



ReInHerit WEBINAR



“Reinventing museums and their evolving role
in physical and mental wellbeing”

12 July 2023 | 3:00-4:00 pm (CET)





Reinventing museums and their evolving role in physical and mental wellbeing

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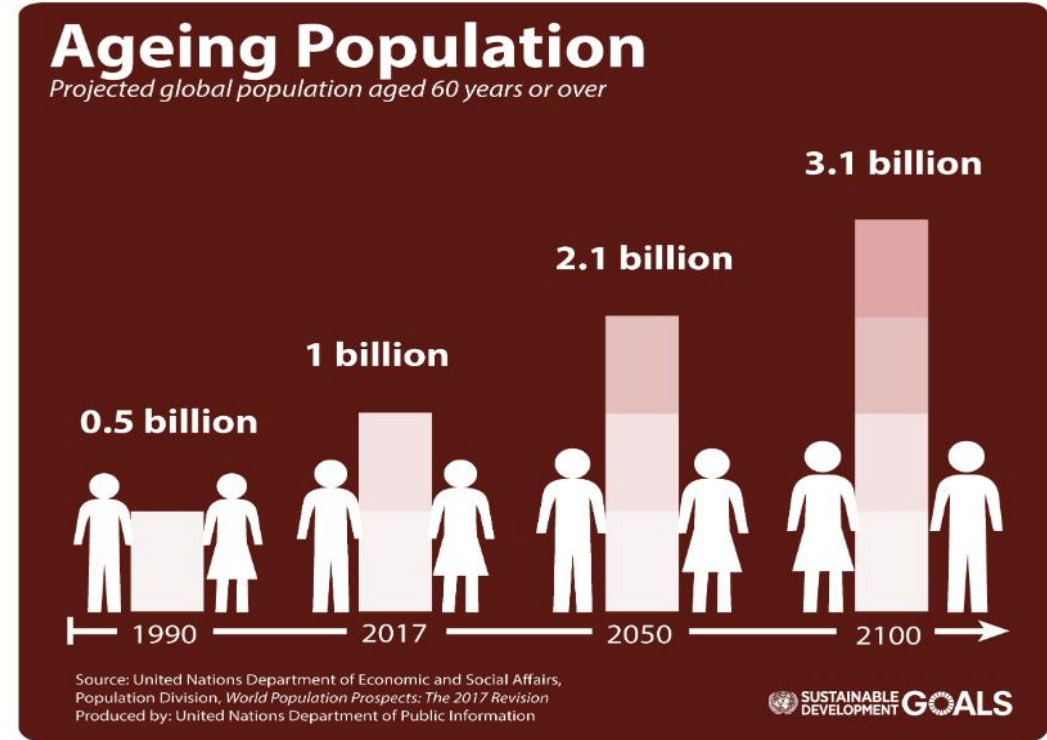
- Introduction
- The problem: increased prevalence of mental and physical chronic disorders
- The new role of museums
- Literature review
- Conclusions



Introduction

An aging population

- Between 2015-2050, the proportion of the global population over 60 years of age will double **from 12%** (1.4 billion people) **to 22%** (2.1 billion people) (WHO, 2023)
- 80% of the elderly will be living in low- and middle- income countries by 2050 (WHO, 20223).



<https://www.un.org/ar/desa/world-population-prospects-2017-revision-ageing-population>

Introduction

An aging population

- Changing demographics towards an aging population pose a challenge to:
 - **the health care systems**
 - **families**
 - **governments**
 - **the individuals themselves**



