



22nd Annual
**Health Literacy
Conference**
Virtual • May 9-11, 2023

Welcome

Housekeeping

- **Questions** – Visit the Virtual Help Desk at the bottom of the homepage.
- **Continuing Education** – Visit the “Evaluations” on the homepage to complete evaluations and receive your certificate.
- **Recordings** – This session and all other live sessions will be recorded and posted within 24 hours.

Housekeeping

- **Session info:**
 - All attendees will be muted during the presentation
 - Questions will be addressed at the end of the presentation
- **How to participate in the session:**
 - Questions tab – Type in your questions here
 - Vote button – Move important questions up in the queue
 - Discussion tab – Type thoughts and comments



Moderator



Falen Petros is skilled at health promotion, education, and community relations. Falen has a passion for health equity and social marketing. Prior to joining CURA, Falen worked at Child Care Aware of America to support Child Care Resource and Referral agencies across the country. Falen's professional experiences also include serving as a Health Educator at Inova Health Systems. Falen received her Masters of Science in Public Health Education and Promotion from Marymount University.



22nd Annual Virtual • May 9-11, 2023
Health Literacy Conference

Infusing Health Strategies with the Arts: Research & Resources

Sunil Iyengar

Director, Office of Research & Analysis
National Endowment for the Arts

NATIONAL ENDOWMENT for the ARTS

 arts.gov

Our relationships are essential to our health and well-being.

Learn more at
SurgeonGeneral.gov/Connect2Heal



Office of the
U.S. Surgeon General

Our Epidemic of Loneliness and Isolation



2023

The U.S. Surgeon General's Advisory on the
Healing Effects of Social Connection and Community

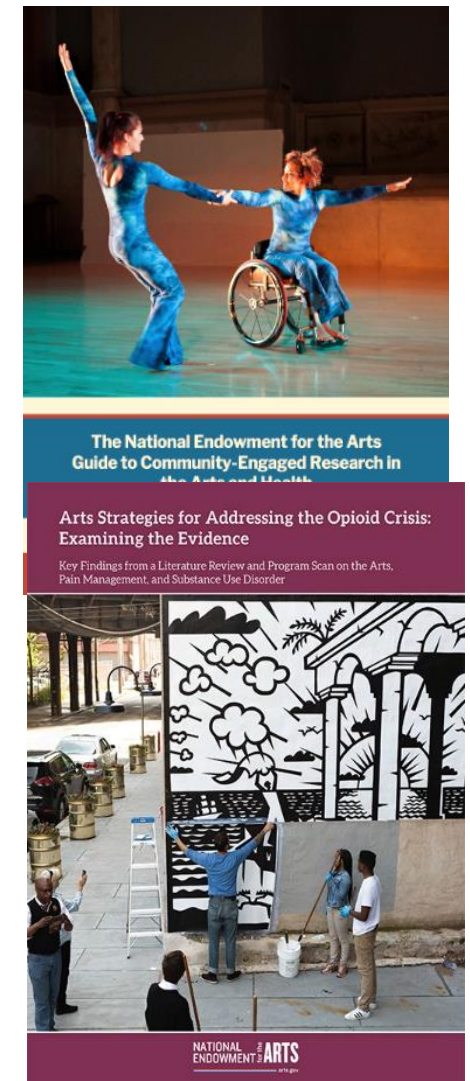
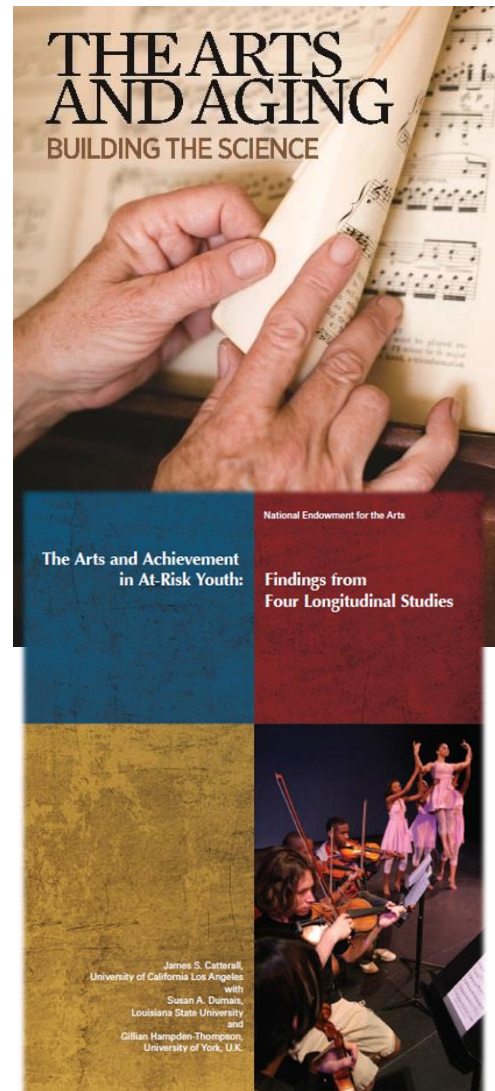


Interagency Task Force on the Arts and Human Development

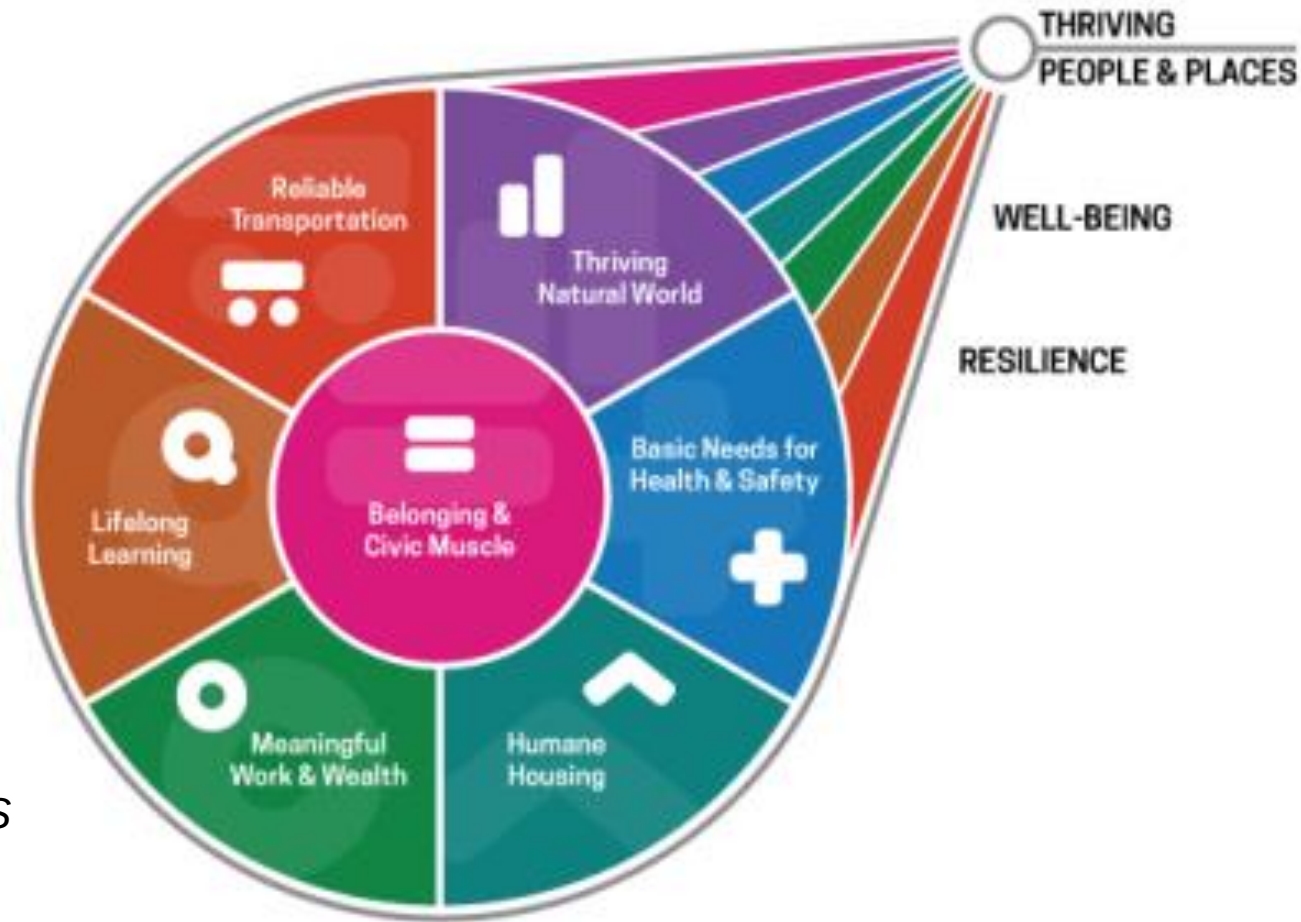


<https://www.arts.gov/initiatives/arts-human-development-task-force>

Related Research Publications



The Arts' Role in Equitable Long-Term Recovery & Resilience



Source: HHS

<https://health.gov/our-work/national-health-initiatives/equitable-long-term-recovery-and-resilience>



SEPTEMBER 30, 2022

Executive Order on Promoting the Arts, the Humanities, and Museum and Library Services

[BRIEFING ROOM](#)[PRESIDENTIAL ACTIONS](#)

By the authority vested in me as President by the Constitution and the laws of the United States of America, it is hereby ordered as follows:

Section 1. Policy. The arts, the humanities, and museum and library services are essential to the well-being, health, vitality, and democracy of our Nation. They are the soul of America, reflecting our multicultural and democratic experience. They further help us strive to be the more perfect



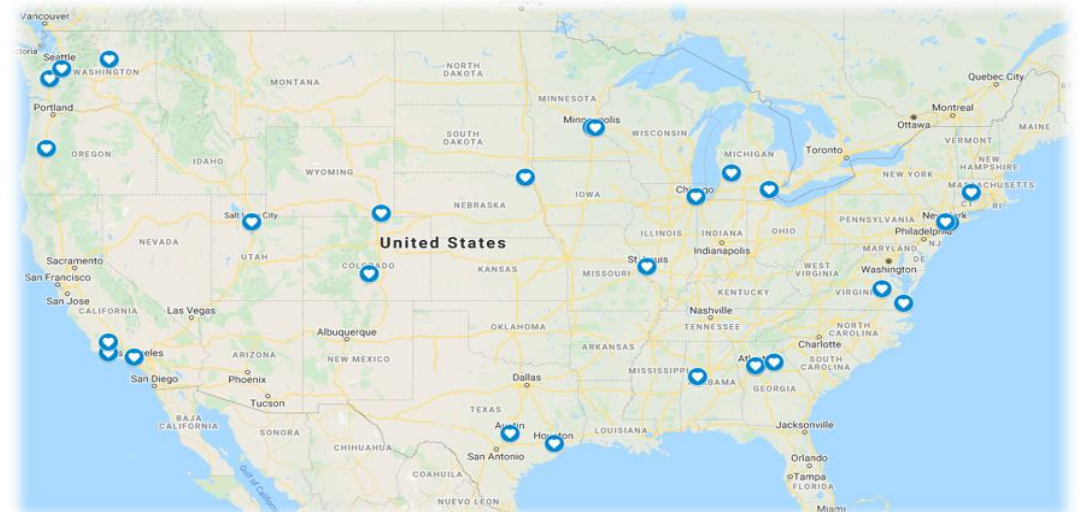
**NEA Chair Maria
Rosario Jackson**

<https://www.whitehouse.gov/briefing-room/presidential-actions/2022/09/30/executive-order-on-promoting-the-arts-the-humanities-and-museum-and-library-services/>

Engaging the Arts to Build Vaccine Confidence

30 organizations (universities, state art agencies, arts & cultural organizations, CBOs) in **18 states** impacting:

- Both rural and urban communities
- All age groups and several sub-populations
- Art mediums include film, theater, music videos, street art, photography, barn quilts, dance, graphic design, podcasts, etc.



