





“The arts can be a powerful ally in our quest to improve health for all.

I have seen the impact of the arts on community wellbeing, and I’m very pleased that this collaboration will help us understand the science of that impact in order to improve the lives of people from all backgrounds.”

Dr Tedros Adhanom Ghebreyesus
Director-General
World Health Organization



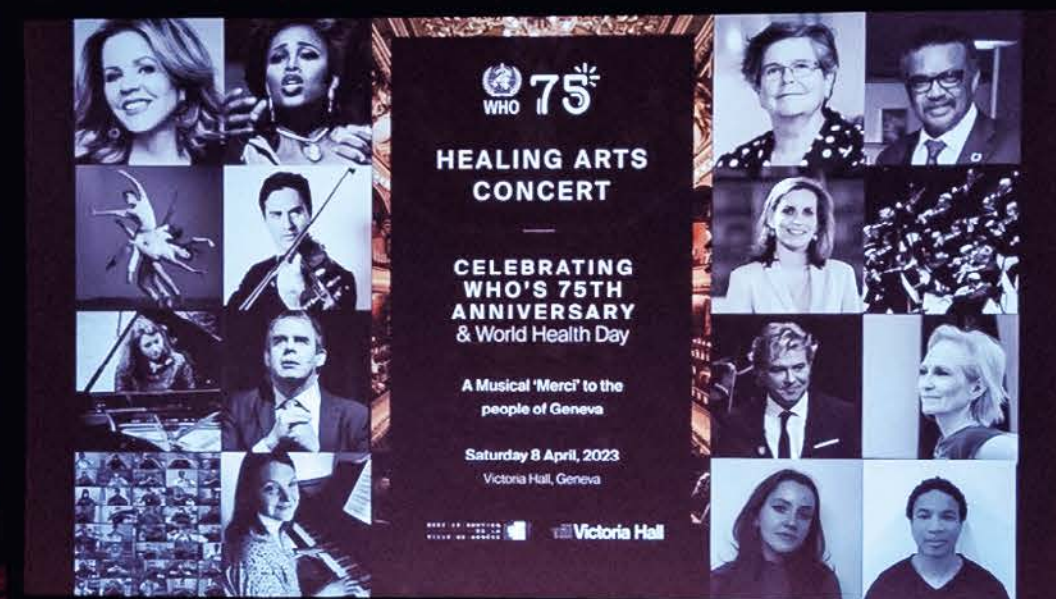
A Music and Motherhood group session to support mothers suffering from post-natal depression.
Cluj Cultural Centre, Romania (2022)



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Performers gather on stage at the WHO75 Healing Arts Concert at Victoria Hall, Geneva (2023)





Introduction



Executive Summary

The Jameel Arts & Health Lab (the Lab) was launched in January 2023 by the World Health Organization (WHO) Regional Office for Europe, the Steinhardt School at New York University, Community Jameel, and Culturunners. Established to measurably improve health and wellbeing through the arts, it is the first major initiative of its kind to be supported by WHO.

Over the last 20 years, the evidence base for the impact of the arts on health has grown significantly stronger. A 2019 WHO scoping review¹ included over 3,000 research papers, identifying a wide range of ways in which arts-based approaches could improve health and wellbeing, from prevention and promotion to treatment and management. Another recent report² focusing on noncommunicable diseases including cardiovascular disease, cancer, diabetes,

chronic respiratory illness, neurological conditions, and mental health affirmed the value of arts interventions as low-risk, cost-effective initiatives that can enhance health and wellbeing in ways that traditional biomedical interventions cannot. Each publication emphasized the need for greater awareness, investment, cross-sectoral collaboration, and implementation of arts interventions to support our physical, mental and social health across the lifecourse.





Against this backdrop, the Lab has established itself as a leading voice in the field initiating and contributing to ambitious arts and health studies and launching a global campaign to drive public engagement and policy implementation across 193 UN Member States.

In its first year, the Lab has made significant progress in four overlapping focus areas: research, outreach, policy and capacity building. The Lab collaborated with over 100 researchers in 38 universities globally. Its research output spanned a wide variety of projects from implementation studies, to toolkits, to systematic reviews. Most notably, the Lab partnered with the Lancet to launch a first-of-its kind global series on the health benefits of the arts. The Lab is helping not only to develop and unify the field, it is also shaping the way in which the arts are being integrated into mainstream medicine and public health.

This report also illustrates the global reach of the Lab's arts and health advocacy campaign. The Lab produced and participated in 38 events across 14 countries, attracting an audience of over 34,000. High-profile 'Healing Arts'

activations at the UN General Assembly, COP28, and Victoria Hall in Geneva celebrated the WHO's 75th anniversary, and established the Lab as a leading convener of arts and health stakeholders worldwide.

2023 included a number of important policy engagements across local, state, and national departments of culture and health, as well as intergovernmental agencies across the UN, the G20 and EU. The Lab is now well placed to harness this momentum and to steward future innovations and investments towards improved health for all through the arts, especially in overlooked and underserved communities.

¹ Fancourt, D. & Finn, S. (2019). What is the evidence on the role of the arts in improving health and wellbeing? A scoping review. WHO Regional Office for Europe. <https://iris.who.int/handle/10665/329834>. License: CC BY-NC-SA 3.0 IGO

² World Health Organization. (2023). *WHO expert meeting on prevention and control of noncommunicable diseases: learning from the arts. Opera House Budapest, Hungary, 15-16 December 2022: meeting report*. WHO Regional Office for Europe. <https://iris.who.int/handle/10665/373900>. License: CC BY-NC-SA 3.0 IGO

2023 Snapshots: Our Work in Numbers

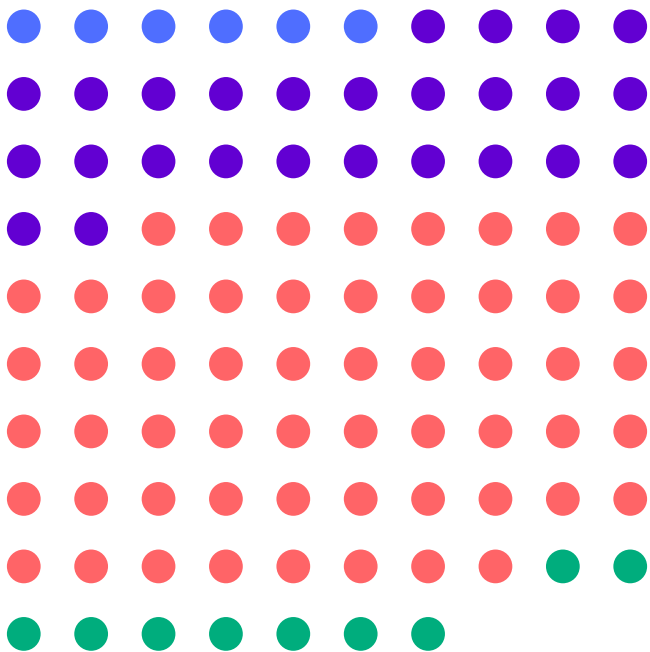
Global Engagement

6 WHO
Regions

26 Countries

56 Cities

9 Low and
Middle
Income
Countries



Research

 **106** Researchers Engaged

 **38** University Collaborations

 **6** Research Projects Initiated

 **1** Evaluation Published

Policy

 **8** Ministry-Level Meetings

 **2** WHO Global Arts & Health Ambassadors Appointed

Outreach

 **1.1M** Media Impressions for Lab-Related Work

 **45** Outreach Partners Engaged

 **38** International Events Attracting **4k+** in Person and **30k+** Online

Capacity Building

 **3** Jameel Arts & Health Lab Offices Opened

 **3** Global Majority Scholarships



“There is significant evidence for the role that the arts and creative arts therapies can play in protecting and improving health at any age.

In clinical and public health, opportunities for artistic expression and aesthetic engagement can motivate individuals and communities to participate more fully in their own health and wellbeing.

Dr Nisha Sajnani

Founding Co-Director: Jameel Arts & Health Lab

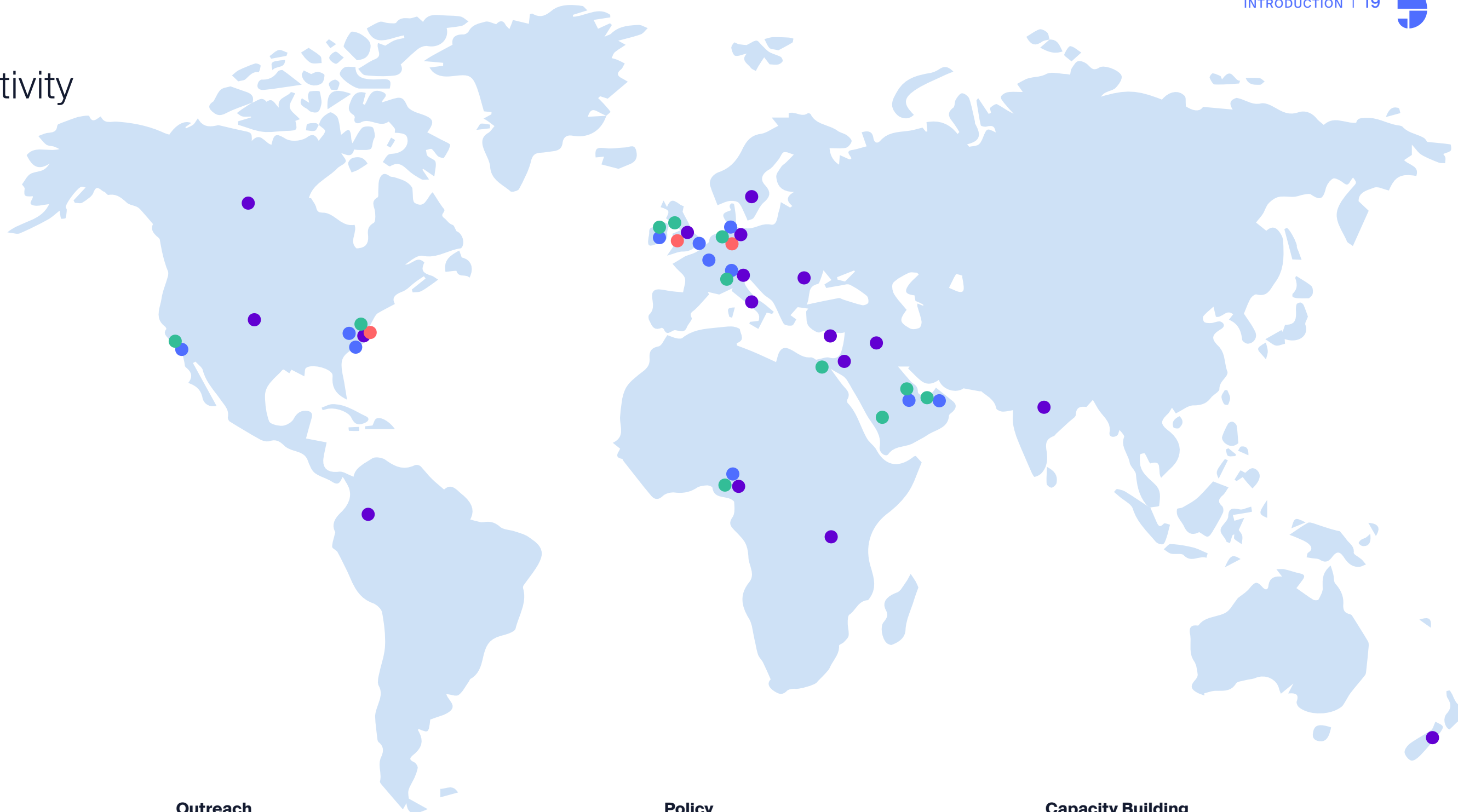
Founding Director: Arts & Health

at New York University





2023 Activity Map



Research

- Launch of the Jameel Arts & Health Lab–*Lancet* Global Series on the Health Benefits of the Arts, in collaboration with WHO
- Music and Motherhood Implementation in Denmark, Italy, and Romania
- Hospital Mural Evaluation project initiated in Nigeria, Slovenia, United States, and United Kingdom
- Development of an Artist Ethics Resource with co-authors from Canada, Colombia, Cyprus, India, Lebanon, New Zealand, Nigeria, Rwanda, Sweden, United Kingdom, and United States
- Initiation of the Yazidi Cultural Archives evaluation in northern Iraq
- Theatre and Health Equity project initiated in Canada and United States

Outreach

- Lab brand and first-phase website launched
- WHO Signing Ceremony, UN City, Copenhagen
- Global Launch, The National Arts Club, New York
- Creative Brain Week, Trinity College Dublin
- WHO75 Healing Arts Concert, Victoria Hall, Geneva
- National Arts & Health Week Nigeria
- Los Angeles County Arts & Health Week Summit
- Launch of Research Centre for Arts & Wellbeing, Edge Hill University, Liverpool
- Healing Arts Panel, Newport Global Summit
- UNGA Healing Arts Week, New York
- Global South Arts & Health Week, Cairo & Alexandria
- Music and Motherhood Meeting, UN City, Copenhagen
- Healing Arts Arabia Week, Riyadh & Jeddah
- COP28 Healing Arts Week, Dubai

Policy

- Appointment of WHO Goodwill Ambassadors for Arts and Health: Renée Fleming & Pretty Yende
- Policy Brief Collaboration: Role of the Arts in Supporting the Wellbeing of People who are Forcibly Displaced
- Collaboration on WHO Europe Arts & NCDs Report
- Ministry-level engagement in Denmark, Ireland, Nigeria, Saudi Arabia, and the UAE
- Participation of US policymakers including: National Endowment of the Arts, NYC Health Commission, and Los Angeles County
- High-level engagement with the EU Commission
- Collaboration with UNESCO on World Art Day
- Endorsement from WHO leadership including Director-General Dr Tedros Ghebreyesus, and Chief Scientist Sir Jeremy Farrar

Capacity Building

Internal:

- Establishment of lab offices in Copenhagen, London, and New York
- Expansion of team to include administrative and research coordination and communications personnel
- Appointment of steering committee chaired by Professor Daisy Fancourt (University College London, UK)

External:

- Inauguration of Jameel Global Majority Arts and Health Research Scholarships
- Development of a collaborative network of artists, academics, and policymakers

Joyce DiDonato (soprano) performs alongside Howard Watkins (pianist) at our WHO75 Wellbeing Concert at Carnegie hall as a part of the Jameel Arts & Health Lab UNGA Healing Arts Week. September 20, 2023



Partners

Founding Partner



Funders

The Alexander
and Ilse Melamid
Charitable
Foundation



University Research Partners

Alanus University (Germany); Aarhus University (Denmark); Babeş-Bolyai University (Romania); Brock University (Canada); City College of New York (US); Chiba University (Japan); Drexel University (US); Edge Hill University (UK); Harvard University (US); Johns Hopkins University (US), Khon Kaen University (Thailand); King Abdullah University of Science and Technology (Saudi Arabia); Lagos University Teaching Hospital (Nigeria); Lund University (Sweden); Norwegian Academy of Music (Norway); Norwich University of the Arts (UK); NYU Langone Health (US); NYU Steinhardt (US); NYU Tisch (US); Oxford University (UK); Queen's University (Canada); Sheffield Hallam University (UK); SRH University Heidelberg (Germany); Trinity College Dublin (Ireland); Universidad Adolfo Ibáñez (Chile); University of Amsterdam (Netherlands); Université Libre de Bruxelles (Belgium); University of California San Diego (US); University of Chieti-Pescara (Italy); University College London (UK); University of Edinburgh (Scotland); University of Florida (US); University of Glasgow (Scotland); University of Haifa (Israel); University of Hong Kong (China); University of Lagos (Nigeria); University of Malawi (Malawi); University Medical Centre, Ljubljana (Slovenia); University of Melbourne (Australia); University of Sydney (Australia)


