





Health refers to physical, mental,

social, emotional & spiritual wellbeing; "not merely the absence of disease or infirmity."1







Health is the extent to which "an individual or group is able to realize aspirations and satisfy needs, and to change or cope with the environment."2

Arts & health is a growing international field that embraces many forms of art to promote health and prevent disease in individuals and communities, enhance health service delivery and enrich research inquiry.

WHERE

can arts & health

EVERYWHERE!

activities take place?

health activities? **EVERYONE!**

can take part in arts &





People across the lifespan from infants to seniors, across cultures

and across the health continuum from prevention to end of life care can benefit from arts & health activities.



The arts can be used in the design and delivery of prevention and health



community members, and value the process as much as the product. Community Arts, Health **Promotion & Prevention**

promotion programs to address personal, social, and environmental

factors that impact the health and wellbeing of individuals and communities.

Community arts programs are often partnerships between artists and



Professional

Health Care

Arts in

Recreational

Arts

Communication

Arts-Based

Health

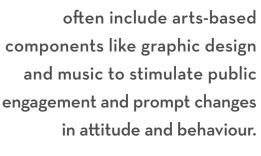
Health communication strategies

Arts-Based

Research



Education Training programs for health professionals can include arts and humanities topics to "help learners develop observational, interpretive



Art and Design in the

Health Care Environment

Art and design in health

Performance in **Health Care Settings**

and empathetic skills."³

Opportunities for people to attend and enjoy arts performances in health and residential care facilities.



care facilities contributes to a supportive and therapeutic environment.

Photo and Expressive Therapies use arts participation to address

Music, Dance, Art, Drama, Play,

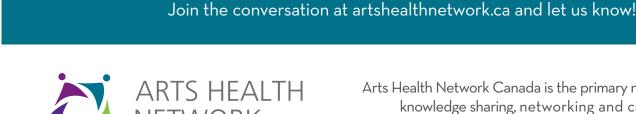
Creative Arts Therapies

specific therapeutic goals.

Opportunities for patients, families, and staff in health and residential care facilities to engage in arts activities for pleasure, reflection, creative expression, etc.

Participatory Arts Programs

Did we miss something?



Arts Health Network Canada is the primary national arts and health knowledge sharing, networking and capacity building hub, helping to promote and facilitate the development and growth of arts and health initiatives across Canada. Learn more at artshealthnetwork.ca