Introduction

An aging population

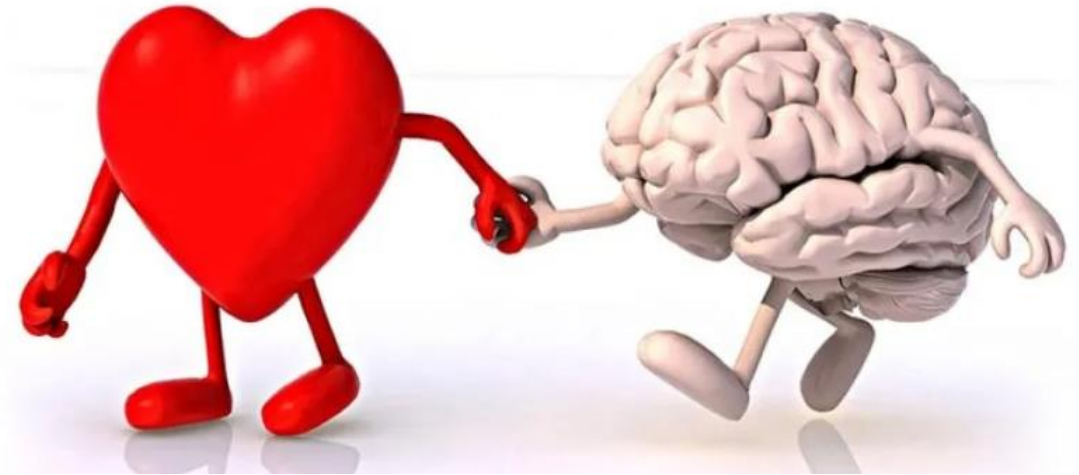
- Ageing is associated with:
 - a decrease in physical and mental capacity
 - an increased risk of developing physical and mental diseases
 - a higher rate of and duration of hospitalisation and feelings of social isolation (NIH, 2021; WHO, 2023)



Introduction

The increased prevalence of mental and physical chronic diseases

- Due to the aging population, the incidence and prevalence of mental and physical chronic diseases is increasing globally (NAMI, 2022)



Introduction

The increased prevalence of mental and physical chronic diseases

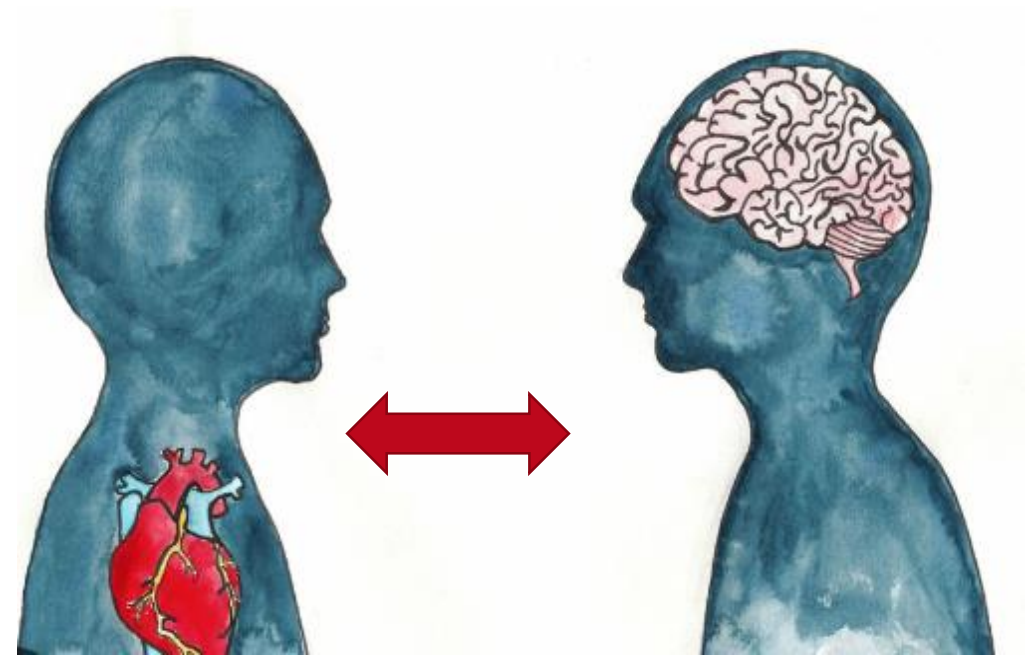
- The National Alliance on Mental Illness states that in the year 2020, **21% of the adult population in the United States suffered from mental illness** (NAMI, 2022)