CDC Museum: “Trusted Messengers” Exhibit

Stronger Together

Studio Two Three,
Richmond, Virginia

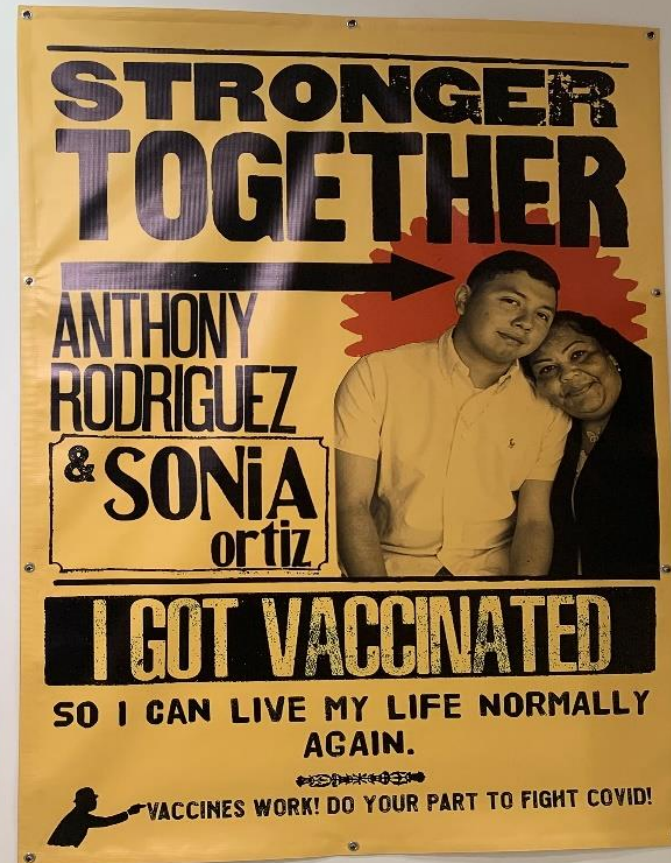


Studio Two Three (S23) empowers artists to make art and make change. S23 is a community arts space in Richmond that provides 24/7 access to printing presses, darkroom, digital lab, communal workspace, classes and workshops, artist residencies, and individual studios to support art making for personal and social change.



S23 believes in the power of artists to transform and to build healthy societies. The *Stronger Together* project, created in partnership with the Richmond Public Schools in Summer 2022, utilized the power of public art to increase vaccine confidence in our community. S23 collaboratively produced zines, large-scale banners and screen-printed items that harnessed the power of the arts to engage audiences and participants of all ages to overcome COVID-19 and influenza vaccine hesitancy.

 studiotwothree.org



Source:
Alesha
Thomson,
CDC
Foundation

NEA Research Awards Program

<https://www.arts.gov/grants/research-awards>

Research Grants in the Arts



NEA Research Agenda: 2022-2026

- 1) What are **measurable impacts** of the arts on the following areas:
 - Health and wellness for individuals?
 - Cognition and learning?
 - Economic growth and innovation?
- 2) In what ways do the arts contribute to the **healing and revitalization of communities?**
- 3) What is the state of **diversity, equity, inclusion, and accessibility** in the arts?
- 4) How is the **U.S. arts ecosystem** adapting and responding to social, economic, and technological changes and challenges, including trends accelerated by the COVID-19 pandemic?

<https://www.arts.gov/sites/default/files/NEA-research-agenda-12.21.pdf>

Current Research Grants in the Arts *(Examples)*

Case Western Reserve University

Cleveland, OH

To support a randomized, waitlist-controlled study examining the effects of improvisational **(improv) theater games** and cognitive behavioral therapy on the social well-being of **youth with anxiety and depression**. Youth with anxiety and depression will be randomly assigned to three groups: an improv-only intervention, an improv-plus cognitive behavioral therapy intervention, or a waitlist group..

Georgetown University

Washington, DC

To support a study examining whether and how listening to **musical performances in an intensive care unit (ICU)** can improve patient recovery and healing. Researchers from Georgetown University Medical Center's Lombardi Arts and Humanities Program and Neurophysiology and Behavior Laboratory will team with the Anesthesiology Unit at MedStar Georgetown University Hospital to test the hypothesis that music can promote healing by altering the mental and physiological profile of ICU patients.

Current Research Grants in the Arts *(Examples)*

Medical University of South Carolina

Charleston, SC

To support a randomized clinical trial examining the effects of **art therapy** combined with physical therapy for **children undergoing bone marrow transplants**. The children will be randomly assigned to two groups: a collaborative art therapy and physical therapy intervention, or a physical therapy-only intervention. Each group will engage in daily art therapy and/or physical therapy for two weeks.

Institute for Therapy through the Arts

Evanston, IL

To support a mixed-methods, experimental study examining outcomes of a **music-based program for older adults with dementia and their caregivers**. Individuals with moderate-to-severe dementia living in memory care facilities and their caregivers will be placed into one of two groups: 1) Musical Bridges to Memory (MBM), a 12-week music program, or 2) a control group who receives standard care without a music program.

Current Research Grants in the Arts *(Examples)*

Florida State University

Tampa, FL

To support a randomized controlled study examining **the arts as a proactive mental health strategy for college students**. Students will be placed into one of four conditions: an art-only intervention group; a mindfulness intervention group; an art-based mindfulness intervention group; and a control group.

MetroHealth System

Cleveland, OH

To support a quasi-experimental impact evaluation of **an arts-based prevention program promoting resiliency and stress responsiveness among teens** who have experienced community or personal trauma. Working in Cleveland public high schools, researchers will evaluate the SAFE (Students Are Free to Express) Project, an arts-based prevention curriculum.

Current Research Grants in the Arts *(Examples)*

University of Massachusetts Medical School

Worcester, Massachusetts

To support a randomized-controlled trial examining the outcomes of **therapeutic theater for adults with serious mental illness**. Partnering with a team at Lesley University, researchers will test the feasibility and efficacy of a manualized model of drama therapy for people with serious mental illness (schizophrenia, major depression or bipolar disorder).

Molloy College

Rockville Centre, New York

To support a study examining whether an **improvisational music therapy program** can improve outcomes for **children with autism**. In partnership with the University of Tennessee Health Science Center, researchers will test whether participation in the 12-week music program can improve neurological functioning of children with Autism Spectrum Disorder (ASD) and, furthermore, whether there is a relationship between children's engagement ability and activity within the mirror neuron system of children with ASD.

NEA Research Labs: Sample Projects



Goal: *To test the effects of creative arts therapies in pediatric cancer care settings, for post-surgical pain management and opioid usage, and for military service members who have post-traumatic stress and/or traumatic brain injury.*

https://drexel.edu/cnhp/research/faculty/KaimalGirija/arcs_lab

NEA Research Labs: Sample Project



Goal: *To investigate the use of creative arts therapies to build resilience among critical care health professionals.*

<https://medschool.cuanschutz.edu/coral/about-us>

NEA Research Labs: Sample Project



Goal: *To explore the impact of arts and cultural engagement on population health outcomes in the U.S. through epidemiological analyses large cohort studies.*

<https://arts.ufl.edu/academics/center-for-arts-in-medicine/researchandpublications/epiarts-lab/overview>



Sound Health

[Sound Health](#)[Events](#)[Children's Music Engagement](#)

Sound Health is an initiative to expand our understanding of the connections between music and wellness: How music is processed by our brain, how it might impact our development, and how in some cases it might be used as a medical intervention for patients with a variety of conditions.

Launched in 2016 under the leadership of Renée Fleming and Dr. Francis Collins, Sound Health is a partnership between the Kennedy Center and [National Institutes of Health](#), in association with the [National Endowment for the Arts](#). In its role as the largest funder of biomedical research in the world, the NIH is supporting studies that explore these key questions. And in its role as the nation's performing arts center, the Kennedy Center seeks to provide a platform for artists, researchers, neuroscientists, and music therapists to bring this fascinating work to a broader public.

Watch performances and talks from Sept 7-8 Sound Health: Music and the Mind



Sound Health Initiative



Source: NIH

- January 2017 workshop
- Published article in *Neuron*
- Kennedy Center events
- Trans-NIH committee
- \$20 million in research grants over five years

Mission



**SOUND HEALTH
NETWORK**

The Sound Health Network aims to promote research and public awareness about the impact of music on health and wellness.

Team



**SOUND HEALTH
NETWORK**



Julene Johnson, PhD
Network Co-Director



Charles J. Limb, MD
Network Co-Director



Sheri L. Robb, PhD, MT-BC
Music Therapy Co-Investigator



Indre Viskontas MM, PhD
Communications Core Co-Investigator

Resources



**SOUND HEALTH
NETWORK**

- Sound Health Network website (soundhealth.ucsf.edu)
 - Directory of Network participants
 - Consultation and logistical support
 - News and Events
- Webinar and journal club series
- Network collaboration activities
- Coordination with NEA and existing Network partners

Music and Health Grant Opportunities

Title	FOA/Notice Number	Issuing Organization	Posted Date	Expiration Date	Grant Type
NEA Research Labs funds transdisciplinary research teams grounded in the social and behavioral sciences, yielding empirical insights about the arts for the benefit of arts and non-arts sectors alike	Research Labs	NEA	February 1, 2021		
Research Grants in the Arts funds research studies that investigate the value and/or impact of the arts, either as individual components of the U.S. arts ecology or as they interact with each other and/or with other domains of American life	Research Grants	NEA	February 1, 2021		
Music and Health: Understanding And Developing Music Medicine (R21 Clinical Trial Optional)	PAR-21-099	NINDS	December 23, 2020	February 17, 2023	R21
Music and Health: Understanding And Developing Music Medicine (R01 Clinical Trial Optional)	PAR-21-100	NINDS	December 23, 2020	February 6, 2023	R01
Promoting Research on Music and Health: Phased Innovation Award for Music Interventions (R61/R33 Clinical Trial Optional)	PAR-20-266	NCCIH	July 15, 2020	June 20, 2023	R61/R33

Clearinghouse

The Sound Health Network clearinghouse currently represents a database of key scientific publications on music and health research. Contributors of these publications include the Sound Health Network team, researchers who participated in Sound Health strategic meetings, and researchers who have received funding for music and health research from the National Endowment for the Arts or National Institutes of Health. This database will be updated frequently and will expand to include content such as news articles, fact sheets, and policy briefs.