Community Research Partners

Arts & Health South West (UK); Arts, Culture, Health and Wellbeing (Scotland); Arts in Medicine Projects (Nigeria); Breathe Arts and Health Research (UK); Center for Geriatrics and Gerontology (Japan);

Cluj Cultural Centre (Romania); Collision Theatre (Scotland); Creative Aging International (Ireland); De Dwa Da Dehs Nye>S Aboriginal Health Centre (Canada); Den Kreative Skole (Denmark); Edinburgh International Festival (Scotland); First People's Fund (US); Foundation for Arts & Health (India); Google Arts & Culture; Healthcare Improvement (Scotland); Hospital Rooms (UK); Independance (Scotland); Ikiringo Africa Culture Hub (Rwanda); Institut du Monde Arabe (France); Intercultural Youth (Scotland); ImaginAction (Colombia); Imagine (Scotland); Istituto Superiore di Sanità (Italy); Iraq Cultural Health Fund (Iraq); Japan Society for the Promotion of Science (Japan); Kia Mau Festival (New Zealand); Luminare (Scotland); Masar Theatre (Lebanon); Mirror Theatre (Canada); National Academy for Social Prescribing (UK); National Galleries of Scotland (Scotland); National Institute of Mental Health and Neurosciences (India); NHS Lothian Charity - Tonic Arts (Scotland); NHS (Scotland); the Niagara Region Health System (Canada); Nordic Art Initiative (Sweden); NYC Department of Health and Mental Hygiene (US); NYC Health + Hospitals (US); Performing Arts Studio Scotland at Edinburgh College (Scotland); Region Midtjylland (Denmark); Rooftop Theatre (Cyprus); Royal Conservatoire of Scotland (Scotland); Rwanda Cultural Heritage Academy (Rwanda); Science Gallery Bengaluru (India); Scottish Ballet (Scotland); Scottish Youth Dance (Scotland); Sickle Cell Foundation (Nigeria); The Art of Healing (Nigeria); The Necessary Space (Scotland); The People's Creative Institute (US); the United Nations Special Envoy for Technology; Waipapa Taumata (New Zealand); Yazda (Iraq)

Outreach Partners

Aeon Collective (Saudi Arabia); American Psychological Association (US); Carnegie Hall (US); City of Geneva (Switzerland); COP28 (UAE); Creative Brain Week (Ireland); Egyptian Institute (Egypt); G20 Global Innovation Hub (Saudi Arabia); German-Saudi Hospital (Saudi Arabia); Global South Arts & Health Week (Egypt); Hayy Jameel (Saudi Arabia); International Medical Center (Saudi Arabia); J.P. Morgan; Jameel Arts Centre (UAE); King Abdullah Center for Science and Technology (Saudi Arabia); LA County Museum of Art (US); LA Opera (US); Lincoln Center (US); Los Angeles County Department of Arts and Culture (US); Montreal Culture and Wellbeing Summer School (Canada); Museu Nacional D'Art Catalunya (Spain); National Arts & Health Week (Nigeria); National Endowment for the Arts (US); National Institutes of Health (US); Newport Art Museum (US); Newport Global Summit (US); Northern Network for Medical Humanities (UK); NYC Health + Hospitals (US); Open Mind Project (US); Rakhawy Institute (Egypt); Research Centre for Arts & Wellbeing at Edge Hill University (UK); Sami Angawi Architects (Saudi Arabia); Saudi Ministry of Health (Saudi Arabia); The National Arts Club (US); UNESCO; United Cities and Local Government (Spain); Victoria Hall (Switzerland); WHO Foundation (Switzerland)



“The arts can help
give a voice to
lived experience.
They offer insights
into the complex
motivations that
affect how we live...”

And can shine a light on how behaviours are shaped by our environmental, cultural, and social contexts. Behaviours are essential for health, well-being and health equity. But it can be difficult to understand what drives them.”

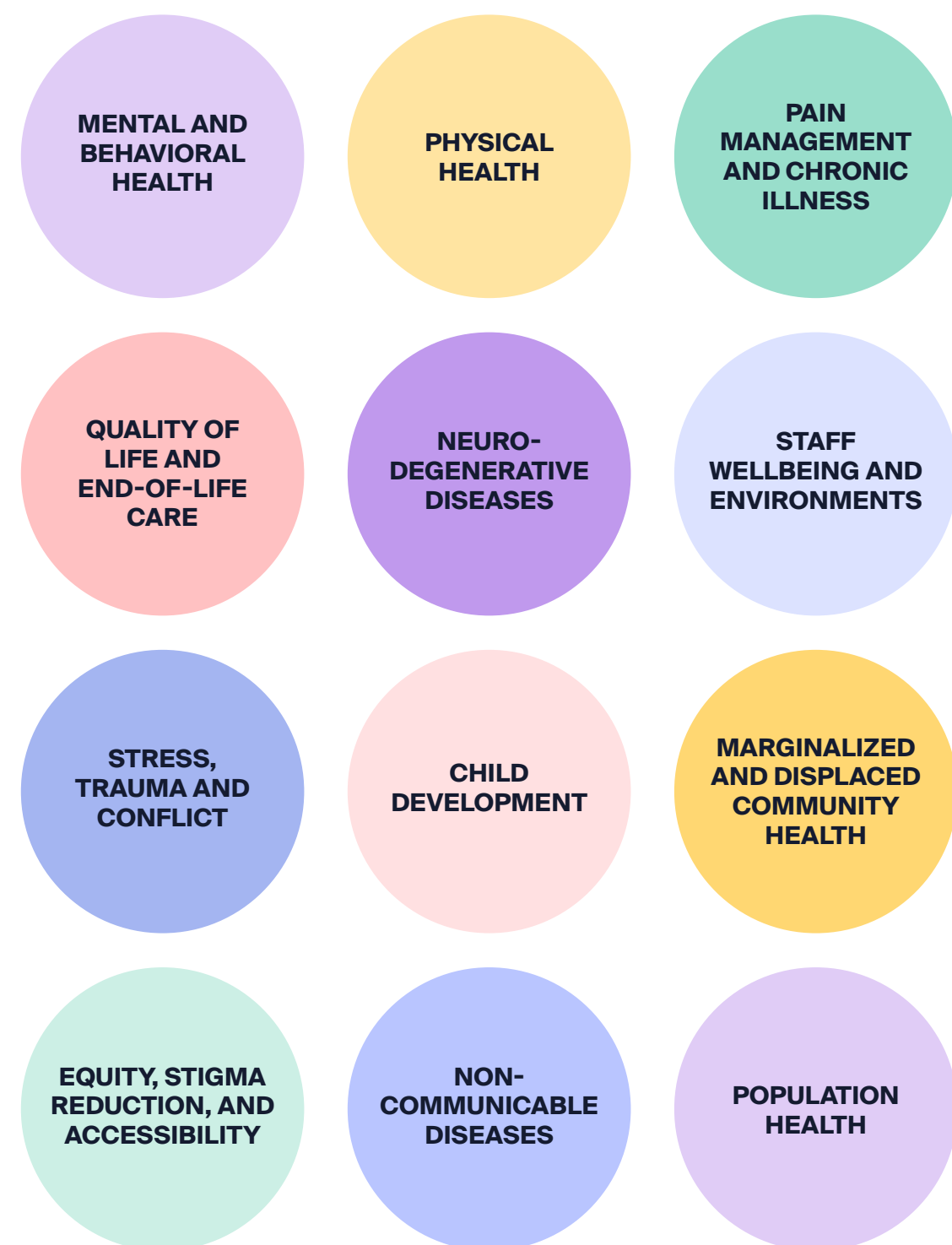
Robb Butler

Director Communicable Diseases,
Environment and Health
WHO Regional Office for Europe

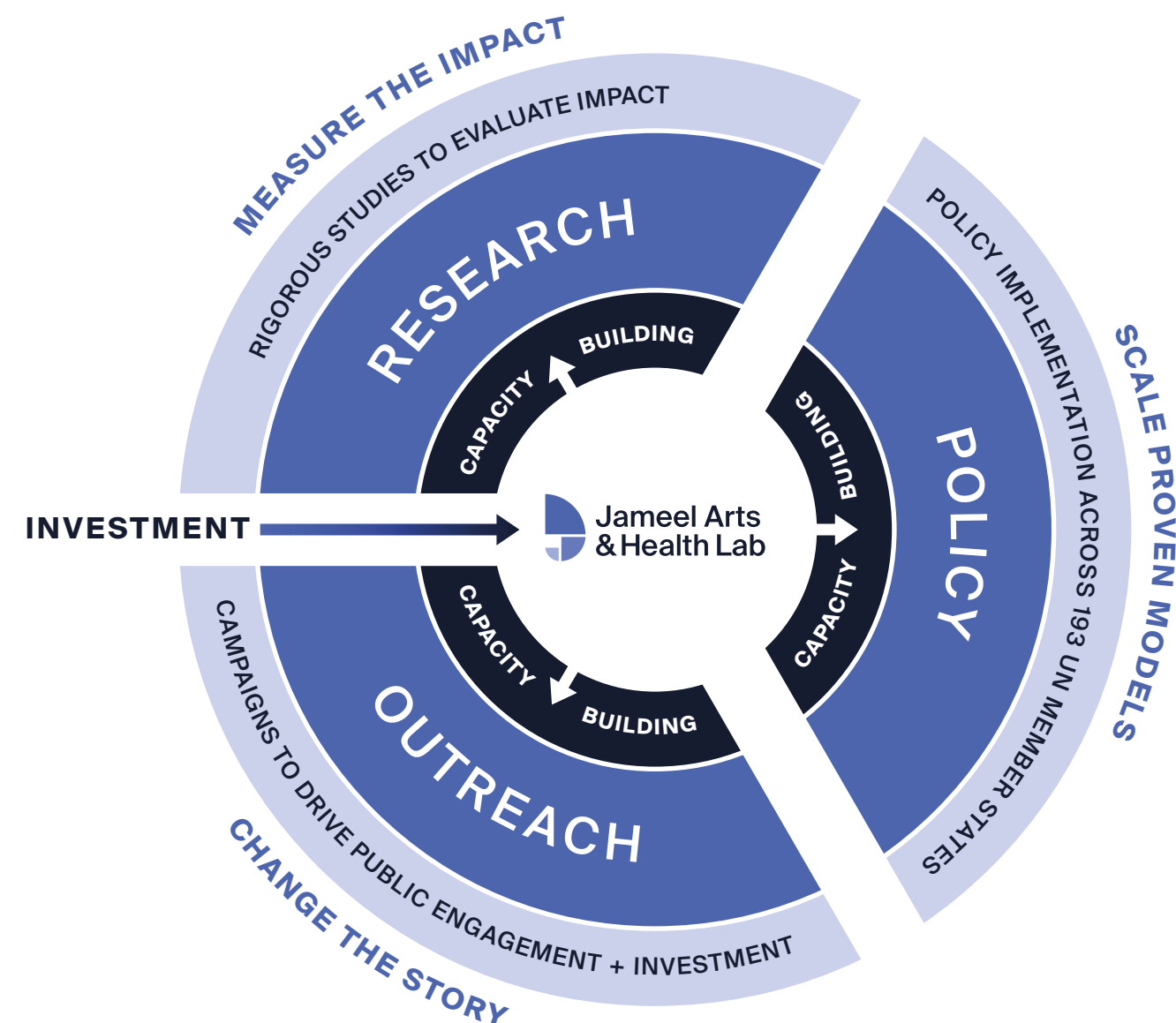




Mapping the Evidence



Lab Model



Research

Generating, coordinating, and disseminating robust studies that advance our understanding of the impact of the arts on health, and identifying which practices are suitable to scale.

Outreach

Socializing arts and health research, demonstrating best practice, and increasing public engagement through online campaigns, artists' projects, media engagement and events.

Policy

Driving impact through local, national, and international policy to scale the impact of evidence-based arts and health interventions across 193 UN Member States, with an emphasis on underserved populations.

Capacity Building

Growing the arts and health field by developing international communities of practice across research, culture and policy, and offering opportunities for training.



“We have known for some time that the arts can be an effective tool to promote health.

But are the arts and creativity actually an intrinsic part of our wellbeing? An increasing body of evidence suggests that participating in the arts and creative practice may help us cope, improve our abilities, and help form bonds of community. The Lab will help us understand how this works and how to share the benefits as widely as possible.”

Christopher Bailey

Founding Co-Director: Jameel Arts & Health Lab
Arts & Health Lead: World Health Organization





Steering Committee



Daisy Fancourt
Steering Committee
Chair, Head of the
Social Biobehavioural
Research Group:
University College
London



Kunle Adewale
Founder and
Executive Director:
Global Arts
in Medicine
Fellowship



Cléa Daridan
Senior Curator
– Culture Lead:
Community Jameel



Rainbow Tin Hung Ho
Director of the Centre
on Behavioral Health:
University of
Hong Kong



Susan Magsamen
Executive Director:
International
Arts + Mind Lab



Shobhini Mukerji
Executive Director:
Abdul Latif Jameel
Poverty Action Lab
(J-PAL) South Asia



Pier Luigi Sacco
Professor of
Biobehavioral
Economics:
University of
Chieti-Pescara



Jill Sonke
Director of Research
Initiatives: University
of Florida Center for
Arts in Medicine

Lab Team



Dr Nisha Sajani
Co-Director: Jameel
Arts & Health Lab
Founding Director:
Arts + Health
at NYU



Christopher Bailey
Co-Director: Jameel
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Arts & Health Lead:
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Dr Nils Fietje
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Stephen Stapleton
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Tessa Brinza
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Marcel Foster
Research &
Evaluation
Associate:
NYU Steinhardt



Ameer Shaheed
Consultant:
WHO Europe



Calum Smith
Consultant:
WHO Europe

Lab Offices

In its first year, the Jameel Arts & Health Lab established offices in Copenhagen (UN City), New York (NYU), and London (Culturrunners). Via these locations, the Lab is building capacity through a growing team of researchers, analysts, advocates and arts and health experts.



UN CITY, COPENHAGEN
MARMORVEJ 51,
2100 KØBENHAVN, DENMARK



NYU, NEW YORK
82 WASHINGTON SQUARE E,
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CULTURUNNERS, LONDON
7 HERTFORD STREET,
LONDON W1J 7RH, UK





Research





2023 Research Overview

In its first year, the Jameel Arts & Health Lab completed 1 evaluation and initiated 7 research projects, including the landmark Jameel Arts & Health Lab-Lancet Global Series on the Health Benefits of the Arts³, in collaboration with WHO.

The Lancet project represents a unique opportunity to influence the uptake of evidence in mainstream medicine and public health. It brings together researchers in the world's leading medical journal, serving an audience of over 3.6 million subscribers annually.

In addition, the Lab has concluded a mixed methods impact evaluation of the Music and Motherhood project, and is leading a qualitative evaluation of the Yazidi Cultural Archives⁴ to better understand the value of archiving cultural heritage amongst communities who have been displaced due to violence.