Introduction

Depression

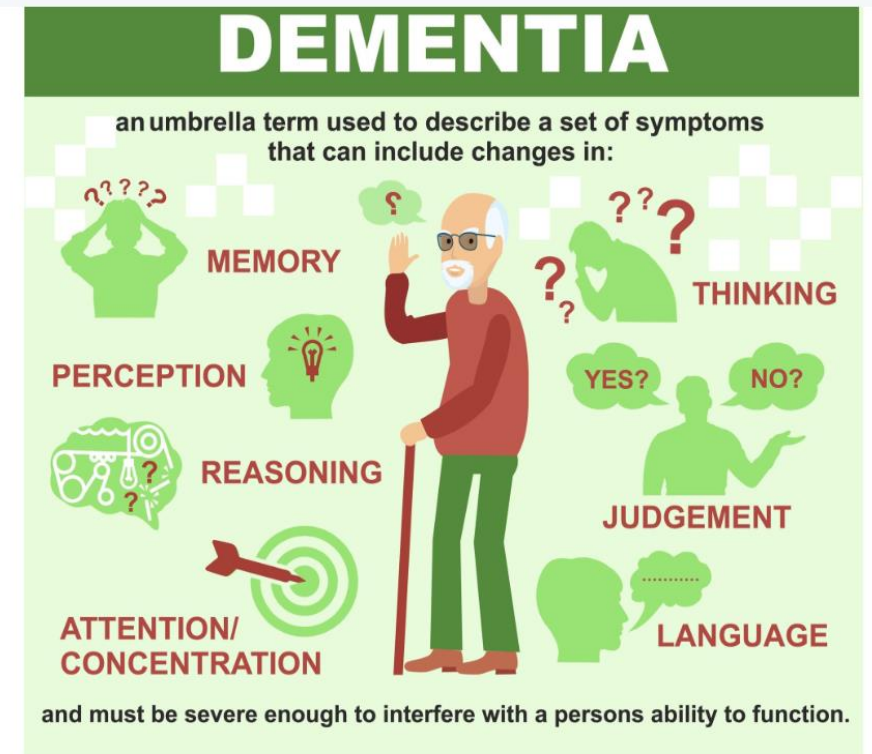
- Mood disorder that causes a persistent feeling of sadness and loss of interest
- People suffering from depression have a **40% higher risk of developing cardiovascular and metabolic diseases** when compared to the general healthy population (WHO, 2023)



Introduction

Dementia

- Clinical syndrome characterized by progressive cognitive deterioration and inability for the individual to live independently
- No current cure available
- **46 million people** worldwide are living with dementia, and this number is expected to double every 20 years
- **Global emergence of the dementia epidemic**
(WHO, 2023)



Introduction

Cancer

- **The second-leading cause of death in the world**
- A group of diseases characterized by the development of abnormal cells that divide uncontrollably, destroy normal body tissue and spread throughout your body
- Aggressive treatment can result in long-term psychological damage to the patients
- **Urgent need to develop mechanisms to support the psychological wellbeing of the patients** (Siegel, 2017; WHO, 2023)



Introduction

The Problem: increased prevalence in physical and mental health conditions

- Governments especially of low- to middle- income countries are struggling to respond abruptly and appropriately to the increasing prevalence in physical and mental health conditions and associated increase in health care costs
- It is vital to find an easier and more **cost-effective method** for these countries to tackle this situation (Prince, 2013)



Can museums find their role in health?



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Cultural Sustainability: The international *momentum*

According to the UN's 17 Sustainable Development Goals,

cultural sustainability is now considered to be the 4th pillar of sustainable development; this connection allows cultural heritage organizations to find their place in the global agenda and helps them demonstrate their relevance and impact



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Cultural Sustainability:

The international *momentum*

- Culture can be a powerful driver for development with community-wide social, economic and environmental impact
- Having a more active role in society, is essential for the long-term sustainability of cultural heritage organizations
- Engaging with contemporary concerns such as public health provides a sense of relevance that has clear and immediate benefit for communities
- Cultural heritage, cultural and creative industries, sustainable cultural tourism, and cultural infrastructure if combined with medical humanities or medical tourism can serve as strategic tools for revenue generation, especially in countries with rich cultural heritage and substantial HR resources