Search parameters can be modified using the drop-down menus, and results are available for download. If you have any questions about the clearinghouse or have suggestions for additions, please [contact us](#).

Displaying 1 - 10 of 167 results

[Download Search Results \(CSV\)](#)

Search Terms

Type of Publication

All

Sort by

Year of Publication

Order

Desc

Items per page

10

Apply

Reset

Citation	Type of Publication
Cannon JJ, Patel AD. 2021. How Beat Perception Co-opts Motor Neurophysiology.. Trends Cogn Sci. 25(2):137-150.	Journal Article
Allison TA, Nápoles AM, Johnson JK, Stewart AL, Rodriguez-Salazar M, Peringer J, Sherman S, Ortez-Alfaro J, Villero O, Portacolone E. 2020. Multi-cultural perspectives on group singing among diverse older adults.. Geriatr Nurs.	Journal Article

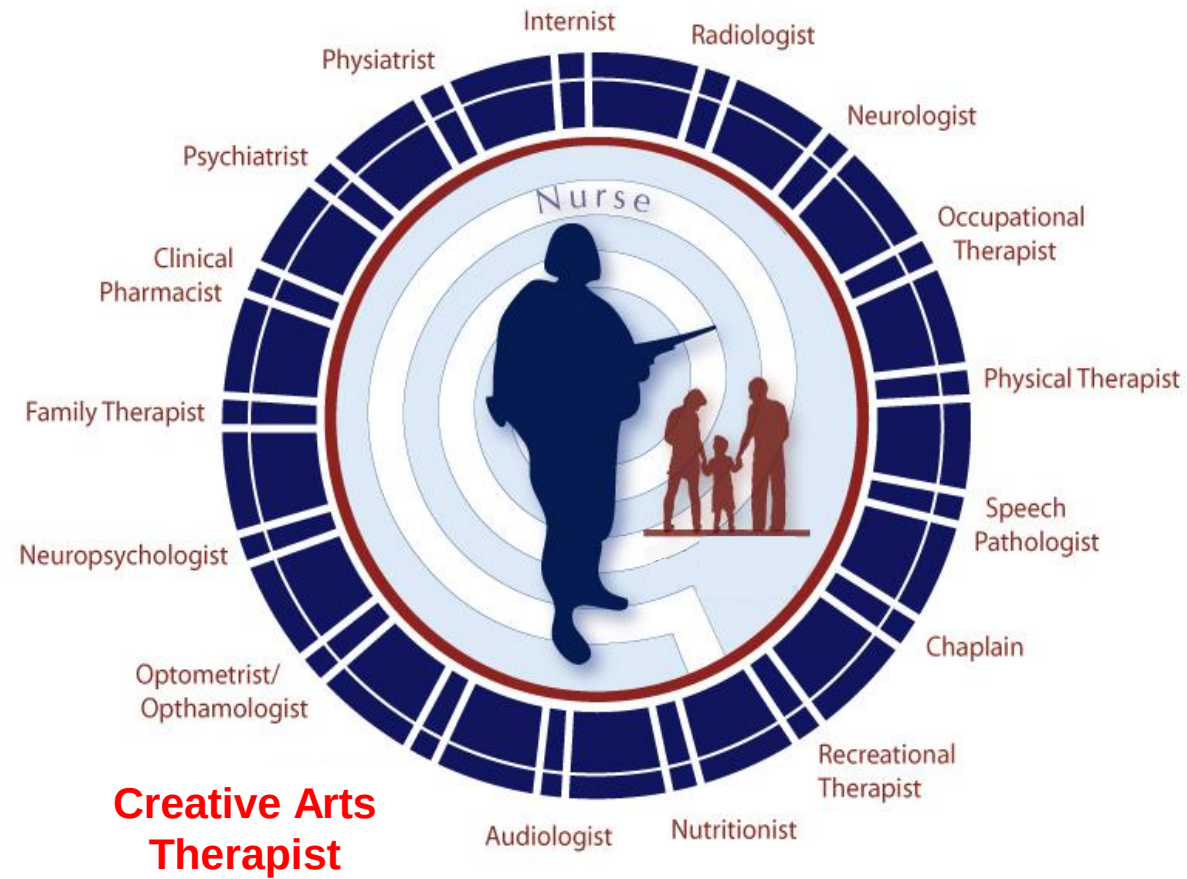
NATIONAL ENDOWMENT for the ARTS

 arts.gov/creativeforces

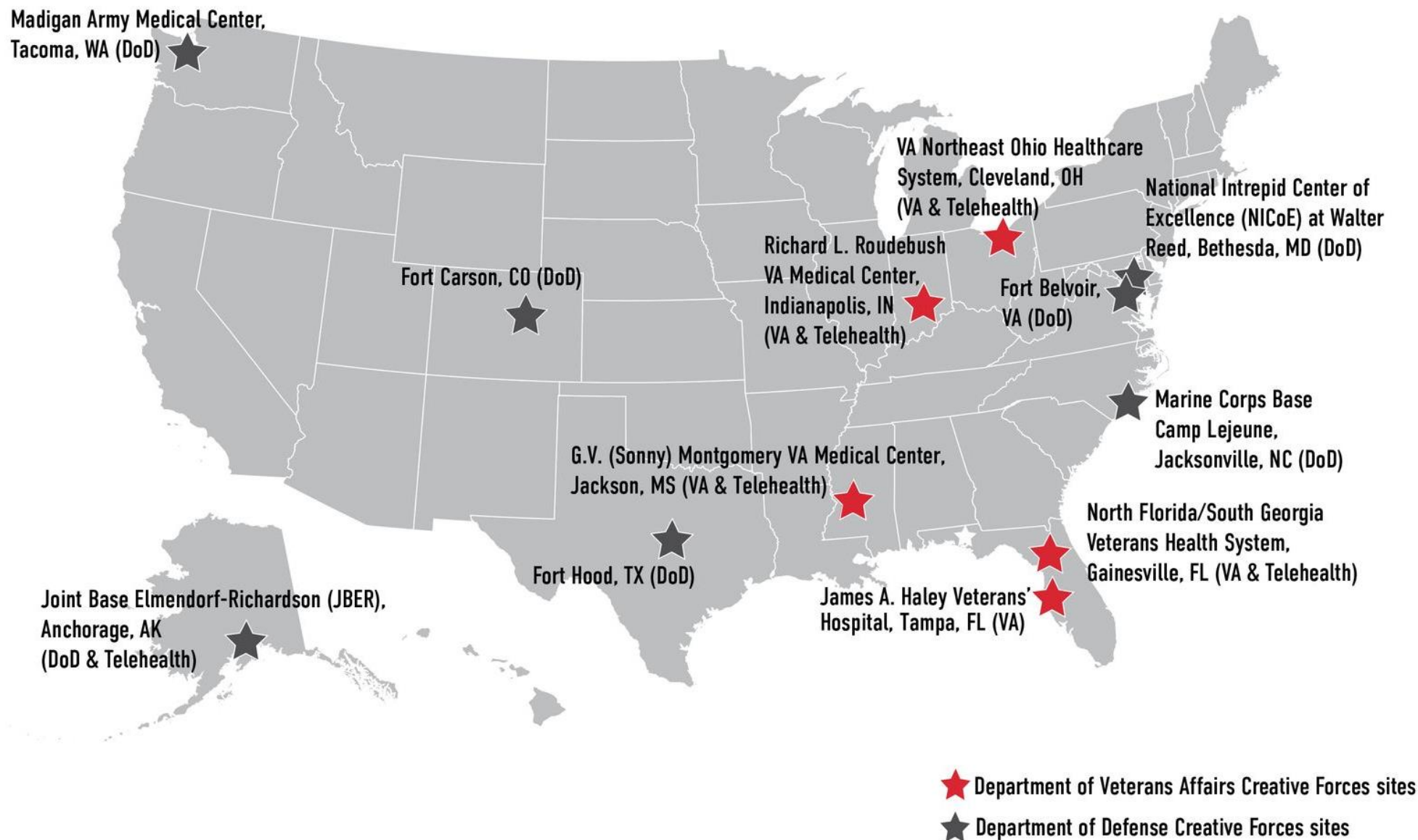
CREATIVE FORCES

A partnership with the Departments of Defense and Veterans Affairs.
Creative Forces is managed in partnership with Americans for the Arts, the Henry M. Jackson Foundation for the Advancement of Military Medicine, Inc., and Mid-America Arts Alliance.

Integrated Care Team



Clinical Locations 2023



Creative Forces® Community Engagement Grants

Improving the health, well-being, and quality of life for military service members and veterans exposed to trauma as well as their families and caregivers through experiences of art or art making.

- Grants for Emerging & Advanced projects
- Grants range from \$10,000-\$50,000
- Sign up to receive updates:
www.creativeforcesnrc.arts.gov/subscribe

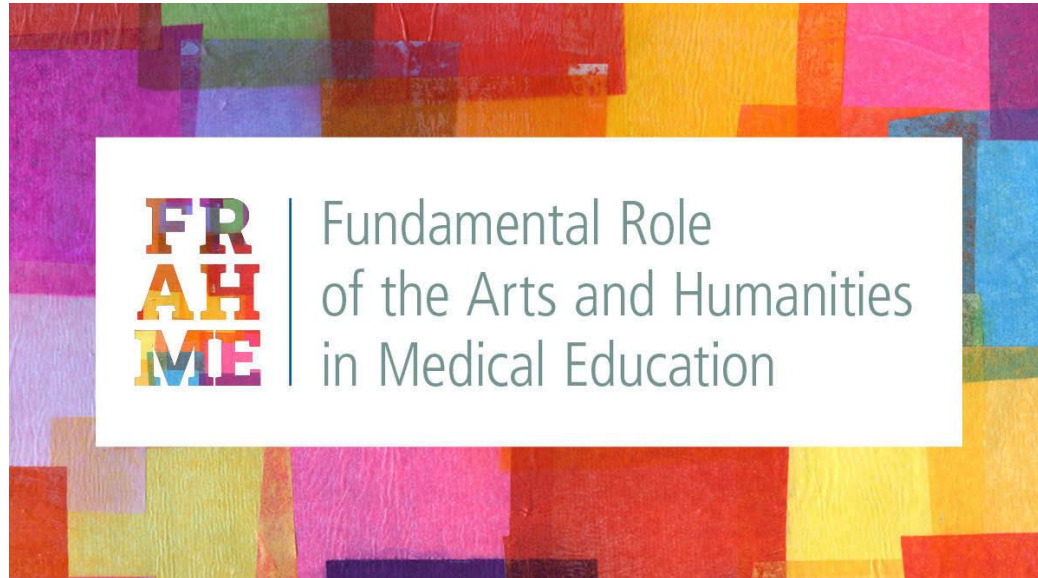


Photo courtesy of VETART

**NATIONAL
ENDOWMENT** for the **ARTS**

 arts.gov/creativeforces
CREATIVE FORCES

Arts and Humanities in Medical Education



- “FRAHME” – an initiative of the Association of American Medical Colleges
- Collected/shared stories and poems from healthcare professionals during COVID-19
- Published monograph, scoping review, three articles, and “Getting Started” guide
- Has awarded grants in evaluation
- Learn more: <https://www.aamc.org/about-us/mission-areas/medical-education/frahme>