³ Sajnani, N., & Fietje, N. (2023). The Jameel Arts & Health Lab in collaboration with the WHO-Lancet Global Series on the Health Benefits of the Arts. *The Lancet*, 402(10414), 1732-1734. [https://doi.org/10.1016/S0140-6736\(23\)01959-1](https://doi.org/10.1016/S0140-6736(23)01959-1)

⁴ Google Arts & Culture. (n.d.) *Yazidi Cultural Archives*. <https://artsandculture.google.com/partner/united-nations>



The Hospital Murals Evaluation (HoME) involves a mixed-methods evaluation of the impact of murals in four hospitals in Nigeria, Slovenia, the UK, and US. The Lab led on a collaborative co-authored resource for artists about ethical practice when engaged in care contexts, developed with an international team of 19 artists and academics.

The Lab collaborated on the development of a thinking tool for implementing and adapting arts and health interventions, which emerged from the Music and Motherhood study, and is co-leading an international mixed-methods pilot on the Use of Participatory Theatre to Reduce Bias in Healthcare, in Canada and the US.

The Lab also strengthened relationships with the wider research community by convening international research teams and Communities of Practice both online and in-person. This aligns with the Lab's strategic goals to connect and grow its arts and health research network and to act as a bridge between local initiatives and global advocacy.

2023 Research Activities



JAMEEL ARTS & HEALTH
LAB-LANCET SERIES ON
THE HEALTH BENEFITS
OF THE ARTS



YAZIDI CULTURAL
ARCHIVES EVALUATION



USE OF
PARTICIPATORY
THEATER
TO REDUCE
DISCRIMINATION
IN HEALTHCARE



MUSIC AND
MOTHERHOOD
TOOLKIT



ARTS
PRACTICE
AND ETHICS
OF CARE

HoME:
HOSPITAL
MURALS
EVALUATION





“The Jameel Arts & Health Lab will continue NYU Steinhardt’s longstanding commitment to researching the health benefits of the arts.”

The Jameel Arts & Health Lab will lead efforts to transcend the disciplinary silos that often prevent researchers, arts practitioners, and policy makers from working together to advance understanding and impact.”

Jack H. Knott
Gale and Ira Drukier Dean
NYU Steinhardt





Jameel Arts & Health Lab-Lancet Global Series on the Health Benefits of the Arts, in collaboration with WHO

Lab position: Co-lead with The Lancet
Status: In progress
Start date: July 2023
Completion: April 2025 (Estimated)

While the evidence for the impact of arts on health and health behaviours continues to grow alongside a community of practice including artists, cultural institutions, healthcare organizations, scholars, and policy-makers, an awareness gap regarding this evidence remains and we have yet to see serious uptake within mainstream medicine and public health on a global scale. The Jameel Arts & Health Lab has convened a groundbreaking Lancet Global Health Series of research papers and communication campaigns. This is a response to the growing number of studies indicating strong associations between, for example, arts engagement and positive social networks in adolescence, mental health in adults, and healthy ageing, and accelerating public interest in the measurable benefits of the arts in individual and community health and wellbeing, especially in the wake of the COVID-19 pandemic.

The series brings together 56 leading researchers from institutions around the world, gathering new evidence in order to make recommendations to support the integration of the arts interventions into health promotion and the treatment and management of noncommunicable diseases, a leading cause of disability and 74% of deaths worldwide.⁵

The series is scheduled to be submitted in July 2024 with an anticipated publication date of April 2025.

Deliverables/Publications

An initial commentary forecasting the series was published in September 2023.⁶

Pending peer review, the series is anticipated to be released in April 2025 and will include the following peer-reviewed publications:

- A conceptual framework and introduction to the effects of general and targeted arts engagement on health outcomes
- A systematic review of primary research into the role of the arts in health promotion and prevention of non-communicable diseases (NCDs)
- An umbrella review and meta-analysis of evidence about arts-based interventions in the treatment and management of NCDs
- An epidemiological study using existing nationally representative data from eight counties to explore predictors of arts engagement for health, which will propose key recommendations for increasing equitable access to arts engagement
- A curated photo-essay that highlights how the arts have been used in health promotion to support recovery, with an emphasis on diversity of practices in this field.

Lead researchers

Nisha Sajnani, Nils Fietje

Lead institutions

NYU Steinhardt; WHO Regional Office for Europe

Partnering institutions

Alanus University (Germany); Arts in Medicine Projects (Nigeria); Chiba University (Japan); City University of New York (US); Creative Aging International (Ireland); Culturunners (UK); Drexel University (US); Edge Hill University (UK); Harvard University (US); Hong Kong University (China); Johns Hopkins University (US); King Abdullah University of Science and Technology (Saudi Arabia); Lagos University Teaching Hospital (Nigeria); L'Institut du Monde Arab (France); National Center for Geriatrics and Gerontology (Japan); National Academy for Social Prescribing (UK); National Institute of Mental Health and Neurosciences (India); Norwegian Academy of Music (Norway); Oxford University (UK); Science Gallery Bengaluru (India); Sheffield Hallam University (UK); SRH University Heidelberg (Germany); The People's Creative Institute (US); Trinity College Dublin (Ireland); Universidad Adolfo Ibáñez (Chile); University of Amsterdam (Netherlands); Université Libre de Bruxelles (Belgium); University of California San Diego (US); University of Chieti-Pescara (Italy); University College London (UK); University of Florida (US); University of Glasgow (Scotland); University of Haifa (Israel); University of Malawi (Malawi); University of Melbourne (Australia); University of Sydney (Australia)



A terminally ill patient views a painting by Rembrandt at Rijksmuseum, Amsterdam (2015). Image courtesy of Ambulance Wens

⁵ World Health Organization. (2023, September 16). *Noncommunicable diseases*. <https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases>

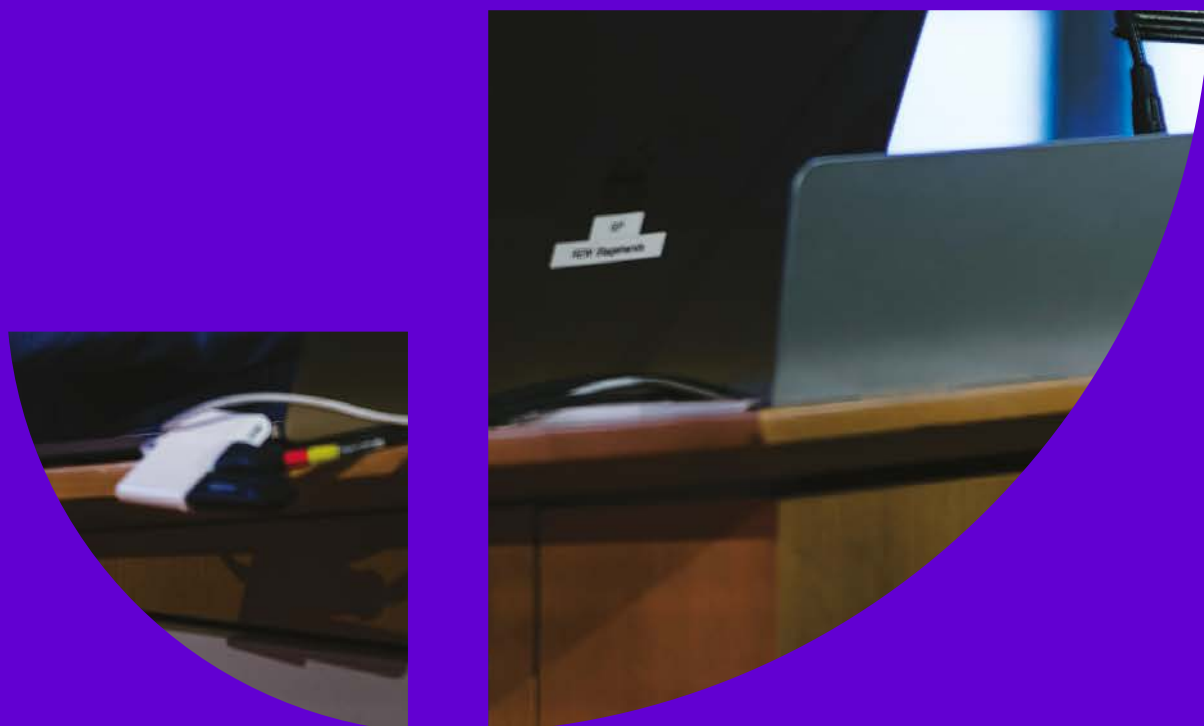
⁶ Sajnani, N., & Fietje, N. (2023). The Jameel Arts & Health Lab in collaboration with the WHO-Lancet Global Series on the Health Benefits of the Arts. *The Lancet*, 402(10414), 1732-1734. [https://doi.org/10.1016/S0140-6736\(23\)01959-1](https://doi.org/10.1016/S0140-6736(23)01959-1)



“For too long we have seen Science and the Arts as separate endeavors. But these silos were not always so.

Through much of human history, the creative interface of different disciplines has been a catalyst for both innovation and healing. So I am delighted that this Jameel Arts & Health Lab-Lancet global series will show the scientific basis of the arts’ role in health with rigor, and help position artists and scientists as necessary partners towards health and wellbeing for all.”

Sir Jeremy Farrar
Chief Scientist
WHO





Music and Motherhood Toolkit

Lab position: Collaborator
Status: Completed
Start date: April 2021
Completion: December 2023

Postpartum depression (PPD) affects around one in seven women globally. There is a long history of the benefits of singing for maternal mental health, and promising research shows the clinical effectiveness of group singing and play. This research project interrogated how singing groups designed to reduce PPD, a clinically proven arts-for-health intervention in the United Kingdom,⁷ can be adapted to different cultural contexts.

Led by WHO in collaboration with the Lab, the Music and Motherhood intervention was implemented in Denmark, Italy, and Romania. The research investigated local cultural, behavioural, and social contexts to understand the key barriers and drivers for implementing Music and Motherhood in different settings. Due to an increasing interest in scaling effective arts interventions at national levels, research like this is of vital importance.

The project team concluded the study in 2023. A thinking tool based on the study, which outlines how to successfully adapt and implement arts and health interventions in new contexts, is being developed.

Deliverables/Publications

- A study protocol of the 10-week group singing intervention model⁸ (published), demonstrating that an evidence-based arts and health intervention can be adapted in culturally sensitive ways to support populations beyond the original context for which it was developed. These insights will inform future Lab and affiliate research projects.
- A research report⁹ (published), outlining the key factors that influenced the adaptation and implementation of the singing program. This is an informative foundation for other studies about arts-based interventions.
- The thinking tool is anticipated to be published in June 2024.

Lead researchers

Katey Warran, Calum Smith, Nils Fietje

Lead institutions

University College London (UK);
WHO Regional Office for Europe

Partnering institutions

Aarhus University (Denmark); Babeş-Bolyai University (Romania); Breathe Arts and Health Research (UK); Cluj Cultural Centre (Romania); Den Kreative Skole (Denmark); Istituto Superiore di Sanità (Italy); Region Midtjylland (Denmark)

⁷ Fancourt, D., & Perkins, R. (2018). Effect of singing interventions on symptoms of postnatal depression: three-arm randomised controlled trial. *The British Journal of Psychiatry*, 212(2), 119–121. doi:10.1192/bjp.2017.29

⁸ Warran, K., Smith, C., Ugron, H., Frøkjær Carstens, L., Zbranca, R., Ottow, M., Blaga, O. M., Lund Ladegaard, N., Davis, R. E., Fancourt, D., & Fietje, N. (2022). Scalability of a singing-based intervention for postpartum depression in Denmark and Romania: Protocol for a single-arm feasibility study. *BMJ Open*, 12(12), e063420. https://doi.org/10.1136/bmjopen-2022-063420

⁹ Warran, K., Smith, C., Ugron, H., Blaga, O., Ladegaard, N. L., Carstens, L. F., Nicholls, L., Burton, A., Zbranca, R., Ottow, M., Fancourt, D., & Fietje, N. (2023). Implementing a singing-based intervention for postpartum depression in Denmark and Romania: A brief research report. *Frontiers in Medicine*, 10, 1249503. https://doi.org/10.3389/fmed.2023.1249503



Hospital Murals Evaluation (HoME)

Lab position: Lead
Status: In progress
Start date: October 2023
Completion: October 2025 (Estimated)

The design of hospitals and care settings makes a difference in the experience of care reported by patients and the wellbeing of staff. In the first study of its kind, HoME seeks to advance understanding of the impact that murals in hospitals and other clinical settings can have on people and their behaviours as they view these large visual artworks, including patients, staff, and visitors. The project will involve a mixed-methods study at sites in Nigeria, Slovenia, the UK, and US, assessing possible correlations between viewing murals and workplace belonging, perceived quality of care, and wellbeing.

In 2023, the Lab coordinated a project team, including hiring a Research and Evaluation Associate, held planning meetings with each site leader, registered a protocol for a preliminary scoping review¹⁰ and began the first phase of the evaluation. HoME will lay the groundwork for future research, inspiring momentum and investment in transforming healthcare environments into true spaces of healing.

Deliverables/Publications

- A scoping review drawing on existing evidence of how the visual arts impact wellbeing, wellness and belonging in healthcare settings. The review is anticipated to be submitted for publication in July 2024.
- A two-stage evaluation: the first stage will identify and map stakeholders' perceptions of programmatic strengths, opportunities, and substantive activities; The second stage will draw on these learnings and embark on a formative evaluation with data collected from patients, visitors and caretakers, and healthcare staff. The first stage will conclude in June 2024. The second stage will run from June 2024 - September 2025.
- A final report analyzing responses and presenting findings about the impact of murals in healthcare settings is estimated to be completed in October 2025.

Lead researchers

Marcel Foster, Nisha Sajnani

Lead institutions

NYU Steinhardt (US)

Partnering institutions

Hospital Rooms (UK); Lagos University Teaching Hospital (Nigeria); Nordic Art Initiative (Sweden); Norwich University of the Arts (UK); NYC Health + Hospitals Arts in Medicine Department (US); The Art of Healing (Nigeria); University Medical Centre, Ljubljana (Slovenia); WHO



¹⁰ Foster, M. W., Sajnani, N., & Morgan, J. (2024, February 6). The Effects of Viewing Visual Artwork in Healthcare Settings: A Scoping Review. <https://doi.org/10.17605/OSF.IO/KA9TN>



With Care: Resource on Arts Practice and the Ethics of Care

Lab position: Lead
Status: In progress
Start date: September 2022
Completion: June 2024 (Estimated)

As more artists and arts administrators are inspired by the transformational impact of the arts on health and wellbeing, it has become necessary to articulate guidelines to support ethical practice. This project brings together 19 artists and advocates from around the world to co-author a printable (PDF) and web resource designed to inform the conduct and ethical decision-making of artists in contexts of care. The resource also provides insights into how best to support artists working amid ongoing and acute crises such as the Covid-19 pandemic, climate change, and forced displacement.

The resource will provide a review of literature relating to ethical practice for artists working in contexts of care, definitions of key principles like; do no harm, mutual respect, collaboration, integrity, quality, justice and equity, as well as examples of projects in different contexts. It will include questions that can be posed by artists and administrators to support artists and communities involved. The resource will take a generative and inclusive approach, with participation from thought and practice leaders from the six WHO geographic regions.

In 2023, the project team met with co-authors, analyzed consultation group meetings, and began preparation of the resource.

