



Early Career Researchers
Steering Group

Join Group

Dafni Katsampa
@DafniKatsampa

Following

Such a fruitful meeting with other bright ECRs within [@NetworkMARCH](#). Fantastic ideas on how to engage both public and academics, and primarily how to bridge the gap between research in mental health & arts, policy and prevention of mental/physical illness. I feel inspired.

4:53 PM - 20 Mar 2019

Emily Bradfield
@erbradfield

Glad I was able to join [#NetworkMARCH](#) twitter chat briefly! Looking forward to getting involved on their [#ECR](#) [#SteeringCommittee](#) soon! [@NetworkMARCH](#) [#EarlyCareerResearchers](#) [#CommunityAssets](#)

Discussions [Watch a quick video about Discussions](#)

- Dafni K.** [Social Networking Events](#) - Hi everyone. I thought to start a discussion regarding social networking events within MARCH. As many of us mentioned during our ECR meeting that we are 10:46am
- Vas J.** [ECR Steering Group Basecamp](#) - It was a pleasure to connect with many of you last week. I hope you've had a chance to think about how you would like to get involved - a few of you 4 Mar 28
- Natalie P.** [Introduce yourself!](#) - Hello All, I welcome the opportunity to contribute to the development of the MARCH project. Over the last 15 years I have volunteered and contributed to various health 11 Mar 26
- Daisy F.** [Training Course](#) - Dear Lorna, Thank you so much for sharing this! It's great that you're interested in helping out with the course. We have a budget planned to work with the Royal 1 Mar 25

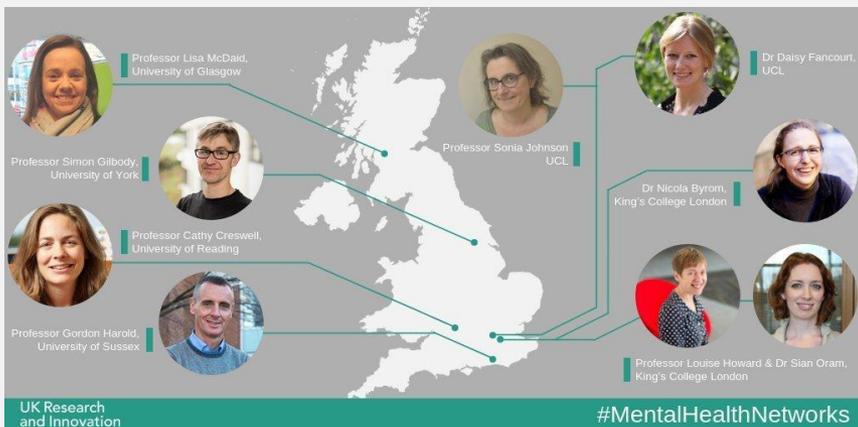
Files [Watch a quick video about Files](#)

DOCX

MARCH Network ECR responsibilities and interests March 2019.docx

Added by Vas J. on Mar 28 - 17 KB

4 comments Label...



Network Coordinator Meeting

Core activities

1. Systematic reviews and syntheses of existing evidence



Systematic review:
shared reading



Systematic review:
heritage



Systematic review:
volunteering



Meta-ethnography:
Mechanisms underlying music
and mental health

Core activities

2. Analyses of differential community participation rates amongst those with/without lived experience of mental illness


Department
for Culture
Media & Sport

 Taking part
2016/17 Q2: October 2015 – September 2016

▲ indicates significant increase to 05/06
▼ indicates significant decrease to 05/06

Cultural engagement

In the last year have you done the following in your own time or as part of voluntary work?



77%

Engaged with the arts



74%[▲]

Visited a heritage site*



34%[▼]

Used a public library



54%[▲]

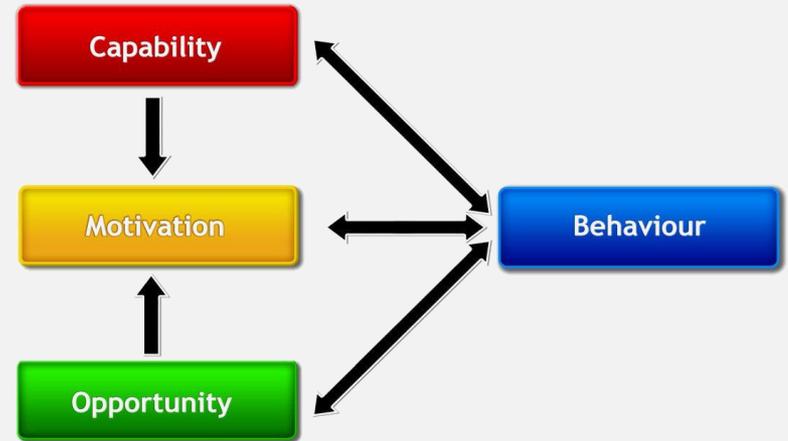
Visited a museum or gallery

*Also includes visits for academic study. Icons used in this infographic from icons8.