NeuroArts Blueprint Initiative

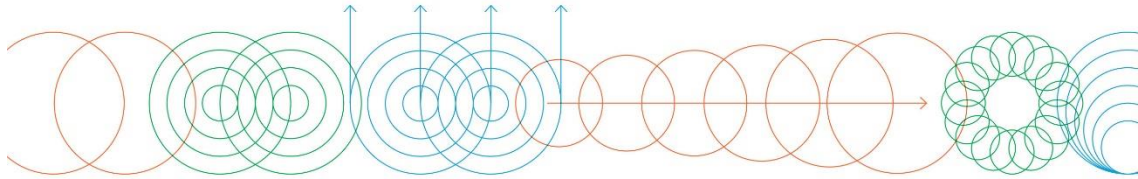


NeuroArts Blueprint

Advancing the Science of Arts, Health and Well-Being

- An initiative of the Aspen Institute and Johns Hopkins University
- Convened multiple stakeholder gatherings
- Commissioned reports, including public opinion research about the arts and health
- Read on: <https://neuroartsblueprint.org>

Arts & Cultural Strategies Toward Community Well-Being



WE-Making

How Arts & Culture Unite People
to Work Toward Community Well-Being

- Co-sponsored by Robert Wood Johnson Foundation, Kresge Foundation, Bush Foundation, Knight Foundation, ArtPlace America, and the National Endowment for the Arts
- Produced by PolicyLink, Metris Arts Consulting, and the University of Florida Center for Arts and Medicine
- Toolkit: conceptual framework, literature review, case studies, memoranda
- Read on:
<https://communitydevelopment.art/issues>

COLLABORATIVE FILMMAKING FOR RESEARCH, INTERVENTION & ADVOCACY +

Jessica Burke, PhD, MHS - jgburke@pitt.edu

Vice Dean & Professor

Department of Behavioral and Community Health Sciences
University of Pittsburgh School of Public Health

Sara E. Baumann, PhD, MPH - sab269@pitt.edu

Assistant Professor

Department of Behavioral and Community Health Sciences
University of Pittsburgh School of Public Health

*IHA Health Literacy Conference: Operational Solutions
to Improve Health Literacy & Health Equity
May 11, 2023*

Overview

- + Introduce the creative, visual and participatory method that we co-created called Collaborative Filmmaking
- + Provide two examples of how we have successfully used Collaborative Filmmaking for health research, intervention and advocacy around the globe to address sensitive health topics.
- + Summarize the benefits of integrating Collaborative Filmmaking into health initiatives.
- + Explore the link between Collaborative Filmmaking and health literacy.

Collaborative Filmmaking is an embodied, visual and participatory research method in which participants are trained to create, analyze, and screen films to answer a research question.



Thank you to the filmmakers who have participated in our Collaborative Filmmaking projects and trusted us with their stories!



Thank you to the University of Pittsburgh student collaborators who have supported our projects:

- Annika Agarwal
- Grace Checo
- Trevor Cutlip
- Korrina Gidwani
- Panchu Kadkha
- Brayden Kameg
- Monica Merante
- Lindsay Pelcher
- Katarina Schneiderman
- Christopher Wiltrot

Who we are

Jessie

- Cisgender, white woman, born and raised in the U.S.
- My experiences living in Thailand from the age of 6-12 and then again in my mid-20s shaped my worldview.
- My life experiences and training in anthropology, social epidemiology and public health drive my focus on community engaged research, teaching and practice.
- I am committed to action-oriented programming and believe that storytelling and visuals are key tools in those efforts.

Sara

- Cisgender, white woman, born and raised in the U.S.
- While I am not of Nepali origin, I care deeply about health, gender and equity issues in the region. I have spent the past 8 years studying the Nepal context and have studied the Nepali language.
- I adopt a transformative paradigm in my research and aim to center community voices in my projects.
- I bring my background in documentary film production to this work and am passionate about harnessing the power of storytelling and visual and creative methods in my research and advocacy work.

Collaborative Filmmaking

- + Research method developed in 2018 at Pitt Public Health, with input from methodologists, ethnographic filmmakers, global health partners.
- + Hypothesized that a visual, film-based, participatory research method would help us to gain a depth of understanding of sensitive health topics beyond what we would uncover using traditional qualitative methods.
- + Designed by building upon
 - + Previous work with arts-based and visual research methods
 - + Experience in community-based participatory research
 - + Results from a synthesis of peer-reviewed, public health research studies that applied film methods
- + Intersection of arts-based research and art therapy.

Research Article

Collaborative Filmmaking: A Participatory, Visual Research Method

Qualitative Health Research
1–17
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DOI: 10.1177/1049732320941826
journals.sagepub.com/home/qhr
SAGE

Sara E. Baumann¹ , Pema Lhaki²,
and Jessica G. Burke¹

Abstract

Filmmaking is a visual method that provides a unique opportunity for generating knowledge, but few studies have applied filmmaking in public health research. In this article, we introduce Collaborative Filmmaking as a public health research method, including a description of the six steps for implementation and an illustrative example from Nepal. Collaborative Filmmaking is an embodied, participatory, and visual research method in which participants are trained to create, analyze, and screen films to answer a research question. The method is useful for exploring sensitive health topics and providing nuanced insight into practices, relationships, and spaces that are difficult to capture using existing methods; however, its use requires close attention to ethical considerations. Building upon the trajectory of other visual and community-based research methods, Collaborative Filmmaking is valuable for gathering granular details and sensory data, co-analyzing data in partnership with participants, and producing participant-generated films that serve as powerful and authentic advocacy tools.

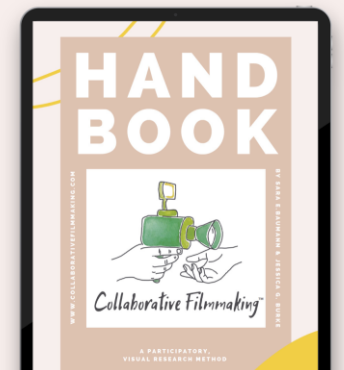
Keywords

community-based participatory research; visual methods; menstrual health; Nepal; arts-based research methods; multi-

**GET THE COMPLETE
HANDBOOK!**

CLICK TO DOWNLOAD THE FULL COLLABORATIVE
FILMMAKING HANDBOOK, WITH STEP BY STEP
INSTRUCTIONS AND EXERCISES TO GUIDE YOU
THROUGH YOUR NEXT COLLABORATIVE
FILMMAKING PROJECT.

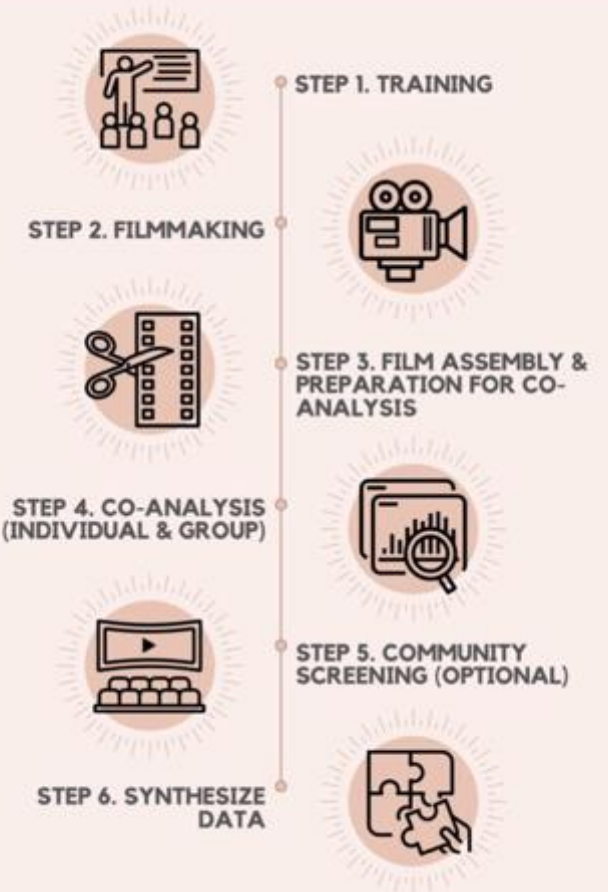
FREE DOWNLOAD



Collaborative Filmmaking

Collaborative Filmmaking is an embodied, visual and participatory research method in which participants are trained to create, analyze, and screen films to answer a research question.

The Collaborative Filmmaking method consists of six steps:



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Collaborative Filmmaking Pilot: Menstrual Health

- + Location: Far-west Nepal
- + Partner: Nepal Fertility Care Center
- + Funding: University of Pittsburgh Asian Studies Center, University of Pittsburgh Center for Global Health, University of Pittsburgh Center for International Studies
- + Participants: Girls between the ages of 16-18 years old
- + Focus: What are the traditional menstrual practices in your family?



Beyond the Menstrual Shed: Exploring Caste/Ethnic and Religious Complexities of Menstrual Practices in Far-West Nepal

Sara E. Baumann^a, Pema Lhaki^b, Martha A. Terry^a, Marni Sommer^c, Trevor Cutlip^a, Monica Merante^a, and Jessica G. Burke^a

^aUniversity of Pittsburgh Graduate School of Public Health, Department of Behavioral and Community Health Sciences, Pittsburgh, Pennsylvania, USA; ^bNepal Fertility Care Center, Gusingal, Lalitpur, Nepal; ^cColumbia University Mailman School of Public Health, Department of Sociomedical Sciences, New York, USA

ABSTRACT

Throughout Nepal, women and girls follow a range of menstrual practices, many of which leave them vulnerable to negative health outcomes. We applied a participatory visual research method called Collaborative Filmmaking to acquire a nuanced and sensory understanding of menstrual practices and motivations in Kanchanpur, Nepal. The study also provides insight regarding menstrual practice complexities across different castes/ethnicities and religions. Results show an array of menstrual practices related to cleansing, cooking, touching, worshipping, and sleeping. Participants' menstrual practices varied by caste/ethnic and religious background and were motivated by religious and spiritual beliefs, family tradition, negative consequences, and social pressure.

ARTICLE HISTORY

Received 13 September 2019
Revised 28 February 2020
Accepted 4 May 2020

KEYWORDS

Nepal; menstruation;
chhaupadi; caste/ethnicity;
visual methods;
collaborative methods;
participatory research

Collaborative Filmmaking: Research, Intervention, Advocacy



Onsari Magar, Kanchanpur, Nepal



Srijana Bhatta, Kanchanpur, Nepal

Collaborative Filmmaking: Visualizing Teen Mental Health

- + Location: Pittsburgh, Pennsylvania, USA
- + Partner: Jewish Healthcare Foundation's Teen Mental Health Initiative
- + Funding: Jewish Healthcare Foundation & University of Pittsburgh Year of Creativity
- + Participants: Highschool students between the ages of 15-19 years old
- + Focus: What are the key stressors in your daily life? (e.g., things that are scary, create worry, cause stress, or make you anxious) and What are the key supports in your daily life? (e.g., things that make you happy, make you feel safe, bring you joy).