Deliverables/Publications

- A downloadable online Resource for Arts Practice and the Ethics of Care co-branded with WHO/WHO Foundation, translated into a selection of global majority languages, is estimated to be completed in August 2024.
- A website including case stories, photographs, and other pedagogical material is estimated to be completed in August 2024.

Lead researchers

Nisha Sajnani, Mauricio Salgado

Lead institutions

NYU Steinhardt (US); NYU Tisch (US)

Partnering institutions

Arts & Health South West (UK); Arts in Medicine Projects (Nigeria); First People's Fund (US); Foundation for Arts & Health (India); Ikiringo Africa Culture Hub (Rwanda); ImaginAction (Colombia); Khon Kaen University (Thailand); Kia Mau Festival (New Zealand); Lund University (Sweden); Masar Theatre (Lebanon); Rooftop Theatre (Cyprus); Rwanda Cultural Heritage Academy (Rwanda); Waipapa Taumata (New Zealand)





Yazidi Cultural Archives Evaluation

Lab position: Lead
Status: In progress
Start date: September 2021
Completion: December 2024 (Estimated)

In 2021, this 15-month, multiphase project was launched, supporting 16 survivors from internally displaced person (IDP) camps in Qadia, Khanke, Mam Rashaan, Kabartu, Sharia and Chameshko, in the Kurdistan Region of Iraq. The project's aim was to improve the mental health of female Yazidi survivors of genocide through participation in a series of artist-led workshops and a permanent, multimedia online archive. The project was designed in line with the known psychosocial benefits of group support, artistic engagement, and cultural validation for survivors of violence. A permanent archive of at-risk Yazidi culture was created by the survivors and published on the United Nations platform of Google Arts & Culture. Participants reported improved mental, physical, and social health, and the project attracted high-profile endorsement from individuals and institutions, including the UN Special Advisory on Prevention of Genocide, and Institut du Monde Arabe.

Project activity for 2023 included participation in the Lab's Healing Arts Program, when the Yazidi Cultural Archives were presented during Creative Brain Week in Dublin, Ireland. Lab co-directors Nils Fietje and Nisha Sajnani presented on the project during sessions about neuroscience and creativity in conflict.

The Lab is currently laying the groundwork for Phase three of the project; a qualitative study including interviews with Yazidi survivors and the project staff about the experience of the permanent cultural archive.

Deliverables/Publications

- An online archive of Yazidi Cultural Heritage¹¹ was published on Google Arts & Culture.
- Lab co-directors Nisha Sajnani and Christopher Bailey published a commentary on Keyword, a Google Arts & Culture platform.¹²
- An internal project report that describes the impact of the arts workshops and archival project was submitted in May 2023.
- An evaluation including interviews with participating Yazidi women and staff from on-the-ground partner organization Yazda, and data analysis of the impact and reach of the archive is estimated to be completed in December 2024.

Lead Researchers

Nisha Sajnani, Elisabeth Bahr

Lead institutions

NYU Steinhardt (US)

Partnering institutions

British Council (UK); Culturrunners (UK); Google Arts & Culture; Institut Du Monde Arab (France); Iraq Cultural Health Fund (Iraq); the United Nations; Yazda (Iraq)

¹¹ Google Arts & Culture. (n.d.) *Yazidi Cultural Archives*. <https://artsandculture.google.com/partner/united-nations>

¹² Sajnani, N. and Bailey, C. (2022, October 6). *The Art of Survival: A Yazidi Cultural Archive*. Google Arts & Culture. <https://blog.google/outreach-initiatives/arts-culture/the-art-of-survival-a-yazidi-cultural-archive/>



Using Participatory Theatre to Eliminate Discrimination in Health Service Delivery

Lab position: Co-leading
Status: In progress
Start date: August 2023
Completion: August 2025 (Estimated)

During the COVID-19 pandemic, people already at risk of poor health outcomes due to discrimination experienced greater health disparities. In response, the UN Research Roadmap for Covid-19 recovery¹³ proposed the elimination of discrimination in the health system as a key goal. While the relationship between discrimination and health disparities is well established, addressing it in ways that lead to behavior change has proven difficult.

This project involves a collaboration between dramatic arts and allied health sciences to develop a participatory theatre intervention tackling health discrimination. It is targeted at healthcare leaders and personnel, with the aim of enacting real behavioral change in the face of unexamined biases that lead to health disparities. Working in collaboration with community partners, a participatory theatre intervention will be developed, piloted, revised, and implemented across health systems regionally, nationally and internationally. The project will involve an evaluation to document impact and lay the groundwork for a randomized controlled trial (RCT).

In 2023, Lab co-authors and collaborators completed ethics approval to begin collecting data within three groups: New York,

St. Catharines, and the Niagara region with the Fort Erie Native Friendship Centre.

Deliverables/Publications

- A scoping review on the use of theatre interventions to reduce bias is estimated to be published by December 2024.
- A scoping review on the methodological approaches to measuring changes in bias is estimated to be published by December 2024.
- A grant application to test the revised pilot intervention in an RCT is estimated to be submitted by December 2024.
- A qualitative study about lived experiences of discrimination within the health system is estimated to be published in June 2025.
- The pilot implementation of the theatre intervention is estimated to be completed by June 2025.

Lead researchers

Valerie Michaelson, Sheila O'Keefe-McCarthy, Nisha Sajnani, Joe Salvatore, Margot Francis, Monakshi Sawhney, Kevin Hobbs, Joe Norris, Sherri Vansickle

Lead institutions

Brock University (Canada); NYU Steinhardt (US)

Partnering institutions

De Dwa Da Dehs Nye>S Aboriginal Health Centre (Canada); Mirror Theatre (Canada); NYC Department of Health and Mental Hygiene (US); the Niagara Region Health System (Canada); Queen's University (Canada)

¹³ United Nations. (2021). UN Research Roadmap for the COVID-19 Recovery. <https://www.un.org/en/coronavirus/communication-resources/un-research-roadmap-covid-19-recovery>



Outreach





2023 Outreach Overview

In its first year the Lab launched a dynamic new brand, creating a coherent look and feel across its communication touchpoints including a first-phase website, newsletters, films and social media.

2023 saw the Lab produce, partner with and participate in 38 events across 14 countries, attracting an in-person audience of over 4,000 and a wider online audience of over 30,000. Notably, the Lab produced high-profile Healing Arts events:

- At Victoria Hall in Geneva, where the Lab co-produced the WHO'S 75th anniversary concert in the presence of UN policymakers and ambassadors;
- At Carnegie Hall, Lincoln Center and Harlem Hospital on the sidelines of the UN General Assembly in New York;
- In Saudi Arabia, where the Healing Arts Arabia regional campaign was launched, in collaboration with Aeon Collective, the G20 Global Innovation Hub and Saudi Ministries of Health and Culture; and
- As part of the official COP28 program in Dubai.



In 2023, the Lab collaborated with 45 global outreach partners including Ministries of Health, Culture and Education, UN agencies, museums, universities and schools, hospitals, foundations, art clubs, theatres, concert halls, media platforms, and NGOs.

The Lab's international media campaign reached an audience of over 1.1M people and included features in The Art Newspaper, Parliament Magazine, Arab News, WHO's global website, The Lancet, Euro News, THISDAY Live, and Al Arabiya.

The Jameel Arts & Health Lab's outreach strategy was established in 2023 around four main pillars:

- 1. Convening** stakeholders across research, culture and policy to break the silos within communities and disciplines; encouraging new forms of interdisciplinary and transdisciplinary partnerships
- 2. Translating/Socializing** arts and health research to fill the awareness gap and drive public and private sector engagement
- 3. Demonstrating** ambitious and experimental arts and health best practice to inspire innovation and question assumptions about what is possible within the field
- 4. Fundraising** to support the work of the Lab and its partners





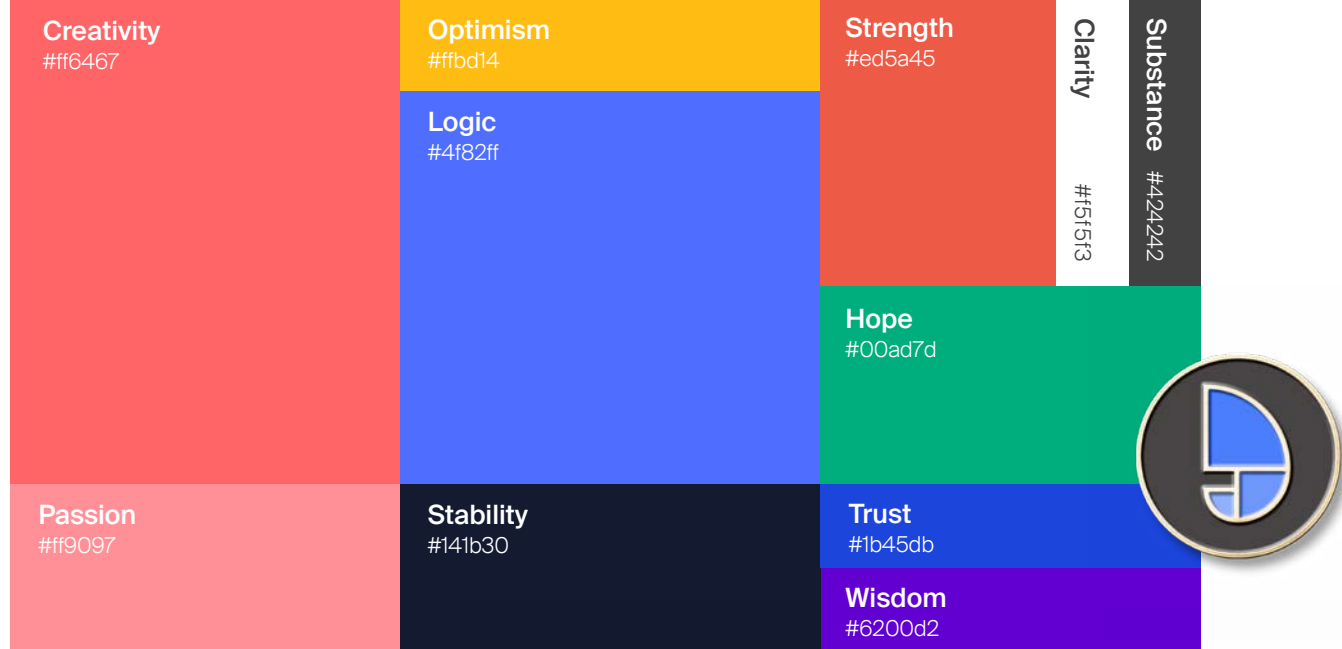
“The Lab is a practical expression of the United Nations’ call to address global challenges.

It represents a coalition of organizations who believe in the convening and storytelling power of the arts to heal and create meaningful and systemic change.”

Stephen Stapleton

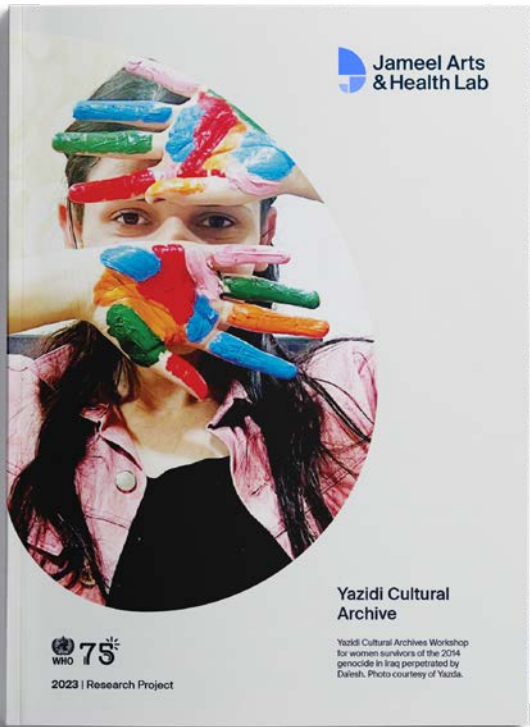
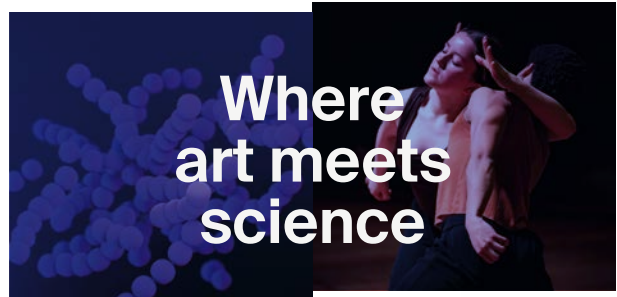
Founding Co-Director: Jameel Arts & Health Lab
CEO: Culturunners





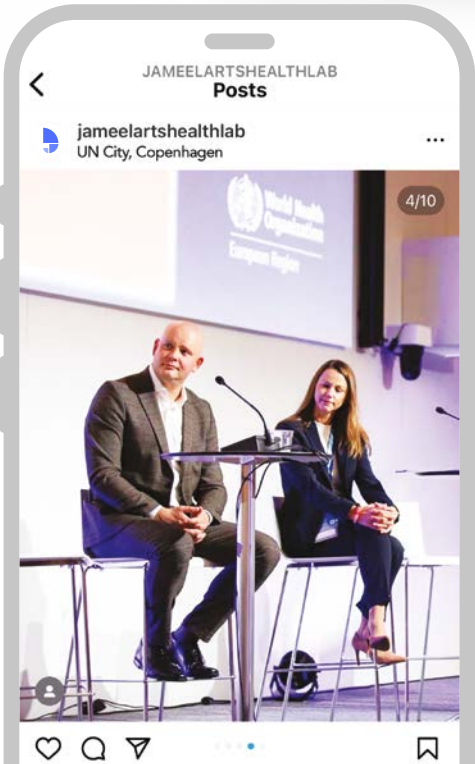
Jameel Arts & Health Lab Communications

Website: www.jameelartshealthlab.org
Instagram: @jameelartshealthlab
X (formerly Twitter): j_artshealthlab



In February 2023, a first-phase Jameel Arts & Health Lab website was created to coincide with the initiative's global launch announcement at the National Arts Club in New York. The site hosted a dedicated trailer, downloads including the WHO 2019 report and Lab launch press release, as well as listings of events, a slideshow, press links and partners. This interim site was replaced in 2024 with a sophisticated platform that will host updates about the Lab, and an archive of all of its work.

June 2023 saw the launch of a dynamic new Jameel Arts & Health Lab brand, including a unique logo and WHO75 lock-up, accompanied by a set of guidelines outlining typography, imagery, audience and key messaging. This brand was then implemented across the Lab's communications campaigns, including event marketing materials, published reports, regular newsletters, and social media posts. By the end of the year, the Lab Instagram had ~620 followers and X (formerly Twitter) had ~300 followers.



The art of wellbeing: How Europe is using culture for its health benefits



Al Arabiya News Channel



National Arts in Health Week Returns for its 2nd Edition

Jameel Arts & Health Lab launched to measure the impact of the Arts on health



THE ART NEWSPAPER

Could the arts be good for your health?

A major scientific research project led by the WHO and Jameel Arts & Health Lab, aims to find out. By James Iman

The Lancet medical journal is to publish the biggest scientific research project ever conducted exploring the links between health and the arts. Compiled at a time when interest in the topic has been intensifying, the series aims to drive further investment in programmes for supporting people's health through the arts.