UNESCO's Thematic Indicators for Culture

1) **Environment & Resilience** (Sustainable Tourism Management, Cultural and Natural Heritage, Climate & Disaster Resilience, Recover of Stolen Assets, Inclusive public spaces)

2) **Prosperity & Livelihoods** (Jobs, entrepreneurship & innovation, Policies for ^{[[1]]}SEP sustainable tourism, Cultural & natural heritage, Differential treatment on trade, Increase Aid for Trade)

3) **Knowledge & Skills** (Skills for employment, Jobs, entrepreneurship & Innovation, Skills for sustainable development)

4) **Inclusion and Participation** (Social inclusion, Prevention of violence, Access to information technologies, Participatory decision-making)



Themes discussed in literature

Cognitive health

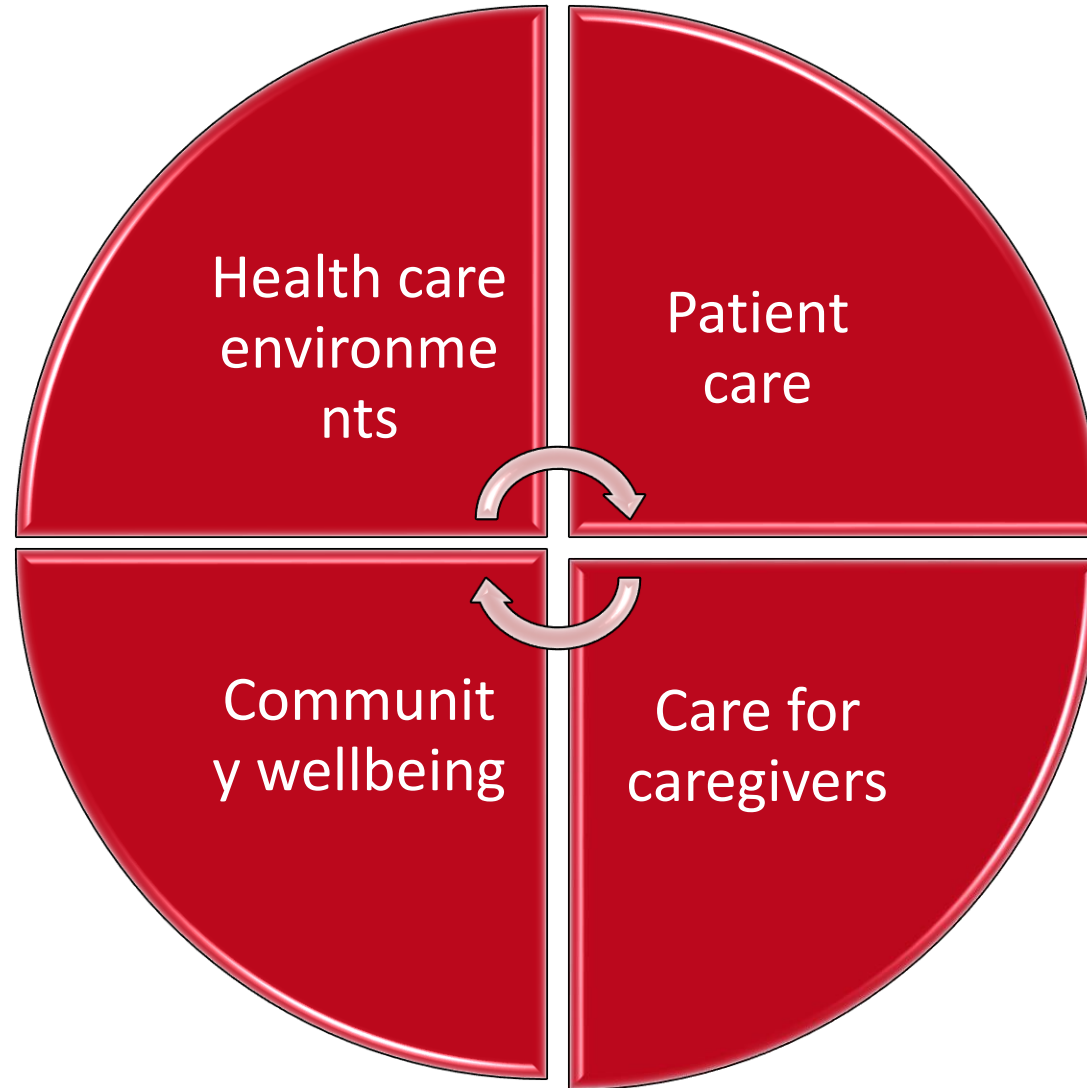
- Wellbeing
- Possession studies
- Socialization