Collaborative Filmmaking: Research, Intervention, Advocacy

Visualizing Mental Health Through the Lens of Pittsburgh Youth: A Collaborative Filmmaking Study During COVID-19

Sara E. Baumann, PhD¹
Brayden N. Kamog, DNP¹
Christopher T. Willtrout, MPH¹
Deborah Murdoch, MPH²
Lindsay Pelcher, MPH¹
Jessica G. Burke, PhD¹

Youth mental health has been significantly impacted by COVID-19, with concerns of rising anxiety-related and depressive symptoms and reduced quality of life. This study provides a nuanced understanding of mental health stressors and supports in the lives of youth during the pandemic. Using Collaborative Filmmaking, an embodied, visual, and participatory research method, participants in Pittsburgh, Pennsylvania, were trained to create, analyze, and screen films about mental health. The films elucidated numerous stressors impacting youth mental health, including educational stressors (e.g., academic pressure and relationships with teachers), personal and social stressors (e.g., social and cultural expectations), and current events (e.g., the election and the political system). Supports included individual level supports (e.g., hobbies, self-care, spending time outdoors), and interpersonal level supports (e.g., family and socializing). Several themes were discussed as both stressors and supports, such as family, COVID-19, and social media. Overall, educational stressors are major contributors to adverse mental health symptoms among youth, which have been magnified by the COVID-19 pandemic. Youth discussions of the importance of self-care and engaging in healthy hobbies demonstrated strong awareness about maintaining mental health, though structural-level recommendations are still needed to improve youth mental health. Screening the Collaborative

Films with the public illuminated several additional opportunities for action, including structural and social actions (e.g., changing policies and social norms around mental health). Given the structural nature of the stressors mentioned by participants, systemic changes as well as policy level action and programming are needed to address the intersectional nature of current mental health concerns among youth.

Keywords: adolescent health; community-based participatory research; qualitative research; health research; mental health; advocacy; youth; COVID-19; visual methods; film

¹University of Pittsburgh School of Public Health, Pittsburgh, PA, USA
²Jewish Healthcare Foundation, Pittsburgh, PA, USA

Authors' Note: We would like to congratulate and thank the youth filmmakers who participated in this study. Thanks to their dedication and creativity, we uncovered critical aspects of youth's lives and environments that contribute to mental health. We thank them for trusting us with their stories, and for sharing their experiences broadly for us to learn from, which will support with shaping policies and youth mental health programming. Thank you to the Jewish Healthcare Foundation and the University of Pittsburgh Year of Creativity for providing funding to support this study. The author(s) received no financial support for the research, authorship, and/or publication of this article. Address correspondence to Sara E. Baumann, Department of Behavioral and Community Health Sciences, University of Pittsburgh School of Public Health, 130 De Soto Street, Pittsburgh, PA 15261, USA; e-mail: sab269@pitt.edu.

Health Promotion Practice
Month XXXX Vol. XX, No. XX 1–15
DOI: 10.1177/15248399221141688
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"I hope that other teens who see these films will really be able to relate and feel that they're not alone in the struggle because there are so many people out there who are dealing with similar things and that they should feel empowered to reach out for help."

“

COLLABORATIVE FILMMAKING IS A UNIQUE WAY TO **ENGAGE** TEENS, PARTICULARLY THOSE WHO MIGHT OTHERWISE NOT SHARE THEIR EXPERIENCES AND PERSPECTIVES WITH ADULTS.

THE **VULNERABILITY, CREATIVITY, AND DEPTH** DEMONSTRATED IN THE FILMS LED TO A VERY **RICH DISCUSSION** AMONG THOSE WORKING WITH TEENS ABOUT OPPORTUNITIES TO RESPOND TO THEIR MENTAL HEALTH NEEDS.

SCHOOL ADMINISTRATORS, COMMUNITY LEADERS, AND PARENTS WERE ABLE TO BETTER **UNDERSTAND** THE DAILY STRESSORS IMPACTING TEENS AND **DISCUSS WAYS** TO ADDRESS THEM THROUGH POLICIES AND PROGRAMS.

OUR EXPERIENCE USING COLLABORATIVE FILMMAKING DEMONSTRATED ITS USE FOR ADVOCACY AND **HIGHLIGHTING THE EXPERIENCES OF DIVERSE, SOMETIMES LESS REPRESENTED VOICES** IN AN IMPACTFUL WAY.

Deborah Murdoch, Program Manager, Jewish Healthcare Foundation,
Pittsburgh, PA, USA

Collaborative Filmmaking

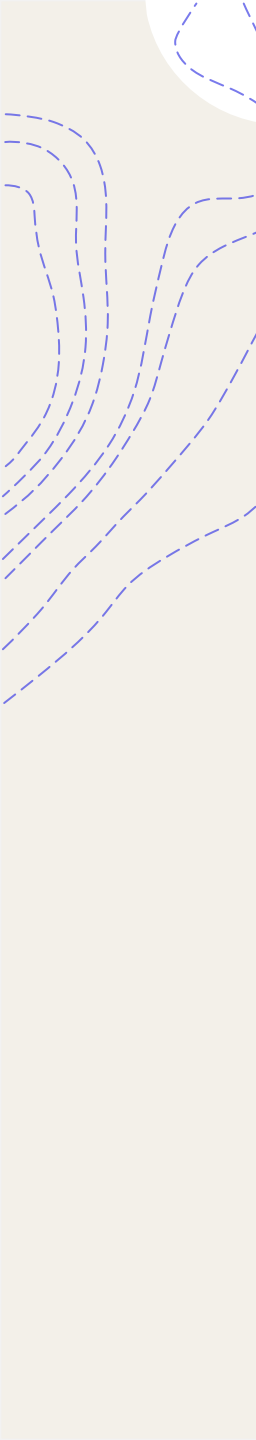
+Strengths

- + Produces embodied, participant-centered, nuanced, spatial, sensory and visual research data
- + Has potential healing/therapeutic/positive impact participants
- + Films facilitate public engagement, interpretation and advocacy



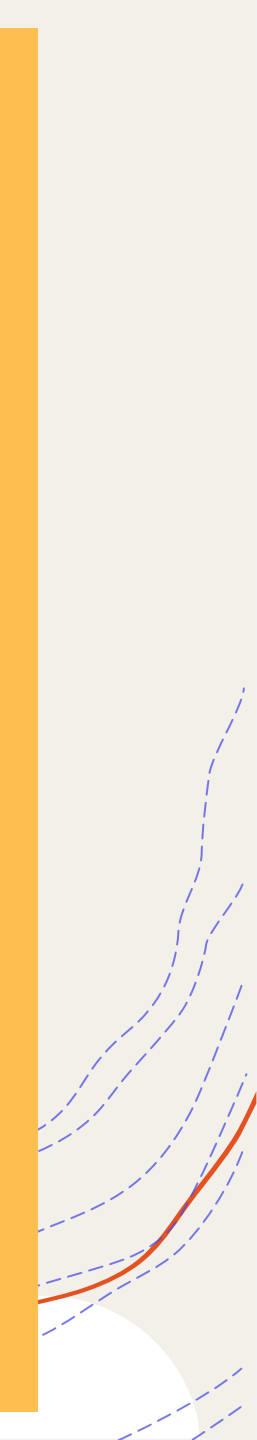
+Challenges

- + Ethical considerations
- + Time intensive
- + Small sample sizes – limited generalizability



THERE ARE SO MANY **USEFUL AND POWERFUL** REASONS TO USE THIS APPROACH BUT I THINK ONE OF THE MOST IMPORTANT ONES BEING ITS ABILITY TO **EMPOWER** ADOLESCENT GIRLS THROUGH THE PROCESS, AND ENABLE THEM TO REFLECT ON THEIR OWN EXPERIENCES THROUGH THE PROCESS. AT THE SAME TIME WE ARE LEARNING FROM THEIR ENGAGEMENT. IT SPEAKS SO DEEPLY TO FOCUSING ON GIRLS AS THE **KNOWERS OF THEIR OWN EXPERIENCES.**

*Marni Sommer, DrPH, MSN, RN
Associate Professor Columbia
University Mailman School of
Public Health*



THE MOST **POWERFUL AND INTERESTING** THING FOR ME WAS **DISCOVERING** THAT THE GIRLS' EXPERIENCES MAKING THE FILMS INSPIRED THEM TO **BECOME AGENTS OF SOCIAL CHANGE.** IT SEEMS LIKE THE PARTICIPANTS' PERSPECTIVES OF THEMSELVES HAVE UNDERGONE SOME SORT OF **TRANSFORMATION** THROUGH THEIR INVOLVEMENT.

*James Russell
Volunteer Teacher Trainer
Sisters for Sisters Education*

Collaborative Filmmaking, Health Literacy and Health Equity

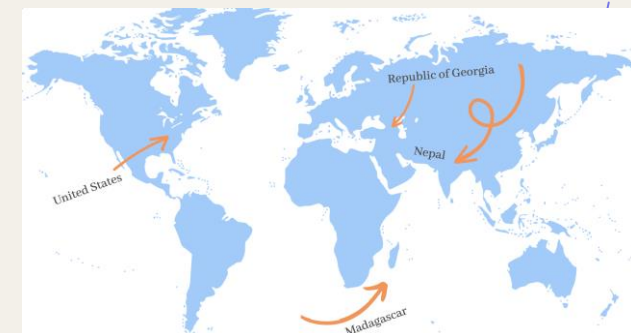
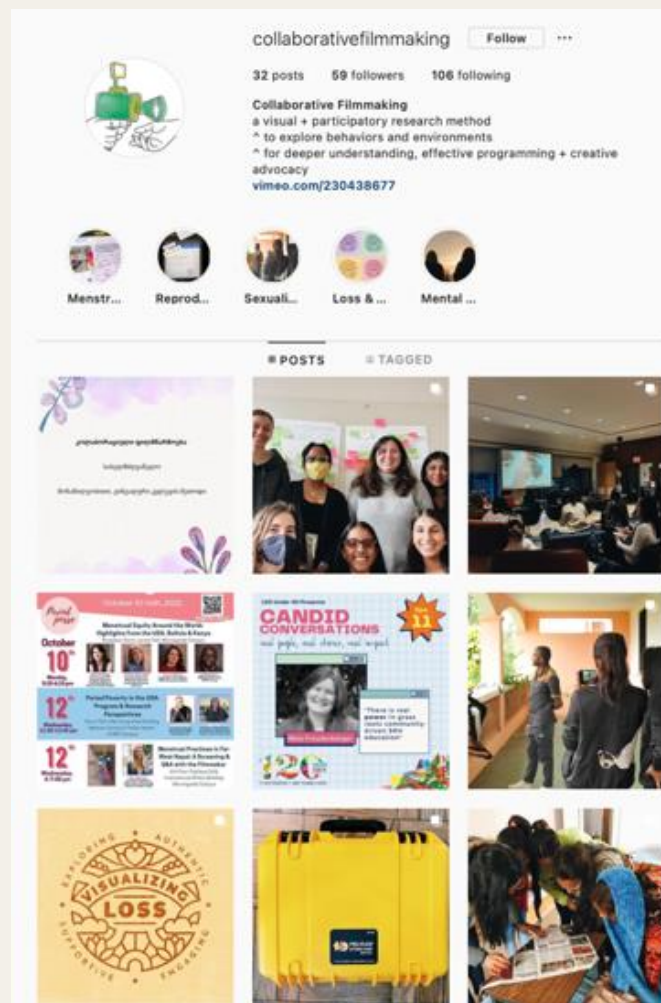
- + Collaborative Filmmaking is a creative, visual, arts-based approach which facilitates
 - + depth of information about the complexities and nuances associated with sensitive health issues
 - + empathy around personal health experiences
 - + dialogue and discussion about actions to address sensitive health issues
 - + engagement between stakeholders with differential power



Thank

- + Films, handb information a www.collabo
- + Follow us on
- + Listen to us o

- + Follow
- + List





EpiARTS LAB

A National Endowment for the Arts Research Lab

Dr. Jill Sonke, Co-director

Research Director, University of Florida Center for Arts in Medicine

Co-Director, EpiArts Lab

Director of National Research and Impact, One Nation/One Project





| **EpiARTS LAB** |

A National Endowment for the Arts Research Lab

Exploring the impact of arts and cultural engagement on population health outcomes in the US through epidemiological analyses of US cohort studies.