The series is led by the Jameel Arts & Health Lab and the World Health Organization (WHO) and is due to be published in late 2024. It will consist of four papers and one photo essay written by a team of more than 30 researchers from universities including University College London, Harvard University and the University of Sydney.

Recent studies have demonstrated that the arts can alleviate symptoms of postpartum depression, help manage pain and reduce anxiety. The Lancet series will build on a 2019 WHO report on the role of the arts in improving health and wellbeing. Papers will reference art forms including dance, drama and the visual arts, and provide policy recommendations helping governments deliver new arts and health programmes or scale up existing ones.

A foundation of evidence
"The arts must be seen as both central to the human experience and important to the maintenance of good health," said Miriam Lewis Sabes, the North American executive editor of the Lancet, when the project was launched at the UN General Assembly in New York in September. "This Lancet series will hopefully provide the foundation of evidence needed to ensure that the arts will be viewed as essential, in particular, to prevent and support people with non-communicable diseases."

The series will present the first comprehensive review of evidence for the relationship between the arts and non-communicable diseases (NCDs) such as cancer, Parkinson's and heart disease. It will include an analysis of population-wide studies showing what prevents people from accessing the arts, evidence for how engaging with the arts can influence behaviours such as tobacco and alcohol use, and an assessment of how art therapies can help people manage NCDs.

The Jameel Arts & Health Lab, which was launched in January by organisations



including the WHO regional office in Europe, the Steinhardt School at New York University and the London-based organisation Cultuurrunners – aims to promote scientific research into the health benefits of the arts and drive policy implementation across all 193 United Nations (UN) member states. Stephen Stapleton, the founding director of Cultuurrunners, says the Lancet series would help achieve those goals. "The collaboration with the WHO means there

is a path for the recommendations to reach ministers of health and ministers of culture in UN member states," he says. Jan Koebner, who has conducted research into how museum visits can help relieve pain, says: "Anything the Lancet does has such extensive ripple effects in the healthcare community, which means it is very likely to have significant implications for uptake of arts and health within healthcare spaces and medical journals."

Jameel Arts & Health Lab launched in New York to examine role of arts in health and wellbeing



Culture is increasingly being used to treat mental health issues in Europe. Here's how



By Ana Fota
Published on 22/06/2023 - 07:00

Weekend Lifestyle, Art & Culture

Saudi meetings set roadmap for Healing Arts Arabia

The WHO-backed initiative, which uses the arts to boost mental and physical wellbeing, should launch in KSA next year

Ramona Talaue-Dubai

Does art – be it orchestral music or a landscape painting – possess healing powers? Many, including medical practitioners, believe it does. Over the past few years, physicians in Belgium and Canada have experimented with sending patients on museum visits, as part of social prescribing, to improve their wellbeing and mental health.

Another great believer in the integration of art and healing is Christopher Bailey, who trained as a professional actor and is the co-founder of the Healing Arts initiative at the WHO.

"A deep aesthetic experience has an analgesic effect," Bailey, who is based in Geneva, told Arab News. "It lowers pain, cortisol levels, and your stress goes down. It puts you into a more healing state. There are some very specific examples of a physical or medical effect. In the case of sickle cell anaemia in Africa, for example, the malformed blood cells of this genetic disorder clump up like a blood dam in the joints, which causes very painful swelling. So, when you are listening to music that deeply affects you, the dopamine of that aesthetic experience actually dilates the blood vessels, relieving the pain and the swelling."

"The most profound effect, often, is simply helping you cope with midlife and helping you achieve your highest state of physical, mental, and social wellbeing," he continued. "When you listen to a concert or go to a gallery, the endorphins kick in, which actually help support, and reward, a feeling of connection to others. It helps support the building of community. It's one of those things I think we know, intuitively, for thousands of years. But the difference now is that there's an emerging science that shows the mechanism behind it."

Bailey first pitched the initiative – providing health



A deep aesthetic experience has an analgesic effect. It lowers pain and your stress goes down.

facilities and community centres with uplifting forms of art – to the WHO's top official, Dr. Tedros Adhanom Ghebreyesus, when the latter was elected as director-general of the organization in 2017.

"He put out this call to staff for crazy ideas, and my crazy idea was this arts and health program," Bailey recalled. "I basically said, 'We know that data, evidence and information are essential for better decision making, problem solving and saving lives. But we also know that evidence, data and information do not necessarily have much of an impact on people's behavior. To change behavior, you have to have empathy – often in the form of a story. And he agreed.'"

So far, several pilot projects have been launched in countries including Denmark, Italy and Romania. "I went to a children's

mental hospital in Nigeria and I was hearing from the staff that, prior to the installation of these child-friendly murals, often these children would be afraid of the starkness and the sterility of the hospital, and they would immediately start crying," said Bailey. "We didn't predict many of them would later actually ask to have their birthday parties in the hospital."

In October, the initiative made its way to Saudi Arabia with the launch of "Healing Arts Arabia" in Jeddah and Riyadh, in collaboration with the Jameel Arts & Health Lab. Roundtable discussions were held, supported by the Ministry of Health and

Ministry of Culture. No tangible plans and activities have yet been set for the Kingdom, but these initial conversations were, Bailey said, crucial to gaining a better understanding of the Kingdom's infrastructure and for building a long-term strategy.

"There was a wonderful discussion about whether to focus on music, on visual arts, on architecture... And there was one suggestion that I loved, which was, 'Why not focus on poetry?' I love that because I actually don't know of another case that I've experienced around the world where poetry is front and center," Bailey said.

"Saudi is accelerating," he noted. "They have the 2030 vision that they're trying to achieve – a top-to-bottom rethinking of their society. It was interesting hearing from artists, architects, and health professionals about what is opening up and what is still kind of challenging, and nobody necessarily knows what it's all going to turn into. That's the case in all artistic endeavours, but there seems to be an excitement to get on with the journey."

(Top to bottom) Arts and Health Roundtable at the Saudi Ministry of Health in Riyadh as part of the Healing Arts Arabia Activation Week; Rajas Khatib, director general of the Innovation Center at the Saudi Ministry of Health, speaking at the Arts and Health Roundtable; Princess Mishaal Al-Shaban moderating the Arts, Health and Climate panel at Aeon Collective's Tree Library in Riyadh. Images supplied

ARTS & CULTURE

Art champions and health thinkers unite at COP28 for common good



Arts and Health Roundtable at the Saudi Ministry of Health in Riyadh as part of the Healing Arts Arabia Activation Week; Rajas Khatib, director general of the Innovation Center at the Saudi Ministry of Health, speaking at the Arts and Health Roundtable; Princess Mishaal Al-Shaban moderating the Arts, Health and Climate panel at Aeon Collective's Tree Library in Riyadh. Images supplied

Jing Daily Culture

New international laboratory aims to study and promote health benefits of arts activities for individuals and communities



Ground-breaking research series on health benefits of the arts

Outreach Activities



**Jameel Arts
& Health Lab
Signing Launch**



**Jameel Arts
& Health Lab
Global Launch**



**Creative
Brain Week**

**WHO75
Healing Arts
Concert**



**UNESCO
World Art
Day Forum**



**National Arts in
Health Week
Nigeria**



**Los Angeles
County Arts &
Health Week**



**Edge Hill
University
Research Centre
Launch**



**The Healing
Museum Panel at
Newport Global
Summit**



**United Nations
General Assembly
Healing Arts Week**



**Global South
Arts & Health
Week**



**Music and
Motherhood
Meeting**



**Healing Arts
Arabia**



**COP28 Healing
Arts Week**





Jameel Arts & Health Lab Signing Ceremony

Date: 12 December 2022
Location: WHO Regional Office for Europe
 UN City, Copenhagen, Denmark
Lab Role: Partner

The Jameel Arts & Health Lab was inaugurated at a special Signing Ceremony at the WHO Regional Office for Europe in UN City, Copenhagen, on 12 December 2022. The event marks the first agreement of its kind in the history of the WHO, formalizing its commitment to the arts. The signing officiates the alliance between WHO Europe, which has been leading the charge in arts and health, and its global affiliates. Regional Director for WHO Europe, Dr Hans Henri P. Kluge, stated at the event, "Today's agreement signed with Community Jameel to establish an 'Arts & Health Lab' will help WHO to move the needle and mainstream arts and health interventions and social prescribing into health systems across the world."

Featured Participants: Dr Hans Henri P. Kluge (Director, WHO Europe); George Richards (Director, Community Jameel); Cléa Daridan (Cultural Lead, Community Jameel); Rob Butler (Director of Communicable Diseases, Health & Environment, WHO Europe); Katrine Bach Habersaat (Behavioural and Cultural Insights, WHO Europe).





Jameel Arts & Health Lab Global Launch

Date: 27 February 2023
Location: National Arts Club, New York, United States
Lab Role: Organizer

The global public launch of the Jameel Arts & Health Lab was at the National Arts Club in New York, a historical gathering place for creativity and the arts. The venue is testament to the Lab's commitment to artists and arts communities, and was attended by 150 press, cultural leaders, philanthropists, and guests of the four Lab founding partners; the WHO European Region: NYU Steinhardt; Community Jameel; and Culturrunners. Opening remarks were by Jack H. Knott (Dean, NYU Steinhardt) and George Richards (Director, Community Jameel). The Lab's Founding Co-Directors Dr Nisha Sajani, Christopher Bailey, and Stephen Stapleton all made in-person remarks, with Founding Co-Director Dr Nils Fietje contributing via a pre-recorded video. A musical performance by NYU students accompanied an informal reception following the launch. Jack H. Knott said, "We continue to discover how the arts contribute to learning and healing, but we have not yet leveraged the full potential of this research. The Jameel Arts & Health Lab will lead efforts to transcend the disciplinary silos that often prevent researchers, arts practitioners, and policy-makers from working together to advance understanding and impact."

Featured Participants: Fady Jameel (Vice Chairman, Community Jameel); George Richards (Director, Community Jameel); Cléa Daridan (Senior Curator-Culture Lead, Community Jameel); Jack H. Knott (Dean, NYU Steinhardt).

Event Partners: National Arts Club; NYU Steinhardt.



World Health Organization
 NYU STEINHARDT
 Community Jameel
 CULTURRUNNERS

Fady Jameel & Jack H. Knott
Vice Chairman Community Jameel Gale and Ira Drukier Dean NYU Steinhardt

Invite you to attend a special reception
 announcing the international launch of the

Jameel Arts & Health Lab
 Measurably improving health and
 wellbeing through the arts

Founding Directors
 Christopher Bailey: Arts & Health Lead, WHO
 Dr. Nisha Sajani: Founder, Arts + Health @ NYU
 Stephen Stapleton: Founder & CEO, CULTURUNNERS
 Nils Fietje: Technical Officer, WHO Europe

The National Arts Club
 15 Gramercy Park South
 New York, NY 10003

27th February 2023
 11:30am - 1pm
 Check-in starts at 11:15am
 A light lunch will be served
 after remarks.

The Jameel Arts & Health Lab has been established by the World Health Organization (WHO) Regional Office for Europe, the Steinhardt School at New York University, Community Jameel, and CULTURUNNERS. Focused on overlooked and underserved communities, the lab will coordinate and amplify scientific research into the effectiveness of the arts in improving health and wellbeing to drive policy implementation across 193 UN member states.



Creative Brain Week 2023

Date: 6-11 March 2023
Location: Trinity College Dublin, Ireland
Lab Role: Partner

Launched as a series of online and in-person events at Trinity College Dublin, Creative Brain Week 2023 explored and celebrated how brain science and creativity collide to address the challenges of non-communicable diseases. Themes of the week included conflict, imagination, and joy, with sessions by over 100 expert speakers from around the globe, coming together at one of the leading university hubs for the interdisciplinary study of neurology and creativity. The Lab's Founding Co-Directors Christopher Bailey, Dr Nils Fietje, and Dr Nisha Sajjani participated in person, and the Lab's Yazidi Cultural Archives project, which emphasizes the healing role of the arts in post-conflict mental health, was showcased as part of the Creative Brain Week exhibition within the university. Christopher Bailey also spoke at the opening of REALTA, the arts and health headquarters in Waterford, Ireland.

Featured Participants: Dr Linda Doyle (Provost, Trinity College Dublin); Dr Brian Lawlor (Site Director, Global Brain Health Institute); Dominic Campbell (Co-founder, Creative Aging International); Dr Daisy Fancourt (Head of the Social Biobehavioural Research Group, UCL /JAHl Steering Committee Member); Dr Jill Sonke (Director, Research Initiatives in the Center for Arts in Medicine, University of Florida /JAHl Steering Committee Member).

Event Partners: Atlantic Fellows; Global Brain Health Institute; Creative Aging International; Trinity College Dublin; Creative Ireland Programme.





WHO75 Healing Arts Concert

Date: 8 April 2023
Location: Victoria Hall, Geneva, Switzerland
Lab Role: Co-Organiser

As the main cultural event celebrating WHO's 75th anniversary, and World Health Day, the Lab co-organized the Healing Arts Concert, an evening of dance, music, and spoken word that drew a crowd of 1200 to the grand Victoria Hall in Geneva. The event was also an opportunity to express gratitude to the people of Geneva and Switzerland, who have been WHO's generous hosts for 75 years.

Dr Tedros Adhanom Ghebreyesus, Director-General, WHO), was the guest of honour for the evening, which was compèred by Lab Founding Co-Director Dr Nisha Sajnani. Remarks were presented by Marie Barbey-Chappuis, Mayor of Geneva, and Ruth Dreifuss, the former President of Switzerland, among others.

Performances included numbers by world-famous sopranos Renée Fleming and Pretty Yende (both later appointed as WHO Goodwill Ambassadors for Arts and Health), as well as the Orchestre des Nations, violinist Charlie Siem, Scottish Ballet Engagement, and the Global Scrub Choir.

Featured Participants: Dr Tedros Adhanom Ghebreyesus (Director General, WHO); Renée Fleming (Soprano, WHO Goodwill Ambassador for Arts and Health); Pretty Yende (Soprano, WHO Goodwill Ambassador for Arts and Health); Ruth Dreifuss (Former President, Switzerland); Marie Barbey-Chappuis (Mayor, Geneva); Antoine Marguier (Conductor); Rana Sidani (Senior Communication Officer, WHO Eastern Mediterranean).

Event Partners: City of Geneva; Victoria Hall; Open Mind Project.