Sociological health

- Heritage and Diet
- Exercise and the built environment
- Health Concerns

Social issues

- Public welfare and good
- Social justice
- Public policy
- Culture



Arts, Health and Well-being

The arts can make a powerful contribution to health and well-being. There are many examples and much evidence of the beneficial impact they can have

There are resources, findings and useable data that show the effectiveness of the arts in promoting and improving people's health and well-being



Programmes emerging as the most common ways people engage with the arts in health



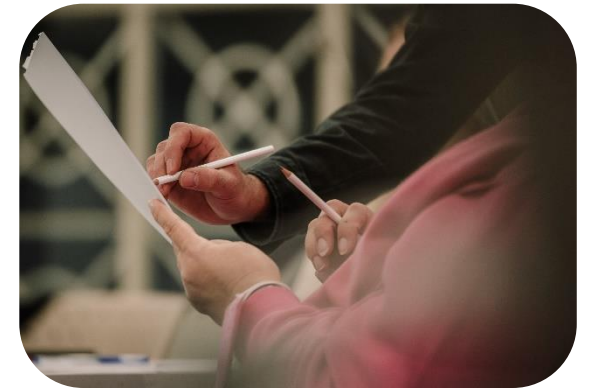
music engagement



visual arts



movement-based
creative expression
/drama classes



expressive writing /
storytelling

Sustainability

ICOM is focusing more and more on the role that museums can play in solving urgent global challenges (such as health, climate change, risk management, migration)

The aim is to create healthy just societies in which its members live with ecological integrity



Introduction

An evolving role for museums?

- The International Council of Museums' resolution (ICOM 2019) highlights the contribution of museums to sustainable development;
- Museums should tackle diverse and challenging areas such as populism and ageing societies focusing on themes like inclusion, **health and wellbeing**



Introduction

An evolving role for museums?

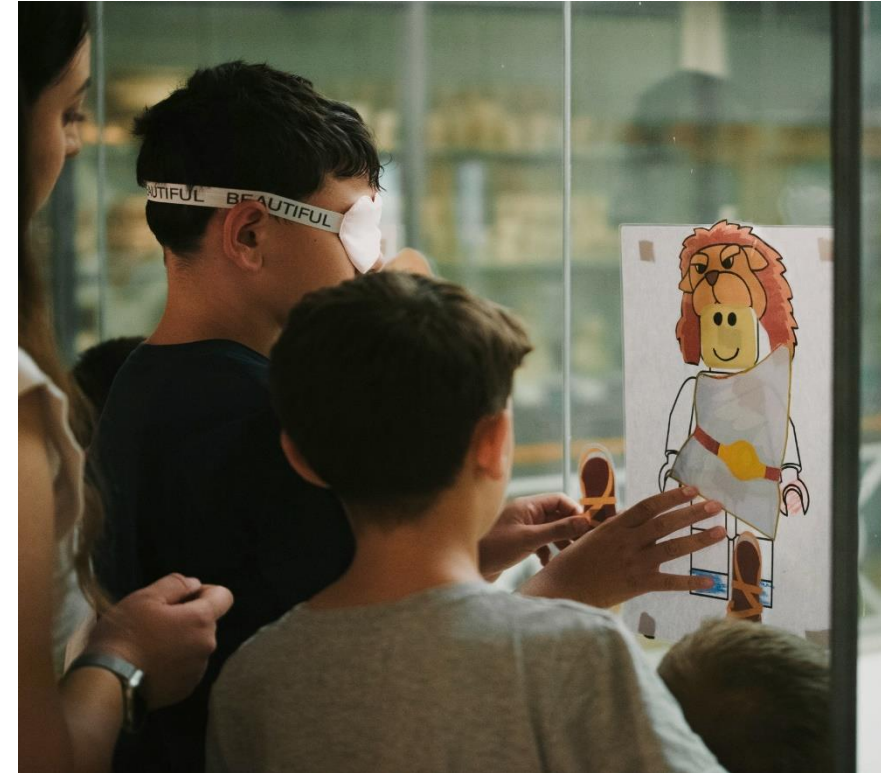
- Museums may be integrated into the lifestyle of patients suffering from chronic conditions due to their value in offering **non-pharmacological therapeutic methods** to improve the **patient's experience with disease**