Core activities

3. Qualitative study on barriers to community participation for those with mental illness



Interviews with individuals with lived experience



Focus groups with community organisations



Interviews with policy-makers, funders and commissioners

Core activities

4. Citizen Science Experiments on creative & community engagement and mental health

How to find an event near you

From 17-25 March 2018, the Get Creative Festival encourages everyone to try their hand at something new and creative - from pottery and printmaking to hand-bell ringing and quilting - at free workshops across the country. Here's how to find them.



Interactive map



Click here to find a creative workshop or event near you

Disclaimer

Activities are not organised by the BBC unless stated otherwise. Neither is the BBC responsible for the accuracy of the information provided. If you are under 18, ask your parent/guardian before taking part in any activity.



More information



Get Creative Festival 2018
The BBC's online home for the Festival, with links to all programmes and features.



What's happening?
Everything you need to know about the Get Creative Festival 2018.



Find an event near you
Visit the special interactive map with details of hundreds of events.



What is Get Creative?
All you need to know about the campaign to celebrate everyday creativity.



Core activities

5. Policy work with WHO, Public Health bodies and Arts Councils



Cultural Contexts of Health
The role of the arts in
improving health and well-being
in the WHO European Region
COMING MAY 2019



World Health Organization



Plus Funds

Research Agenda

Co-development of a MARCH Network research agenda

MARCH Research Agenda

Information & Consent

Welcome to the co-development of the MARCH Network Research Agenda. This is a 9-month process that will involve input from service users, community organisations, researchers, policy makers, the priorities for research funding in order to advance work health. The primary aim of this process is to produce a new the distribution of £280,000 of research funds held by the Network funded by UK Research and Innovation, dedicated to transforming our understanding of the role of community assets in mental health). However, the process is also designed to support the strategic distribution of funds from other funders, and to highlight what the priority questions are for different stakeholders in the field

www.surveymonkey.com/r/MARCHagenda

Sandpit funds

Applications are open for £3,000 funds to run sandpit events

MARCH NETWORK SANDPIT GRANTS

The MARCH Network is inviting proposals for half- or full-day sandpit events that will bring together experts on community assets and mental health to develop new research proposals that could be funded through the available for each sandpit event to cover the costs of organising

www.MARCHNetwork.org/opportunities

Applicants should submit proposals by 5pm on Sunday 15th September 2019.

Early 2020

Applications open for Plus Funds (c.£260,000 available)

Our Goals

Short term

Research: Greater connection amongst research(ers), breaking down silos

Policy: Concise summary reports and briefs are available to all stakeholders

Practice: Enhanced awareness of the impact of community assets & MH

Medium term

Research: Identified gaps in research are filled with cross-disciplinary research

Policy: The role of assets is included in MH strategies and agendas

Practice: MH mainstreamed in community strategies & barriers to access identified

Long term

Research: We have a robust evidence base that provides meaningful data

Policy: Strong partnership work between assets and MH

Practice: Greater and more balanced inclusion



MARCH Network



UK Research
and Innovation

**Transforming our understanding of
how social, cultural & community
assets can support mental health**



ARTS HEALTH Early Career Research Network

Link

Learn

Lead



Join today by visiting
www.artshealthECRN.com

The Arts Health ECRN brings together early career researchers working on projects that lie at the intersection of the arts, humanities, health & medicine.

We have three aims:

- To **LINK** together early career researchers through networking opportunities and workshops
- To provide podcasts and newsletters to help researchers **LEARN** more about the field
- To run training events and promote jobs to early career researchers to **LEAD** their own research projects

T @ArtsHealthECRN | F ArtsHealthECRN



Past events

- Tuesday 11 December 2017: Network connection workshop
- Monday 2nd October 2017: 'The 2017 ECRN Arts & Health Summit'

Podcasts

- Creation Futures: Hear from the artists and researchers of the 2017 ECRN Arts & Health Summit
- Arts in Health: Communicating the value of the arts and health practice
- Great Demand: Great Work: Discover the world's leading programmes at Great

Conferences

- Griffith University: Day to Day Performance 22 February 2018, Griffith University, South
- Music and Mindfulness: 7 February 2018, Bradford UK Arts
- Decca for Performance: 14 Apr - 15 Apr 2018, Helsinki
- INTERNATIONAL CONFERENCE OF ARTS AND HEALTH SCIENCE: 15-16 September 2018
- International Conference: 5-6 May 2018, Amsterdam
- Creativity and Learning: 4-10 June 2018, London
- Arts in Society Conference: 21-23 July 2018, Vancouver, Canada
- More arts health podcasts: Click on the image to visit our SoundCloud page and

RESEARCH INTENSIVE 2019 Suffolk, 4-8 February

Florida January 2020

Maltings, Suffolk

4-8 February, 2019 | Presented by the Arts Health Early Career Research Network and the University of Florida Center for Arts in Medicine in partnership with Snape Malting's Creative Campus.

The Arts Health Research Intensive provides a rich introduction to the evidence base around the arts in health and fundamentals of evaluation and research:



Does social prescribing affect population health?

Findings from UK Cohort Studies

Dr Daisy Fancourt

Associate Professor in Epidemiology / Wellcome Research Fellow

University College London

d.fancourt@ucl.ac.uk