The Scrub Choir perform during
the WHO75 Healing Arts Concert
at Victoria Hall, Geneva (2023)





UNESCO World Art Day Forum – “Art & Human Dignity: Human Rights and Healing Arts for a Culture of Peace”

Date: 15 April 2023

Location: Virtual

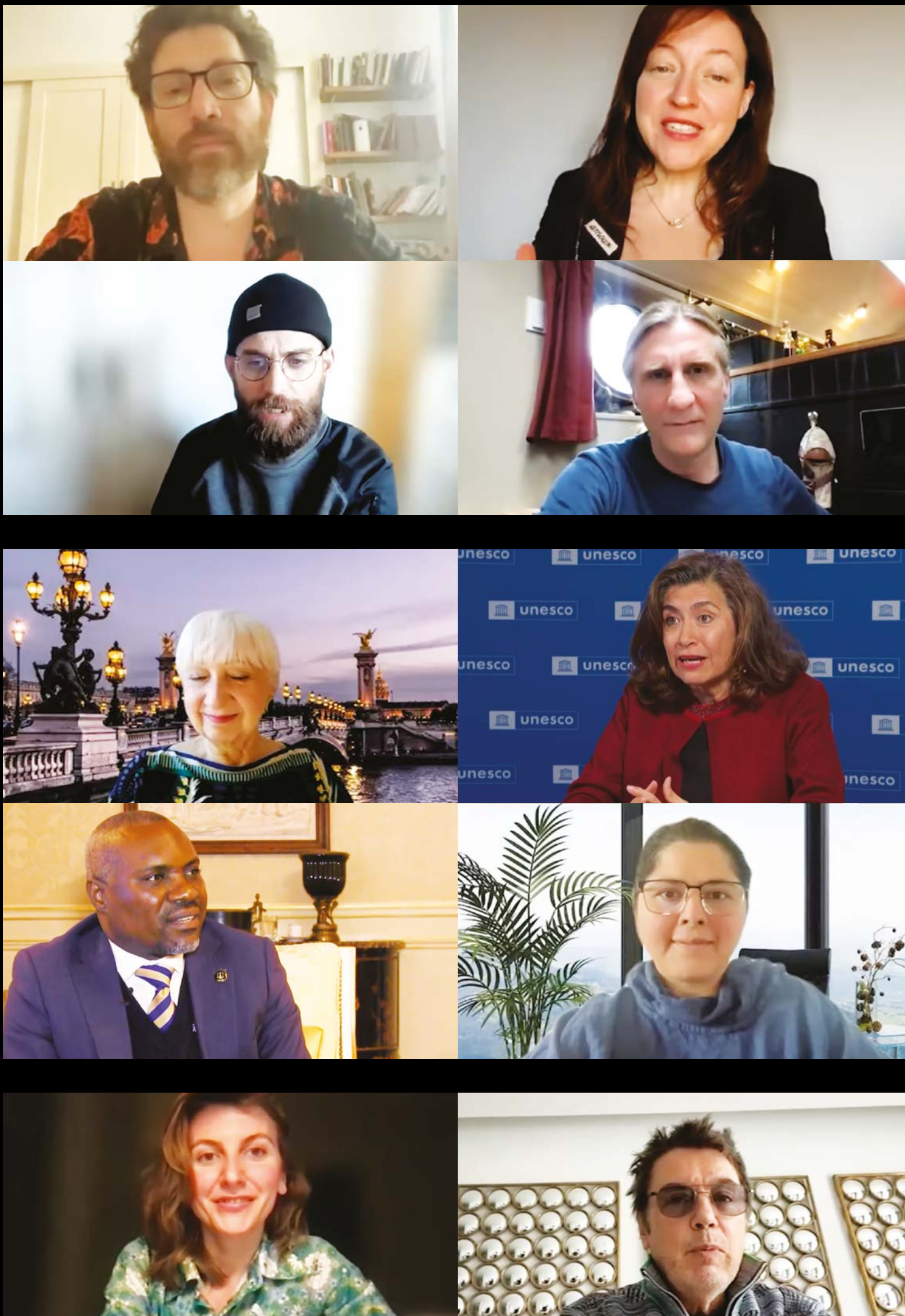
Lab Role: Partner

Under the patronage of UNESCO, in partnership with the Lab, and in collaboration with WHO and the Global Peace Education Network, this forum examined the positive impact of the arts in promoting global peace, human rights, health, and wellbeing. Held on World Art Day, the forum supported UNESCO's mandate to promote the arts as a bridge across differences, and as an enabler for healing and social cohesion, with contributions from over 50 speakers internationally. The day of online talks, presentations and roundtables established the partnership between the Lab and UNESCO, and included appearances by

Featured Participants: Dr Guila Clara Kessous (UNESCO Artist for Peace – Ambassador for Peace of the Universal Circle of Ambassadors of Peace); Gabriela Ramos (Assistant Director-General for the Social and Human Sciences of UNESCO); Dr Vicky Karkou (Director, Research Centre for Arts & Wellbeing, Edge Hill University); Sophie Lessard-Latendresse (Head of the Art and Wellness Development, National Museum of Fine Arts of Quebec); Dr Tony Jenkins (Manager, International Institute for Peace Education, Georgetown University, USA).

Event Partners: UNESCO; Global Peace Education Network.

UNESCO Goodwill Ambassador Jean-Michel Jarre, Nobel Prize laureate Dr Denis Mukwege, philosopher Charles Pépin, and Lab Founding Co-Directors Dr Nisha Sajani and Christopher Bailey.





National Arts in Health Week Nigeria

Date: 8-14 May 2023

Location: Lagos, Nigeria

Lab Role: Partner

National Arts in Health Week Nigeria (NAHWN) was the second edition of this one-week community event exploring how creativity can be used for health and wellbeing. This grassroots-focused effort, spearheaded by Lab steering committee member Kunle Adewale, was established by the Nigerian Ministry of Health in 2021 to engage artists, health practitioners and government representatives, and develop creative health programming in the country and across the region. NAHWN Chair Oyindamola Fakeyesaid, “We are thrilled to bring together a diverse group of artists, healthcare practitioners, researchers, and advocates to celebrate the intersection of arts and health. Our goal is to raise awareness about the arts’ benefits in healthcare and inspire new ideas and collaborations in the field.” Virtual and in-person activities included workshops, film screenings, exhibitions, performances, and panel discussions, with topics such as art in mental health spaces, music in health engagement, and arts and brain health. The event established Lagos as one of the global arts and health hubs in Africa.

Featured Participants: Kunle Adewale (Arts in Medicine Fellowship /JAHN Steering Committee Member); Dr Fakunle David (Associate Professor at Morgan State University); Dr Bodgan Chiva Giurca (Development Lead of the Global Social Prescribing Alliance); Dr Taiwo Lateef (Professor of Psychiatry/ Psychopharmacology at Ahmadu Bello University); Belinda Holden (Managing Director, Yinka Shonibare Foundation); Oyindamola Fakaye (Chair, National Arts in Health Week Nigeria).

Event Partners: Global Arts in Medicine Fellowship; Open Mind Project; Federal Ministry of Health Nigeria.







Los Angeles County Arts & Health Week Summit

Date: 9 June 2023
Location: LA Opera, Los Angeles, California
Lab Role: Partner

As a collaboration between LA Opera, the Los Angeles County Department of Arts and Culture, and the Jameel Arts & Health Lab, The Los Angeles County Arts and Health Week Summit brought together a range of medical experts, arts practitioners, administrators, policy-makers and researchers at the Dorothy Chandler Pavilion, for discussions and presentations exploring how the arts can support health and wellbeing. In conjunction with the summit, a motion by Hilda L. Solis, Los Angeles County Supervisor, First District, was adopted to declare Arts & Health Week in the County of Los Angeles. The county awarded an official commendation to the Jameel Arts & Health Lab and the WHO for its contribution to the arts & health space and its role in the LA County Arts & Health Week. Summit speakers included Renée Fleming, WHO Global Ambassador for Arts & Health and LA Opera's Advisor for Special Projects, and Stacie Aamon Yeldell, author and music psychotherapist, among others. Founding Co-Director of the Lab, Christopher Bailey, delivered the closing keynote speech.

Featured Participants: Christopher Koelsch (President & CEO, LA Opera); Tehvon Fowler-Chapman (Former Vice President, LA Opera Connects); Renée Fleming (Advisor for Special Projects, LA Opera); Rachel Moore (President & CEO, The Music Center); The Honorable Hilda L. Solis (Los Angeles County Supervisor, First District); Kristin Sakoda (Director, Los Angeles County Department of Arts and Culture); Dr Laura Trejo (Director, Los Angeles County Department of Aging and Disabilities); Dr Lisa H. Wong (Director, Los Angeles County Department of Mental Health).

Event Partners: LA Opera Connects; Los Angeles County Department of Arts and Culture.





Edge Hill University Research Centre for Arts and Wellbeing Launch

Date: 20-21 June 2023
Location: Edge Hill University,
Liverpool, UK
Lab Role: Partner

A hybrid in-person and online event at Edge Hill University launched its new Research Centre for Arts and Wellbeing. The programme included performances, workshops, and presentations to mark the centre's founding manifesto, and its recommendations for scaling up place-based arts initiatives. The launch of this Lab-affiliated centre, which has since won a record grant of £2.5 million to help advance the arts and health in youth projects (Arts4Us), showcased groundbreaking new research proving how the arts can tackle health inequalities, with the right policy to back it. The event also highlighted the centre's research into the role of the arts in supporting helping professionals. A keynote speech was delivered by Dr Darren Henley, CEO, Arts Council England, and Professor Vicky Karkou, Director, Research Centre for Arts and Wellbeing, who said, "The work of the centre will benefit a wide range of people including individuals and communities that are disadvantaged or marginalized."

Featured Participants: Dr Darren Henley (CEO of Arts Council England); Alex Coulter (Director of the UK National Centre for Creative Health); Helen Chatterjee (Professor Human & Ecological Health at UCL and Research Programme, Director for Health Inequalities within AHRC/UKRI); Dr Guila Clara Kessous (UNESCO Ambassador of Arts for Peace).

Event Partners: Edge Hill University; Open Mind Project; Arts Council England; UNESCO Artists for Peace; Lived Experience Network and Contemporary Visual Arts Network North West; Arts and Humanities Research Council.





The Healing Museum Panel at Newport Global Summit

Date: 22 August 2023
Location: Newport Art Museum,
 Rhode Island, United States
Lab Role: Co-Organizer

The Lab hosted the opening session of the Newport Global Summit on the impact of the arts on health. Held at the Newport Art Museum, the session explored a future where the health and wellbeing of communities are at the top of the global museum agenda. The panel was hosted by Financial expert John Blaffer Royall, and featured Lab Founding Co-Directors Stephen Stapleton and Dr Nisha Sajani, and Thomas Krens, former Director and Senior Advisor, International Affairs of the Solomon R. Guggenheim Foundation.

Featured Participants: Thomas Krens (Former Director & Chief Artistic Officer of the Solomon R. Guggenheim Foundation); John Blaffer Royall (Chief Business Officer, PMB Capital).

Event Partners: Newport Global Summit; Newport Art Museum; Open Mind Project.





United Nations General Assembly (UNGA) Healing Arts Week

Date: 18-21 September 2023
Location: Various Locations, New York
Lab Role: Organizer

On the sidelines of the 78th UN General Assembly, the Lab held four public and private events that advocated for improved physical, mental, and social health through the arts. These were an art tour at NYC Health + Hospitals Harlem Branch to see powerful murals in action; a high-level arts, health, and climate roundtable at the Lincoln Centre; a WHO75 Wellbeing Concert at Carnegie Hall led by mezzo-soprano Joyce DiDonato; a Healing Arts Reception attended WHO Chief Scientist Sir Jeremy Farrar, among others; and the announcement of the Lab's Lancet global research series.

Sir Jeremy remarked, "For too long we have seen science and the arts as separate endeavours, but these silos were not always so. Through much of human history, the creative interface of different disciplines has been a catalyst for both innovation and healing. So I am delighted that this Jameel Arts & Health Lab-Lancet global series will show the scientific basis of the arts' role in health with rigor, and help position artists and scientists as necessary partners towards health and wellbeing for all."

Featured Participants: Sir Jeremy Farrar (Chief Scientist, WHO); Scrub Choir; Joyce DiDonato (Soprano); Tony Watkins (Pianist); Dr Miriam Lewis Sabin (North American Executive Editor, The Lancet); Clive Gillinson (Executive and Artistic Director, Carnegie Hall); Dr Ashwin Vasan (NYC Health Commissioner); Sarah Johnson (Director of the Weill Music Institute, Carnegie Hall); Larissa W Trinder (Senior Director, NYC Health + Hospitals).

Event Partners: Carnegie Hall; Lincoln Center; The Lancet; Harlem Hospital, NYC Health + Hospitals; Open Mind Project; Aeon Collective.



UNGA HEALING ARTS WEEK
 by the Jameel Arts & Health Lab in collaboration with the World Health Organization

WHO 75 WELLBEING CONCERT
 As part of Carnegie Hall's Wellbeing Series

PRIVATE INVITATION
 An intimate music & wellbeing experience with:

Joyce DiDonato,
 Multi-Grammy Award
 winning Mezzo-Soprano

With pianist **Howard Watkins**,
 Assistant Conductor at the
 Metropolitan Opera

Hosted by:
Matthew Steinfeld,
 Assistant Professor of Psychiatry, Yale School of Medicine

September 20, 2023 - 6PM
 Weill Music Room
 Resnick Education Wing at Carnegie Hall
 154 W 57th St, New York

[RSVP Here](#) This invitation is non-transferable.

The Concert will be followed by a private WHO75 Healing Arts Reception (7-9pm @ Weill Terrace Room) including a special announcement on the Jameel Arts & Health Lab x Lancet Global Series on the Health Benefits of the Arts

THE LANCET

www.jameelartshlab.org | www.carnegiehall.org





Jameel Arts
& Health Lab



CARNEGIE HALL
Weill Music Institute

UNGA HEALING ARTS WEEK
by the Jameel Arts & Health Lab in collaboration with the World Health Organization



75⁺

HEALING ARTS
RECEPTION

PRIVATE INVITATION

September 20, 2023 - 7PM
Weill Terrace Room at Carnegie Hall
881 Seventh Ave, New York

Cocktails and Appetizers

Welcoming Remarks:
Sir Clive Gillinson, Executive & Artistic Director at Carnegie Hall

Special Announcement:
Jameel Arts & Health Lab x Lancet
Global Series on the Health Benefits of the Arts

THE LANCET

[RSVP Here](#)

This invitation is non-transferable



NYC
Health



NYU



CARNEGIE HALL



Open
Mind
Project

www.jameelartshealthlab.org | www.carnegiehall.org

Photo credit: Jeff Goldberg/ESTO





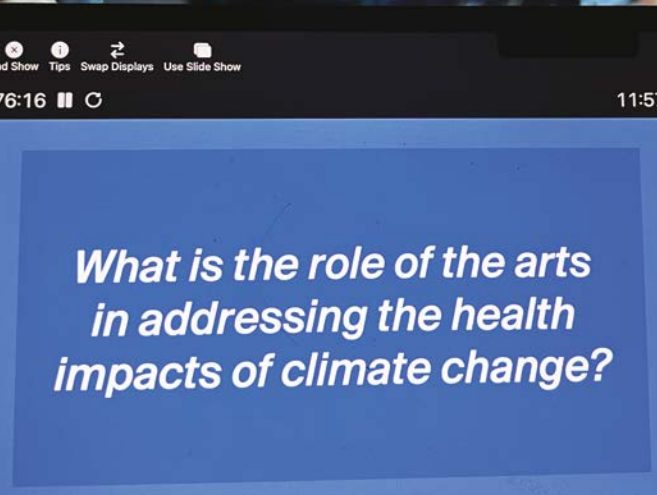
UNGA Healing Arts Week: Arts, Health & Climate Roundtable

Date: 19 September 2023
Location: Lincoln Center, New York
Lab Role: Organizer

The Arts, Health, and Climate Roundtable was held at Lincoln Center in New York City on 19 September. The roundtable brought together artists, scholars, health practitioners, and policymakers to discuss the role of the arts in addressing the health impacts of climate change. Seventy-eight attendees from 47 cultural, academic, community, and governmental organizations, including representatives from the US Department of Energy, Aeon Collective, Consulate General of Denmark, British Consulate in New York, and National Endowment for the Arts joined the conversation.