Child Development & Adolescent Health Findings

Social support and loneliness

- Doing one or more school-based arts activities was associated with 59% higher odds of high social support concurrently
- Doing arts activities was associated with 28% higher odds of reporting high social support one year later, independent of covariates and previous social support.

Data: Latent growth curve analysis of the Add Health cohort

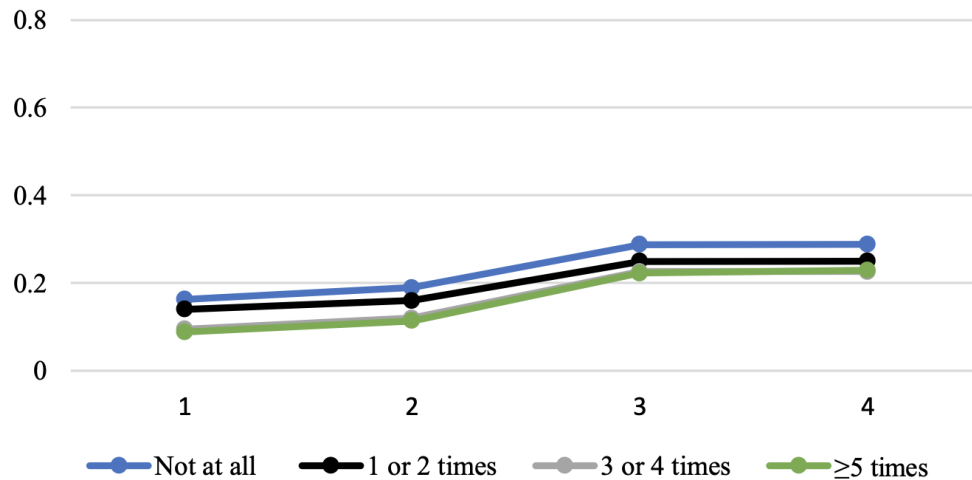
Source: Fluharty, M., Bu, F., Bone, J. K., Sonke, J., Fancourt, D., & Paul, E. (2022). Associations of arts and cultural engagement with substance use trajectories in adolescence and early adulthood: a latent growth curve analysis of the Add Health cohort.

Child Development & Adolescent Health Findings

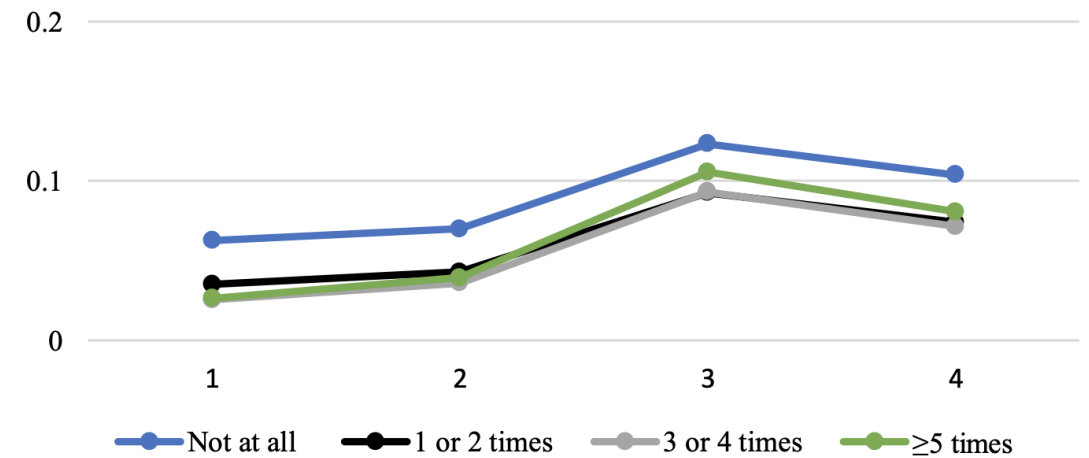
Substance use and abuse

- Young people who engage in extracurricular arts activities and creative hobbies have **lower rates of substance use**

Marijuana Use



Alcohol Intoxication



Data: Latent growth curve analysis of the Add Health cohort

Source: Fluharty, M., Bu, F., Bone, J. K., Sonke, J., Fancourt, D., & Paul, E. (2022). Associations of arts and cultural engagement with substance use trajectories in adolescence and early adulthood: a latent growth curve analysis of the Add Health cohort.



| EpiARTS LAB |

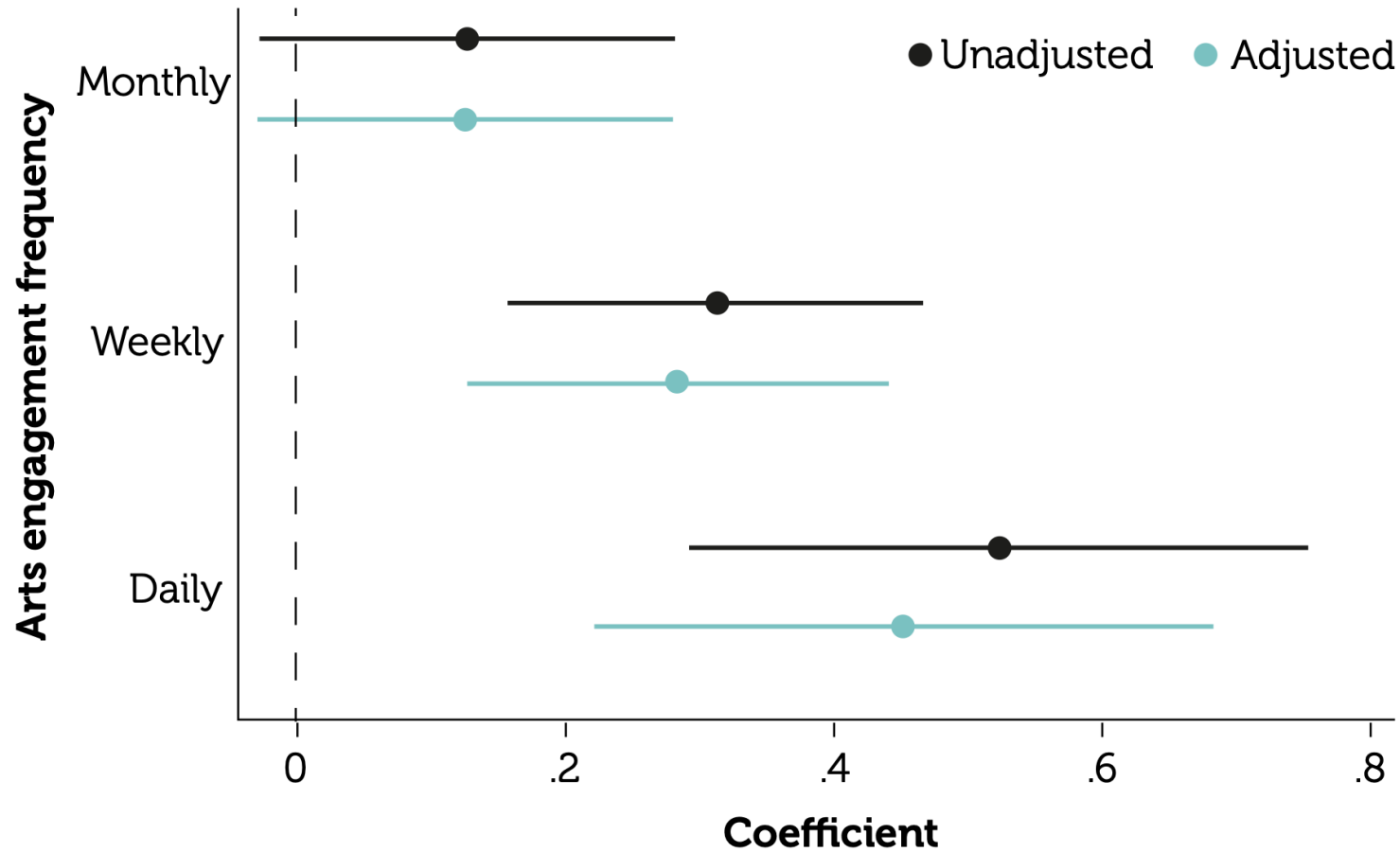
Child Development & Adolescent Health Findings

Longitudinal Associations Between Arts Engagement and **Flourishing** in Young Adults: A Fixed Effects Analysis of the Panel Study of Income Dynamics

Data: 2005 and 2019 Panel Study of Income Dynamics Transition into Adulthood Supplement. Fixed effects regression.