Introduction

An evolving role for museums?

- The interactive environment of museums may have positive health outcomes not only **for patients with chronic diseases** but also for improving the **wellbeing of elderly and younger populations**



Aim of Literature Review

- To explore primary studies that have investigated the impact of museums and art-based interventions on:
 - **The management of patients suffering from chronic diseases**
 - **The physical and mental wellbeing of young and elderly populations**



Methodology

- Conducted search:
 - **Using numerous databases** (e.g. PubMed, EBSCO host, ProQuest)
 - **Using specific search strategy**
 - **Period:** 2009-2023
 - **Inclusion criteria:**
 - Peer-reviewed original articles
 - Published in the English language
 - Address the aim



Studies

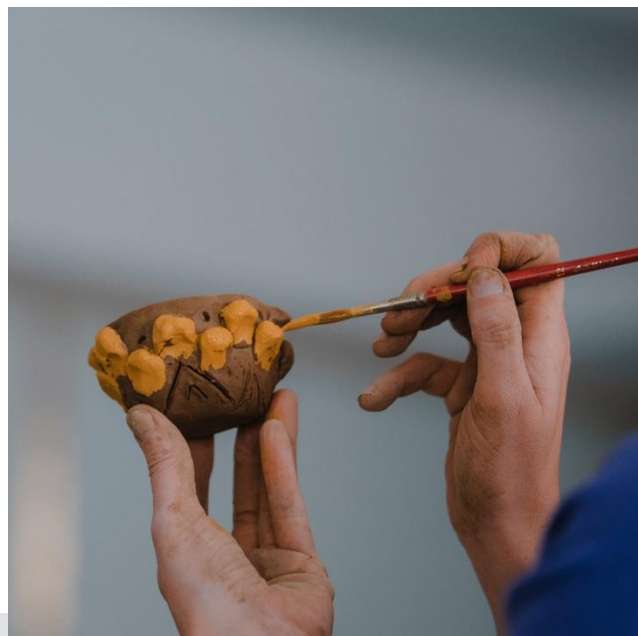
- 23 studies in total:
 - 12 studies: participants with **mental health and physical impairment**
 - **Mental health patients and addiction recovery participants: 3**
 - **Dementia patients: 6**
 - **Cancer patients: 3**
 - 1 study: participants were **hospitalised patients**
 - 10 studies: participants were **young and elderly individuals**



Methodology of studies

- **Art-based interventional studies with small number of participants**
 - Participation in sessions at the museum
 - Object handling
 - Arts and craft activities
 - Creation of art
 - Nature based activities
- **One cohort study**
- **Quantitative and qualitative analysis**
 - Questionnaires
 - Interviews
 - Focus groups and thematic analysis





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Results and Conclusions of Studies

Mental health and addiction recovery participants

- Creative museum activities:
 - increase the participants' levels of confidence, sociability and wellbeing
 - promote inclusion and well-being
 - can empower patients experiencing disabilities or mental health conditions
- Creative green prescription programmes which use arts and nature based activities:
 - have many benefits on the psychosocial wellbeing of adult mental health service users



Results and Conclusions of Studies

Dementia patients

- Museum-based art interventions improve:
 - Social inclusion
 - Engagement
 - Cognitive processes of attention and concentration
 - Subjective wellbeing, mood and quality of life