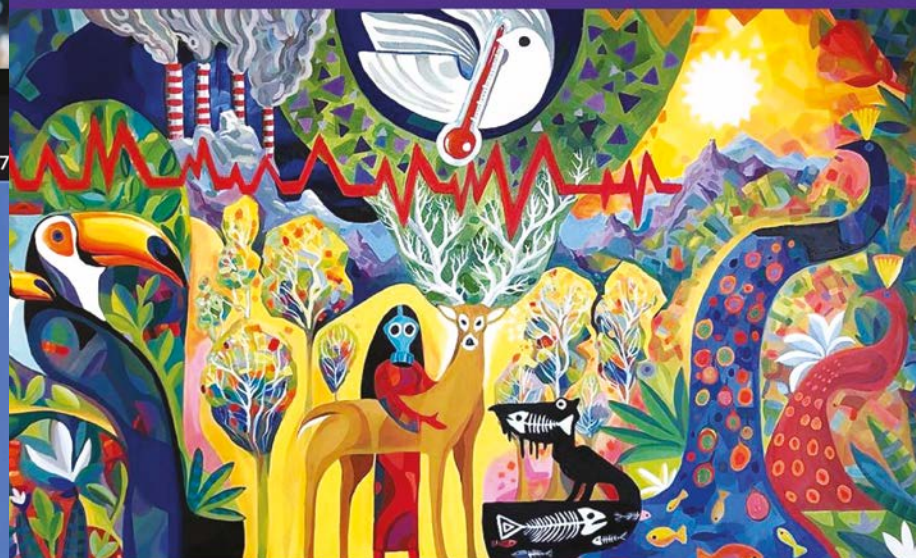
This roundtable was part of a series of events seeking to explore the artistic responses to our escalating and interconnected health and climate crisis. It aimed to strengthen a network for individuals and organizations working at the intersections of arts, health, and climate, and to translate such cultural conversations and research into a policy brief on the role of the arts in mitigating and adapting to the health impacts of climate change.

Featured Speakers: Shanta Thake (Chief Artistic Officer, Lincoln Center for the Performing Arts); Christopher Bailey (Arts & Health lead, WHO / Founding co-director JAHl); H.H Princess Mashael Saud Al Shalan (Founder AEON Collective); Eve Driver (Strategist, U.S Department of Energy); John Cloud Kaiser (Director of Education, Material for the Arts); Molly Braverman (Director, Broadway Green Alliance); Anika Larsen (Board Member, Broadway Green Alliance); Dr Edward Vessel (Assistant Professor of Psychology, City College of New York); Sunil Iyengar (Director, Office of Research & Analysis at the National Endowment for the Arts); Dr Shanaé Burch (One Nation/One Project); Julian Robertson (Actor).



WHO 75 Jameel Arts & Health Lab Lincoln Center

Arts, Health & Climate ROUNDTABLE



Stanley H Kaplan Penthouse, Lincoln Center, New York
 September 19, 2023, 10:30am-1pm

HEALING ARTS



Global South Arts & Health Week

Date: 22-30 September 2023
Location: Various Locations, Cairo, Egypt
Lab Role: Partner

Global South Arts & Health Week (GSAHW) was a five-day convening in Alexandria and Cairo, Egypt, bringing together participants from over 20 countries to advance scientific research, education, and interdisciplinary practice at the crossroads of health and culture in Global Majority areas. Community focused, the event included exhibitions, performances, cultural exchanges, and workshops, and was orchestrated by the Global Arts in Medicine Fellowship Project in collaboration with the Lab.

Kunle Adewale, Lab steering committee member, and Curator and Global Development Lead for GSAHW said of the event, "It is a reminder of how the arts can transcend borders and bring people together for collaboration and community wellbeing. Despite our cultural identity, ethnicity, sexuality, religious affiliation, and socioeconomic backgrounds, GSAHW is a celebration of the inventiveness of our diversity."

Featured Participants: Kunle Adewale (Arts in Medicine Fellowship /JAHF Steering Committee Member); Dr Jill Sonke (Research Director for the Center for the Arts in Medicine, University of Florida /JAHF Steering Committee Member); Dr Hala Samir Eid Sweed (Faculty Vice For Society And The Environment, Ain Shams University); Mona Rakhawy (Professor of Psychiatry, Cairo University).

Event Partners: Open Mind Project; Arts in Medicine Fellowship; Egyptian Institute, Rakhawy Institute; German-Saudi Hospital.





Music and Motherhood: Health Care Innovation Through the Arts

Date: 5-6 October 2023
Location: WHO Regional Office for Europe, Copenhagen, Denmark
Lab Role: Co-Organizer

Hosted by the WHO Regional Office for Europe and the Lab, this international conference at UN City in Copenhagen delved into the relationship between music and motherhood, as well as arts and health and social prescribing more broadly. The largest study of its kind by WHO, Music and Motherhood spanned five cities and engaged participants in four languages, looking at the positive health effects of group singing on new mothers with symptoms of postpartum depression. The conference was attended by the researchers and mothers who participated in the study, as well as Jakob Engel-Schmidt, Danish Minister of Culture, with talks from WHO consultant Ameer Shaheed and researchers Katey Warran and Callum Smith, who presented an overview of the findings, moderated by Lab Founding Co-Director Dr Nisha Sajani. The event, supported by the Central Denmark Region and in collaboration with the Lab and the Behavioural and Cultural Insights Unit at the WHO Regional Office for Europe, explored how WHO European member states could integrate art-based interventions into healthcare practices.

Featured Participants: Jacob Engel-Schmidt (Minister of Culture, Denmark); Robb Butler (Director, Communicable Diseases, Environment and Health, WHO Europe); Jill Sonke (Research Director for the Center for the Arts in Medicine, University of Florida / JAHM Steering Committee Member); Katey Warran (Leverhulme Research Fellow, University of Edinburgh), Anni Syrjäläinen (Senior Advisor at the Nordic Culture Fund); Bogdan Chiva Giurca (Global Lead, National Academy for Social Prescribing); Lorna Greenwood (Head of Scalability, Breathe Arts and Health Research).

Event Partners: Nordic Culture Fund; Central Denmark Region; Breathe Arts and Health Research.





SESSION 3: INTEGRATING ARTS AND HEALTH INTO HEALTH SYSTEMS





Healing Arts Arabia Week

Date: 22–26 October 2023

Location: Riyadh & Jeddah, Saudi Arabia

Lab Role: Co-Organizer

Part of the WHO's 75th anniversary programme, Healing Arts Arabia was a three-day initiative across two cities to mark the launch of a regional programme advocating for improved physical, mental, and social health through the arts. Events included a high-level research to policy roundtable hosted by the Saudi Ministry of Health, an arts, health, and climate panel hosted by Aeon Collective, and a Healing Power of Islamic Art and Architecture tour, accompanied by architect Dr Sami Angawi, of the International Medical Centre in Jeddah and the Hayy Jameel arts complex. A policy roundtable was hosted by Saudi Arabia's Ministry of Health, exploring current and potential strategies for enhancing wellbeing and health outcomes in the nation.

Making use of the Lab's research to drive the meeting, Assistant Saudi Minister of Health Dr Mohammad Al-Abdulaali said, "We are open to accepting evidence-based approaches and practices that deliver healthcare impact, including adding the arts as a way of healing those that are suffering from illnesses. We also believe that the arts could play an important, harmonizing role between physical, mental, environmental, and social health."

Featured Participants: Dr Muhammad Al-Abdulaali (Assistant Saudi Minister of Health); Princess Mashael bint Saud Al-Shalan (Founder AEON Collective); Cléa Daridan (Senior Curator - Culture Lead, Community Jameel); Dr Sami Angawi (Architect).

Event Partners: G20 Global Innovation Hub; Saudi Ministry of Health; Aeon Collective; International Medical Center; Sami Angawi Architects; Open Mind Project.







COP28 Healing Arts Week

Date: 1-3 December 2023

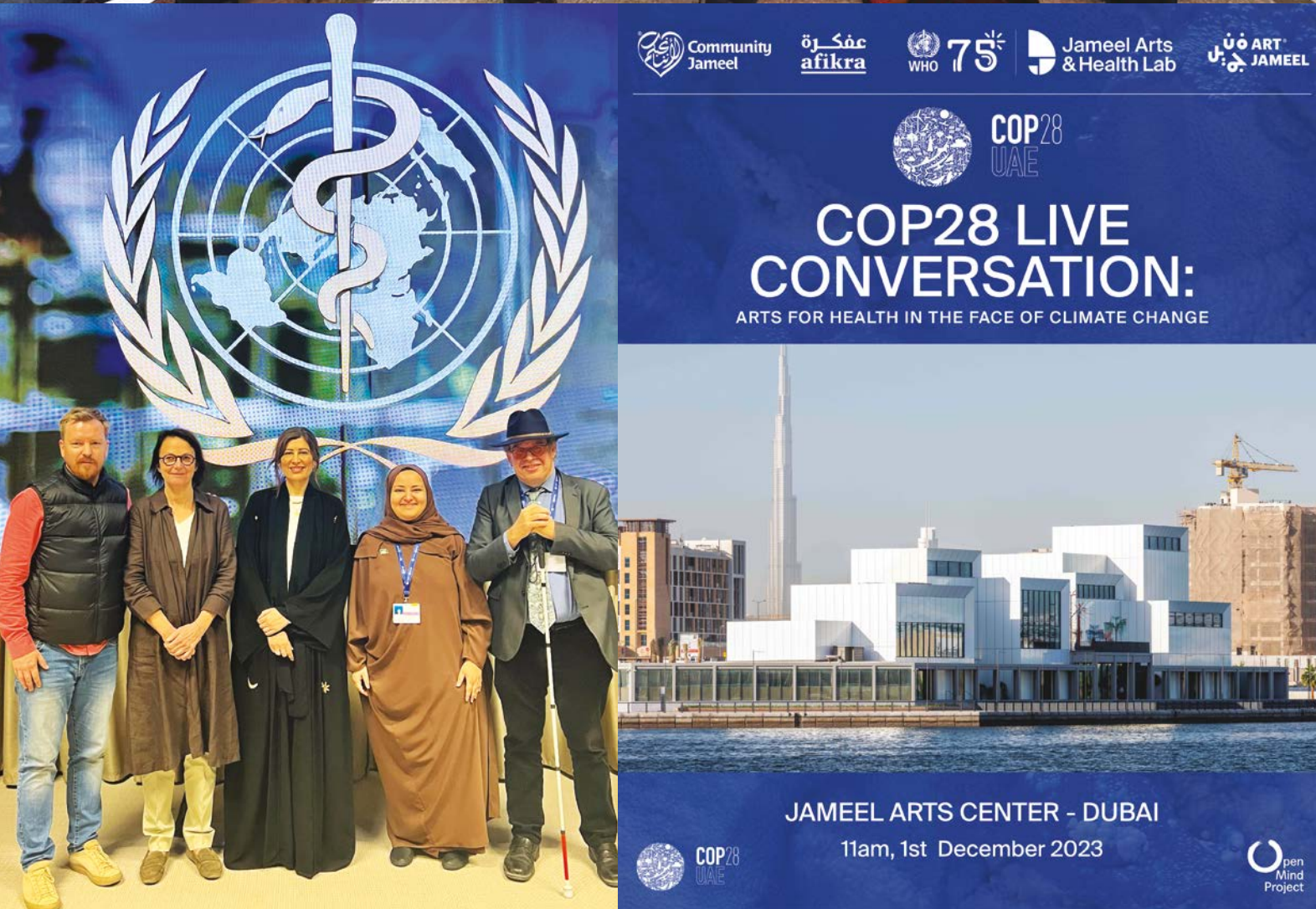
Location: Jameel Art Center / COP28, Dubai, UAE

Lab Role: Co-Organizer

COP28 Healing Arts Week was an official partnership between the Lab and the Conference of the Parties (COP). Over three days, meetings and events amplified the critical influence that the arts can have on both human and planetary health, at the world's largest climate policy convening, in the year of its first-ever dedicated Health Day. Panel talks included Arts for Health in the Face of Climate Change; Safeguarding our Planet: Biodiversity, Climate and One Health; and Arts, Health and Climate: Choreographing a Climate of Wellbeing. A private reception in association with the WHO Foundation at the Jameel residence was attended by, among others, Toyin Saraki, Founding Director, Wellbeing, Anil Soni, CEO, WHO Foundation, and WHO Director-General Dr Tedros Adhanom Ghebreyesus – on the heels of his significant announcement at COP28 that the climate crisis is also a health crisis, declaring: “It’s well overdue that 27 COPs have gone without a serious discussion of health. No more.” Dr Tedros thanked the Lab for leading the way in global arts and health efforts.

Featured Participants: Dr Tedros Adhanom Ghebreyesus (Director General, WHO); Fady Jameel (Vice Chairman, Community Jameel); Princess Mashael bint Saud Al-Shalan (Co-Founder, Aeon Collective); Anil Soni (CEO, WHO Foundation); Dr Marina Romanello (Executive Director of Lancet Countdown); Cléa Daridan (Senior Curator - Culture Lead, Community Jameel).

Event Partners: COP28; Jameel Art Center, Aeon Collective; WHO Foundation; Ikono TV; Open Mind Project; Refik Anadol Studio; Afikra, J-WAFS; Art Jameel; Sharjah Arts Authority.





Jameel Arts & Health Lab 2023 Event Participations

The Lab leadership team contributed to and attended a number of research dialogues, academic meetings, presentations, and conferences throughout the year.

- Museu Nacional D'Art Catalunya, Barcelona, Spain, 23-24 February
- Northern Network for Medical Humanities, Durham, US, 19 - 21 April
- International Drama Therapy Conference, Amersfoort, Netherlands, 4-7 May
- Culture and Mental Health - Practices and Policies, Brussels, Belgium, 23 May
- Biobehavioural Arts & Culture for Health Launch, Pescara, Italy, 12-13 June
- SNF Nostos Conference, Athens, Greece, 22 June
- Music and Mind, Verbier/Saltzberg, Austria, 29 July - 1 August
- American Psychological Association, Washington D.C., US, 3-5 August
- Montreal Culture and Wellbeing Summer School, Canada, 28 August - 1 September
- Ireland Creative Arts Therapies Conference, Dublin, Ireland, 14 October
- Art Therapy Conference, Abu Dhabi, UAE, 17 October
- Intentional Spaces Summit, Washington D.C., US, 9 November
- Arts & NCDs Report Launch, Virtual, 15 November
- United Cities and Local Government Culture Summit, Dublin, Ireland, 28 November - 1 December
- Music as Medicine National Institutes of Health, Washington D.C., US, 14-15 December





Policy





Sunil
Director, Office of

NATIONAL
ENDOWMENT

2023 Policy Overview

The first year of the Jameel Arts & Health Lab marked a number of important policy moments. The Lab sought to establish and deepen support of policy discussions through the co-production of high-level convenings and outreach efforts. Through these actions, the Lab connected local government officials in the US, Ministers of Culture in Denmark, and Ministers of Health in Saudi Arabia, Nigeria, and the UAE with technical experts and WHO officers.

Significantly in 2023, the Lab co-produced two concerts for policymakers to celebrate the 75th Anniversary of the World Health Organization, at Victoria Hall in Geneva, and on the sidelines of the 2023 United Nations General Assembly, at Carnegie Hall in New York.