Source: Bone, J.K., Bu, F., Sonke, J.K. et al. Longitudinal Associations Between Arts Engagement and Flourishing in Young Adults: A Fixed Effects Analysis of the Panel Study of Income Dynamics. *Affec Sci*. 2022

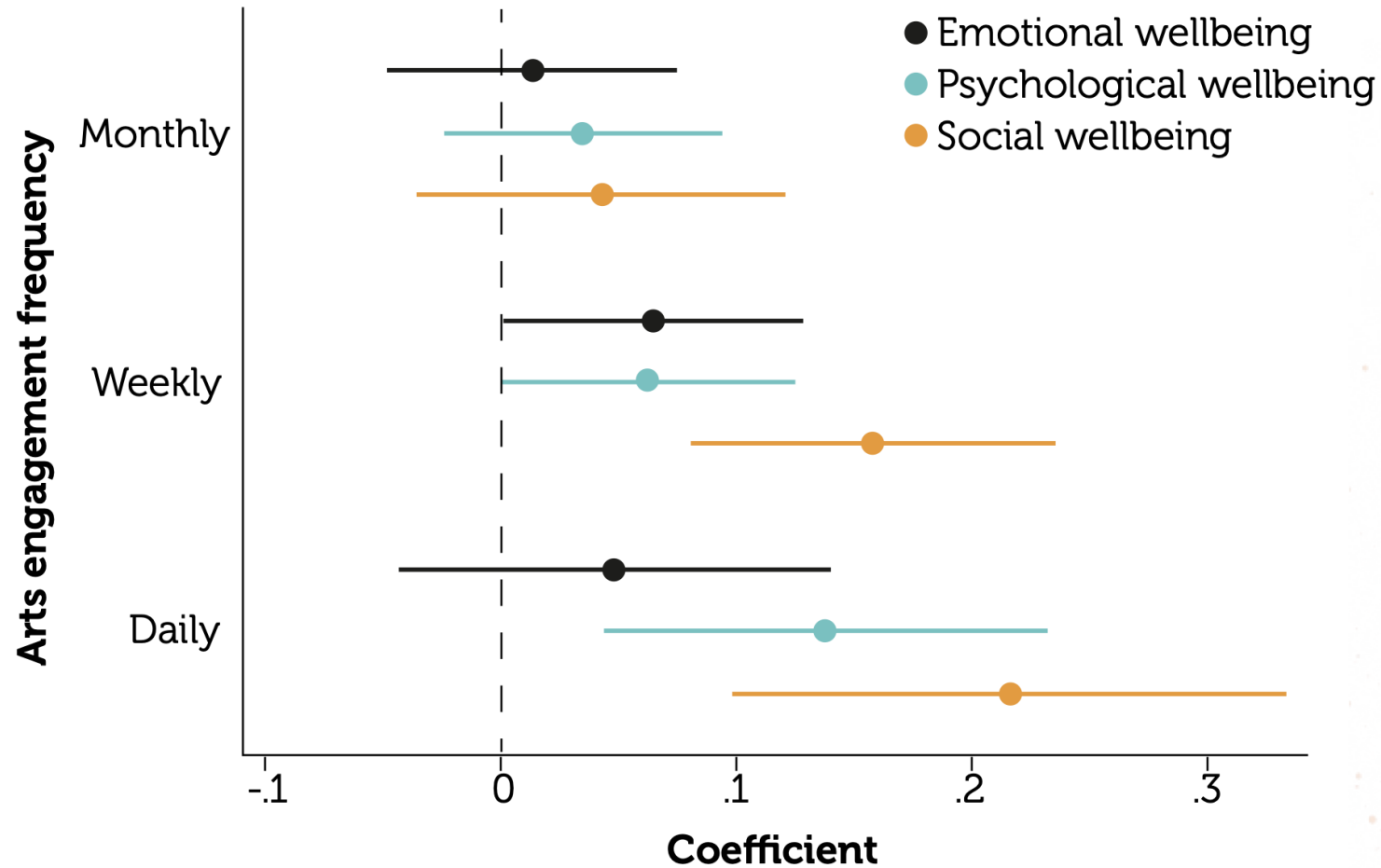
Association between changes in arts engagement and changes in flourishing



Data: 2005 and 2019 Panel Study of Income Dynamics Transition into Adulthood Supplement. Fixed effects regression.

Source: Bone, J.K., Bu, F., Sonke, J.K. et al. Longitudinal Associations Between Arts Engagement and Flourishing in Young Adults: A Fixed Effects Analysis of the Panel Study of Income Dynamics. *Affec Sci.* 2022

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Child Development & Adolescent Health Findings

Reportedly anti-social or criminalized behaviors (RACBs)

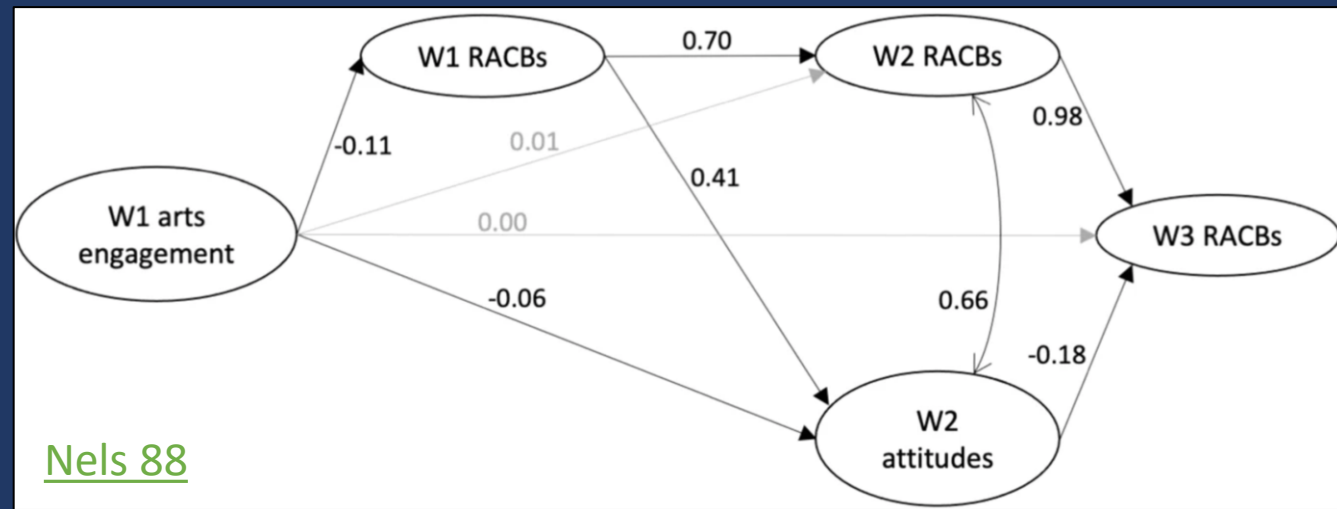
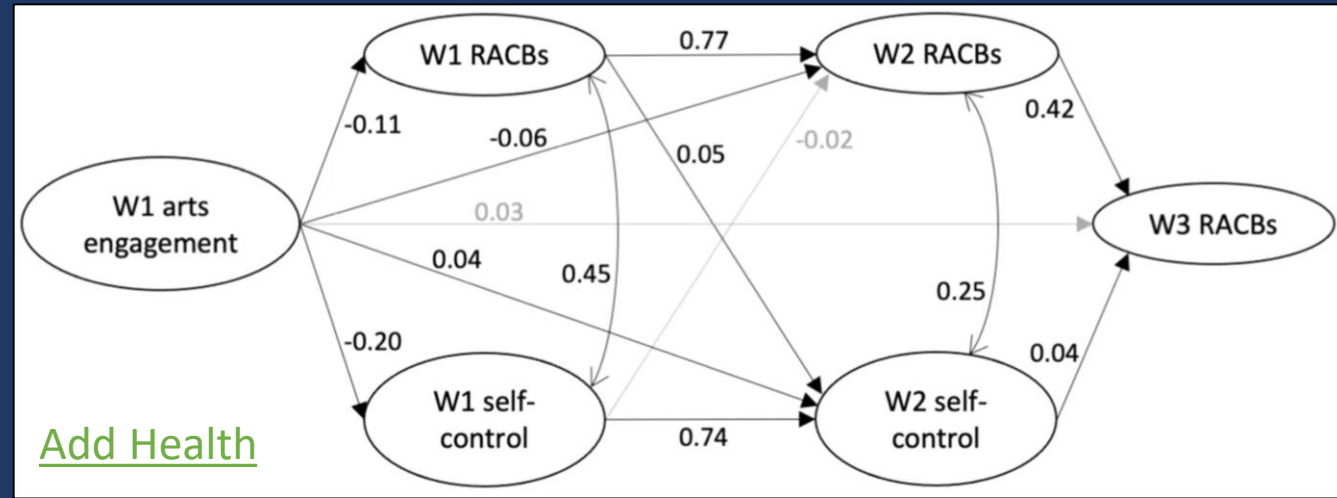
- Teenagers who take part in arts and cultural activities are less likely to engage in antisocial and criminalized behavior up to two years later

Source: Bone, J. K., Bu, F., Fluharty, M. E., Paul, E., Sonke, J. K., & Fancourt, D. (2022). Arts and cultural engagement, reportedly antisocial or criminalized behaviors, and potential mediators in two longitudinal cohorts of adolescents. *Journal of youth and adolescence*, 51(8), 1463-1482.

Child Development & Adolescent Health Findings

More arts and cultural engagement was significantly associated with fewer RACBs at wave 1 and at wave 2, with weaker evidence at wave 3.

Consistent findings across variations in datasets.





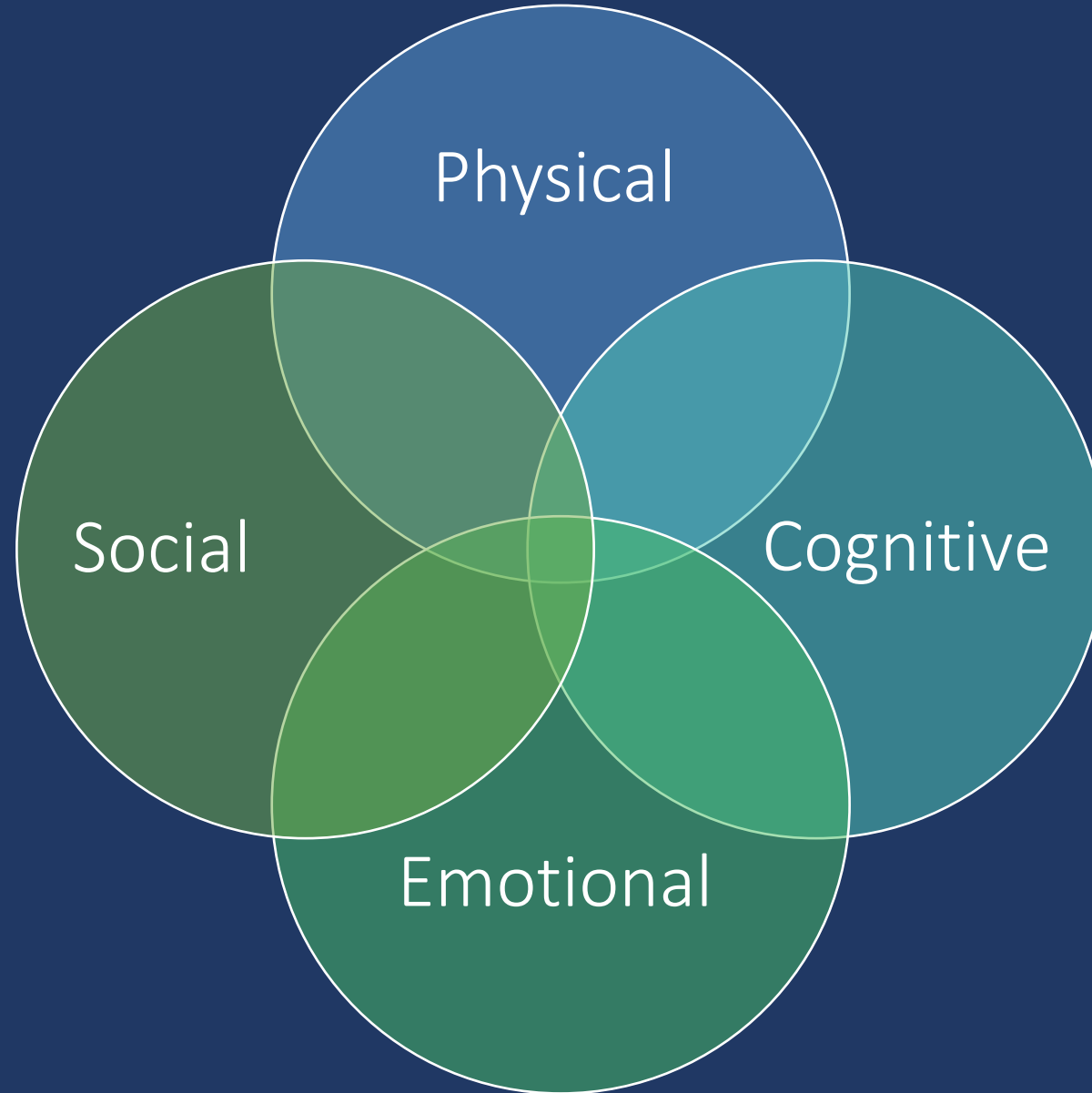
Reportedly Antisocial and Criminalized Behaviors (RACBs)

- Conclusion: The more arts activities the teens were involved in, the less likely they were to engage in reportedly antisocial or criminalized behaviors, concurrently and 1-2 years later
- Mechanisms: Young people who were more engaged in the arts have better self-control and don't view reportedly antisocial and criminalized behaviors positively.