Results and Conclusions of Studies

Cancer patients

- Cancer patients can benefit from art therapy:
 - They can find creative ways to deal with any pain
 - Strengthens their ability to be goal-orientated
 - Improves their personal growth
 - Enhances their overall well-being, mood and health



Results and Conclusions of Studies

Cohort study on association between attendance of cultural events and mortality (Bygren et al., 2009)

- **Aim:**
 - To examine the relationship between attending cultural events and cancer-related mortality
- **Method:**
 - A cohort of 9011 participants (selected from Swedish Survey of Living conditions) who were free from cancer were followed for 12 years
 - The outcome measure was mortality
- **Results:**
 - **Rare and moderate attendees of cultural events were 1.5-3.2 times more likely to die of cancer compared to frequent attendees of cultural events**

Bygren, L.O., Johansson, S.E., Konlaan, B.B., Grjibovski, A.M., Wilkinson, A.V. & Sjöström, M. (2009). Attending cultural events and cancer mortality: A Swedish cohort study. *Arts & Health*, 1(1), 64-73.



Results and Conclusions of Studies

- Hospitalised patients
-
- Art based interventions can increase the levels of:
 - **positive emotions**
 - **wellbeing and happiness of hospitalised patients**



Results and Conclusions of Studies

Young individuals

- Museums need to be more **youth centered**
- Perception and recall abilities of youth individuals can be improved with the addition of a **young educator**
- **Play based learning** can be a significant design element for museums
- Visits to museum can strengthen the **cognitive learning** of students between ages 7- 9
- Museum visits can have health benefits and **figurative art may decrease systolic blood pressure**
- More research needed on physical health outcomes



Results and Conclusions of Studies

Elderly individuals

- Museums may **improve and pay a key role in the wellbeing and health promotion of the elderly**
- Museum object handling can have a **positive impact on patient health status, wellbeing, and life satisfaction**
- Museums need to be **easily accessible, engaging, and support social interactions and must be facilitated by well-informed staff**



Summary

- Museum art-based interventions may be integrated as part of the non-pharmacological disease management of patients suffering from chronic disorders as well as for promoting wellbeing in the younger and elderly populations
- Museums and healthcare professionals need to work together for the development of non-clinical, community-based programs for different types of populations
- Further studies (randomised control trials) will need to be designed for making clear conclusions on the impact of museums on the health of patients to produce more effective intervention programs



Next steps towards policy making

- There is a need to scale-up this work and increase public awareness and understanding of the role of arts in health
- We need to encourage best practice, shared ethics, research and evaluation, while celebrating and supporting the passion and drive of the many arts in health activities that make a difference

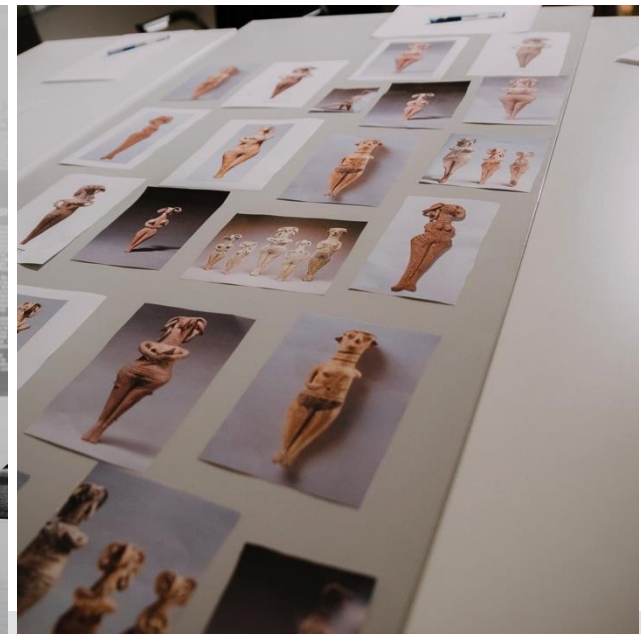


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Esthiseis Programme

- Making BOCCF museums, exhibitions and events accessible to all vulnerable groups
- A series of workshops, based on the latest scientific results on museum interventions
- All photos used in presentation are from BOCCF workshops





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Thank You
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