The Lab's leadership contributed to roundtable discussions during the G20 Global Summit Culture Working Group online session, collaborated with the European Commission on the European Union's comprehensive approach to mental health, and participated in the United

Cities and Local Governments summit. The Jameel Arts & Health Lab's work, in collaboration with WHO, on arts and health in Denmark through the Music and Motherhood project also contributed to the holding of a parliamentary hearing on the benefits of culture and the arts on health.

In the year to come, the Lab plans to deepen support of global policy dialogue on the health benefits of the arts, and strengthen WHO's special relationship with Ministries and Departments of Health across Member States.

The Lab and Aeon Collective leading an arts & health roundtable hosted by Dr Muhammad Khalid AlAbdulaali, Assistant Saudi Minister of Health, during Healing Arts Arabia (2023)





“I am convinced that culture for health interventions will be a part of our health systems in the future.

The question we need to ask ourselves is: how soon do we want this future to be? There are arts and culture interventions for which promising clinical data exists, and work is now needed to translate that knowledge into action, across the globe.”

Dr Nils Fietje

Founding Co-Director: Jameel Arts & Health Lab
Technical Officer: Behavioural and Cultural Insights
Unit, WHO Regional Office for Europe





WHO Goodwill Ambassadors for Arts & Health

The Jameel Arts & Health Lab celebrated the appointment of acclaimed soprano singers Renée Fleming and Pretty Yende as WHO Goodwill Ambassadors for Arts and Health.

The announcement was made as part of WHO's 75th anniversary commemoration during the 76th World Health Assembly in Geneva, in May 2023. The appointments follow Fleming and Yende's captivating performance during the WHO75 Healing Arts Concert at Victoria Hall, in which they each performed solos and shared a duet accompanied by L'Orchestre des Nations.

Yende said, "I hope to help establish a foundation for continued investigation into the arts being a fundamental ingredient in improving our physical, mental, and social wellbeing. I am grateful to WHO for paving the way for new research and providing their global platform to spread the word and generate research on the connection of arts and health."

Fleming said, "Every day, advances in neuroscience and clinical research reveal more about the benefits of arts therapies, experiences, and education, with implications for wellbeing throughout the human life span. However, we have only just begun to realize the amazing potential of this work, and I look forward to expanding awareness and access as a WHO Goodwill Ambassador."





World Health
Organization
REGIONAL OFFICE FOR Europe

Arts and health: supporting the mental well-being of forcibly displaced people

When you don't have anything to do, when there's no hope on the horizon, you lose your creative abilities. But with the theatre group, we became creative again. We stopped being so depressed, because we would think ahead to the next meeting, and talk about what we would create. The theatre gave us a few hours of freedom. It changed our mental health and our physical health.

– Nouredin Musa

Asylum seeker from Darfur, Sudan¹

Key points

- Globally, an estimated 84 million people were forcibly displaced in 2021. In the first half of 2022, more than 13.5 million people have had to leave their homes because of the war in Ukraine alone.
- Arts activities can play a role in psychological, behavioural and social processes that are linked with improved mental well-being, such as supporting the preservation of personal identity, heritage and experience.
- Engagement in arts activities can positively impact forcibly displaced people, as well as their host community, by promoting social inclusion, social cohesion, social acceptance and belonging.
- Artistic expression is an indicator of and a contributor to vibrant, resilient and healthy societies. Therefore, investment in the arts means investment in the well-being and social cohesion of both forcibly displaced people and their host communities.



Policy Briefs

In 2023, the Lab set forth a vision for a series of arts and health policy briefs. These briefs will aim to make evident the intersections between the arts and health field and priority policy areas.

This series will build on the first policy brief, which was produced by WHO Regional Office for Europe in July 2022, in collaboration with NYU Steinhardt, University College London, and the University of Oxford. The brief, entitled *Arts and Health: Supporting the Mental Wellbeing of Forcibly Displaced People*¹⁴, was prepared in response to the growing number of forcibly displaced people across the world, including political refugees due to the recent war in Ukraine. It presented existing evidence surrounding the arts and mental wellbeing for forcibly displaced people, provided case examples of arts interventions working at these intersections, and outlined policy recommendations.

The policy brief series will be aimed for uptake within the health sector, while also seeking to make connections with the different sectors involved in each given issue (e.g. culture, community development, social support, environment and climate change, migration, agriculture, education, etc). The Lab plans to focus the forthcoming series of policy briefs on a number of relevant health topics, including the arts, health and climate; arts and brain health; arts and helping professionals; and arts and health in the digital space.

¹⁴ World Health Organization. (2022, July 6). *Arts and health: supporting the mental wellbeing of forcibly displaced people*. <https://www.who.int/europe/publications/m/item/arts-and-health--supporting-the-mental-wellbeing-of-forcibly-displaced-people>



Capacity Building





2023 Capacity Building Overview

In its first year, the Jameel Arts & Health Lab developed internal capacity to mobilize a global arts and health movement by establishing three offices, in New York (NYU), London (Culturunners), and Copenhagen (UN City - WHO Europe), a geographically and intellectually diverse eight-member steering committee, and engaging core administrative, research, and communications personnel.

In 2023, the Lab strengthened relationships with the wider research community by convening international communities of practice (CoP), including a 56-member Jameel Arts & Health Lab-Lancet Global Series research team. The Lab laid the groundwork for new CoPs in 2024, including networks focused on specific health topics and settings, such as a hospital mural CoP for practitioners, researchers, and healthcare administrators involved in this practice, to coincide with the HoME research project.

Finally, In partnership with affiliated researchers and educators at University College London and the University of Florida Center for Arts in Medicine, the Lab inaugurated 3 Jameel Arts & Health Global Majority Scholarships to enable participants from the Global Majority to participate in a training on the best practices in arts and health evaluation and research.





Conclusion





Building Strong Foundations

The Lab's founding partners have joined forces to provide leadership for the arts and health field through the establishment of the Jameel Arts & Health lab, leading to significant achievements in its first year.

By connecting individuals and organizations who are passionate about the role of the arts in wellbeing, the Lab has fostered a sense of community, inspired artists to see themselves as producers of health and wellbeing, validated the experiences of practitioners who often report feeling isolated, and empowered researchers to make a greater impact. This inclusive environment has laid the foundation for cultivating relationships worldwide, and created platforms that elevate the voice and work of arts and health practitioners and researchers across disciplines.

However, challenges remain. Particularly in securing increased investment to grow capacity from the Lab, which would drive impact in the wider field. The Lab will continue to explore creative fundraising opportunities within the public and private sector, in order to expand resources for arts and health research, outreach, and capacity-building activities globally.

Additionally, there are opportunities to strengthen the relationship between the Lab and the World Health Organization, through closer collaboration and association. This requires strategic engagement and negotiation from all Lab founding partners. Looking ahead, the future of the arts and health field lies in rigorous research, bold leadership and intersectoral policy collaboration across culture, education, health and related sectors, in order to regulate and finance the implementation and scaling of effective interventions, particularly in under-resourced communities and low and middle income countries. To fully realize the potential of the arts to improve the lives of millions of people worldwide, it is essential to mobilize and incentivize a movement which engaging with the arts and aesthetic experiences is understood as essential to wellbeing in our everyday lives - in our schools, at our places of work, across the lifecourse.

Creed Martin; Work No. 3435: Everything Is Going To Be Alright 2020; Neon: 44 x 1250 cm / 17 3/8 x 492 1/8 inches; © Martin Creed. All Rights Reserved. DACS 2024. Courtesy of the artist and Houser & Wirth. This image has been chosen as the cover for Healing Arts Scotland 2024



2024 The Year Ahead

Our inaugural year was full of exciting opportunities and exponential growth. Of course, the Lab will continue to grow in 2024, but we will also look to consolidate the work we have started across the Lab's four pillars. In particular, our focus will be to make new connections, drive investment, and build research and outreach capacity with a focus on the Global Majority.

Research

A number of key research projects will continue to occupy the Lab, including the HoME study and the Lancet Global series. The Lab will focus on youth mental health through a number of key research activities, with an emphasis on underserved communities. This includes developing an arts and health project for youth mental health in Greenland; supporting the implementation of PreTexts intervention in Kenya; and collaborating with the Arts4Us project at Edge Hill University.

In addition, the Lab will launch an affiliate research network to leverage relationships with its academic and institutional partners, to increase the number of rigorous evaluations of arts-based interventions each year. The Lab will expand personnel, including a postdoctoral associate to support current research projects and increase research engagement and representation from the Global Majority. Finally, the Lab will invest in an arts and population health research fellowship to lay the groundwork for the next major WHO report on arts and health, which is expected to be published in 2026.





Outreach

2024 will see the launch of the Lab's new website, a valuable resource for the global arts and health field, and a comprehensive archive for all the Lab-related work. Lab films will include a new trailer and NCD-focused short documentary about communities in India and Nigeria.

The Lab will formalize the Healing Arts model as its primary outreach brand, which will encompass annual activations during the UN General Assembly in New York and COP29 in Azerbaijan, as well as the first nationwide Healing Arts activation in Scotland. Healing Arts Scotland will be promoted via a dedicated microsite and multi media marketing campaign creating a replicable template for future activations. Healing Arts events will focus on expanding engagement with arts and health leaders in low and middle income countries, as well as on underrepresented health topics. Specifically, we will work with partners around the world to identify and uplift priority health areas in their local regions, such as the topic of racism as a public health crisis in the US, and with partners around the world on topics related to current Lab research initiatives. The Lab will also lay the groundwork for activations in Global Majority areas with a specific focus on South America and Asia in 2026.

Policy

The Lab will work with policy partners to discuss regulation that expands access to arts engagement and creative arts therapies including: hosting a caucus for arts and health leaders across the United States in advance of the first White House summit on the Arts

and Wellbeing; supporting the European Commission's Open Method of Coordination expert group meetings, at which Member States will deliberate EU-wide recommendations to promote culture for health; and laying the groundwork for a WHO resolution on arts and health in 2025.

The Lab will also expand its personnel to include a coordinator to oversee the regular creation of thematic policy briefs that translate available evidence for a policy audience. Each brief will reflect current areas of Lab activity and areas of global interest and concern. These briefs will include: 1) the role of the arts in addressing the health impacts of climate change, 2) the role of the arts in brain health, 3) the role of the arts in supporting the wellbeing of health care professionals, and 4) the role of the arts in digital health.

Capacity Building

The Lab will develop Communities of Practice connected with our major research initiatives to grow our network and facilitate exchange. The Lab will continue to sponsor a Global Majority Scholarship to support the participation of Global Majority practitioners in an annual arts and health research intensive in collaboration with University College London and the Center for Arts and Medicine at the University of Florida. The Lab will also develop a signature arts and health training program through NYU Steinhardt to offer professionals from cultural and health institutions the opportunity to deepen their learning about the arts and health and to support implementation of bespoke programs.



Image Credits

Cover NYC Health + Hospitals/Harlem, Artwork
Page: by Angel Garcia. Courtesy of NYC Health + Hospitals Arts in Medicine department.

Inside Dr Tedros Adhanom Ghebreyesus, Director
Page: General, WHO speaks at the Executive Board on the COVID-19 outbreak in Geneva, Switzerland. Photo by Christopher Black (2021), courtesy of WHO.

Page Participants at a Music and Motherhood
2-3: group session at Cluj Cultural Centre, Romania (2022). Image courtesy of Cluj Cultural Centre.

Page Performers at the WHO75 Healing Arts
6-7: Concert. Photo by Antoine Tardy (2023), courtesy of WHO.

Page A participant in a Yazidi Cultural Archives
10: art workshop, Kurdistan Region, Iraq (2022). Image courtesy of Yazda.

Page Yinka Ilori, Atrium Detail, Springfield
12: Hospital. Photo by Damian Griffith (2022), courtesy of Hospital Rooms.

Page Dr Nisha Sajnani speaks at the Healing
16: Arts Reception, Carnegie Hall's Weill Music Institute. Photo by Fadi Kheir (2023), courtesy of Carnegie Hall.

Page Joyce DiDonato performs alongside
20-21: Howard Watkins, WHO75 Well-Being Concert, Carnegie Hall's Weill Music Institute, as a part of UNGA Healing Arts Week. Photo by Fadi Kheir (2023), courtesy of Carnegie Hall.

Page Scottish Ballet Engagement performing at
24: the WHO75 Healing Arts Concert. Photo by Antoine Tardy (2023), courtesy of WHO.

Page Christopher Bailey speaks at the Healing
28: Arts Reception, Carnegie Hall's Weill Music Institute. Photo by Fadi Kheir (2023), courtesy of Carnegie Hall.

Page Yaba Home for the Elderly, Lagos (2023).
34: Image courtesy of National Arts in Health Week Nigeria.

Page NYC Health + Hospitals/Lincoln, Artwork
36: by Arantxa Rodriguez. Image courtesy of NYC Health + Hospitals Arts in Medicine department.

Page • Jameel Arts & Health Lab - Lancet
38: Series On The Health Benefits of the Arts: A terminally ill patient views a painting by Rembrandt at Rijksmuseum, Amsterdam (2015). Image courtesy of Ambulance Wens.
• Music and Motherhood Toolkit: Participants at a Music and Motherhood group session at Cluj Cultural Centre, Romania (2022). Image courtesy of Cluj Cultural Centre.
• Arts Practice & Ethics of Care: Image courtesy of Lisa Ndejuru, n.d.

Page • Yazidi Cultural Archives Study:
39: Malaeen, a participant of the Yazidi Cultural Archives initiative, during an art workshop, northern Iraq (2021). Image courtesy of Yazda.
• Arts in Medicine Project/ Hospital Mural, Pediatric Ward, Lagos University Teaching Hospital (2018). Image courtesy of National Arts in Health Week Nigeria.
• Use of Participatory Theater to Reduce Discrimination in Healthcare: Photo by Logan Michaelson, courtesy of Health, Art and Justice Lab at Brock University.

Page Jack H. Knott speaking at an event.
40: Photo by Ling Luo (2020).

Page A terminally ill patient views a painting by
43: Rembrandt at Rijksmuseum, Amsterdam (2015). Image courtesy of Ambulance Wens.

Page Sir Jeremy Farrar speaks at the Healing
44: Arts Reception, Carnegie Hall's Weill Music Institute. Photo by Fadi Kheir (2023), courtesy of Carnegie Hall.

Page Participants at a Music and Motherhood group
46: session at Cluj Cultural Centre, Romania (2022). Image courtesy of Cluj Cultural Centre.

Page • Top: Untitled (italicize) by Rafael Mayani,
48: Ljubljana, Slovenia (n.d.). Image courtesy of Nordic Art Initiative.
• Bottom Left: Mural painting. Photo by Jochi Photography, courtesy of The Art of Healing
• Bottom Right: Tim A Shaw and Hellingly Centre service users, Hellingly Tapestry, Hellingly Centre Mental Health Unit. Photo by Damian Griffiths, courtesy of Hospital Rooms

Page King of Fishes (italicize title), Montreal,
50: Canada (2010). Photo by David Ward, courtesy of Lisa Ndejuru.

Page A participant in a Yazidi Cultural Archives
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						Page 132:	Creed Martin, Work No. 3435, Everything is Going to be Alright, 2020, Neon, 44 x 1250 cm / 17 3/8 x 492 1/8 inches, © Martin Creed. All Rights Reserved, DACS 2024, courtesy the artist and Hauser & Wirth.
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