Data: Structural equation modelling, using the National Longitudinal Study of Adolescent to Adult Health and the National Education Longitudinal Study of 1988

Source: Bone, J. K., Bu, F., Fluharty, M. E., Paul, E., Sonke, J. K., & Fancourt, D. (2022). Arts and cultural engagement, reportedly antisocial or criminalized behaviors, and potential mediators in two longitudinal cohorts of adolescents. *Journal of youth and adolescence*, 51(8), 1463-1482.

The arts are uniquely “multi-modal” activities





ARTS PARTICIPATION IS A HEALTH BEHAVIOR



ACCESS TO THE ARTS IS A
SOCIAL DETERMINANT OF HEALTH



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Phase Three: Social Prescribing Studies

1. Case studies of 18-25 US pilot programs
2. Implementation Science Studies
3. Development of 5 Core Outcomes Sets
 - Racism, Collective Trauma, Social Isolation, Mental Health, Chronic Disease
4. Development of Key Common Outcomes for Social Prescribing
5. Social Prescribing Field Guide (in partnership with International Arts + Mind Lab at Johns Hopkins)

Social Prescribing

“A means for health-care workers to connect patients to a range of nonclinical services in the community to improve health and well-being.” - WHO, 2021

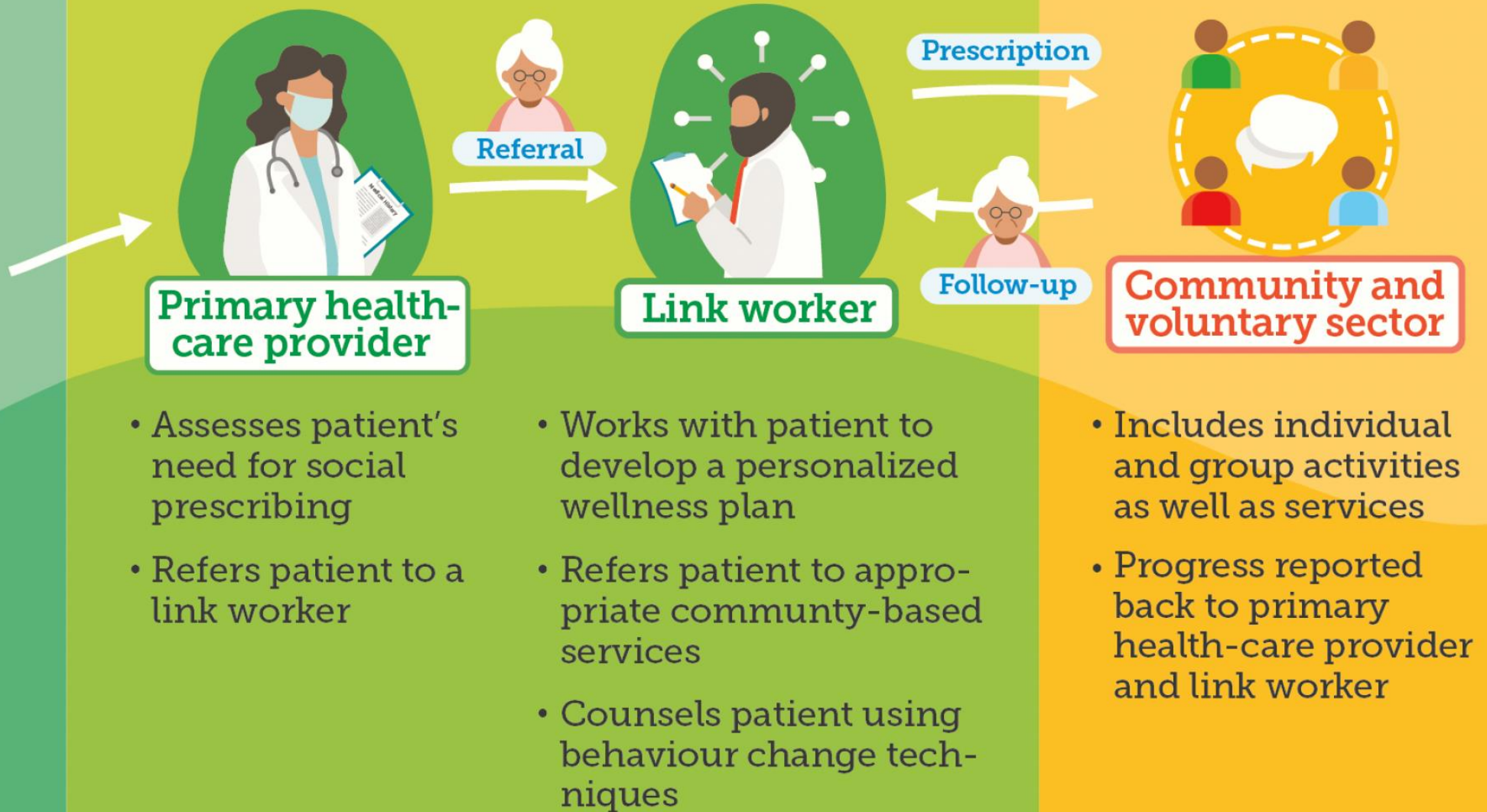


UK, Canada, Japan, Australia, Ireland, New Zealand, Portugal, China, Singapore, Scandinavia + 23 US pilots

Photo Credits: Vox Holloway, Baltimore Dance Crew

CLINIC

COMMUNITY



Social Prescribing Outcomes



Psychological well-being
Perceived quality of life
Mental and physical health



Anxiety
Loneliness and social isolation
Burden on primary & emergency care systems

+ Long-term cost savings

Social Prescribing Outcomes

- Greatest benefits for those disadvantaged by SDH, and:
 - people with chronic conditions
 - people who are lonely or socially isolated
 - people at a high risk of mental health illness
 - people who are vulnerable because of age or financial situation

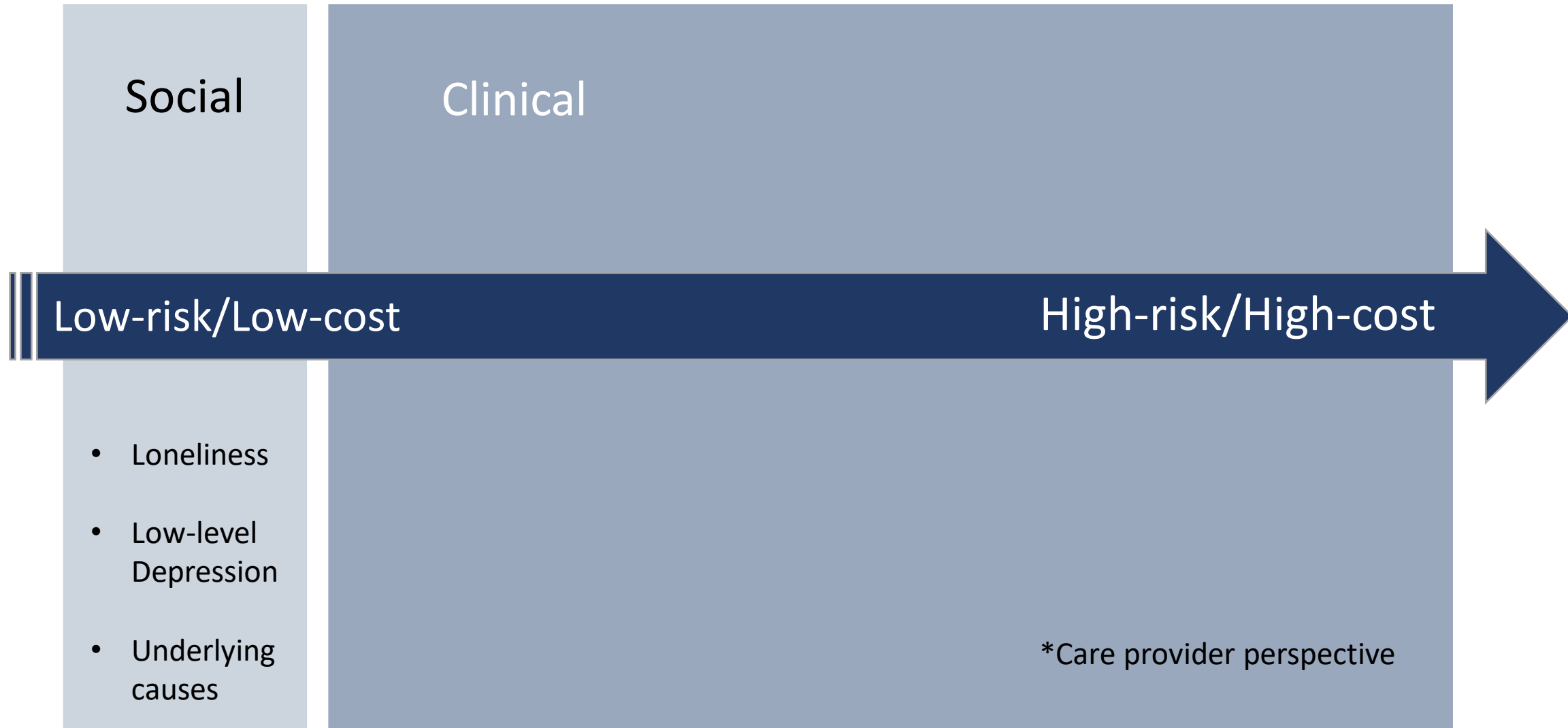
Social Prescribing



Arts on Prescription

Arts & culture are
available health resources

Intervention/Pathway Options





thank you!





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Question & Answers



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Thank You