



Music and Health in the Time of COVID-19

Sarah Hoover, DMA

The Peabody Institute

July 14, 2020

“I am healthy, I am well.... And yet the sadness is crushing me. The loss of life, the broken hearted families, the pain and suffering of so many makes my heart hurt. I miss hugging people, touching a hand, giving a pat on the back. I miss singing with my friends, my band and most of all my choir. I miss hearing the sweet voice of others joined together in song. Every day seems the same, everyday something unanticipated happens. The weeks are flying by yet the clock seems to have completely stopped.

I am healthy, I am well and I am crushed with sadness...”

— DEBI DEANN, APEX, NC, JUNE 4, 2020

How are
musicians
doing?



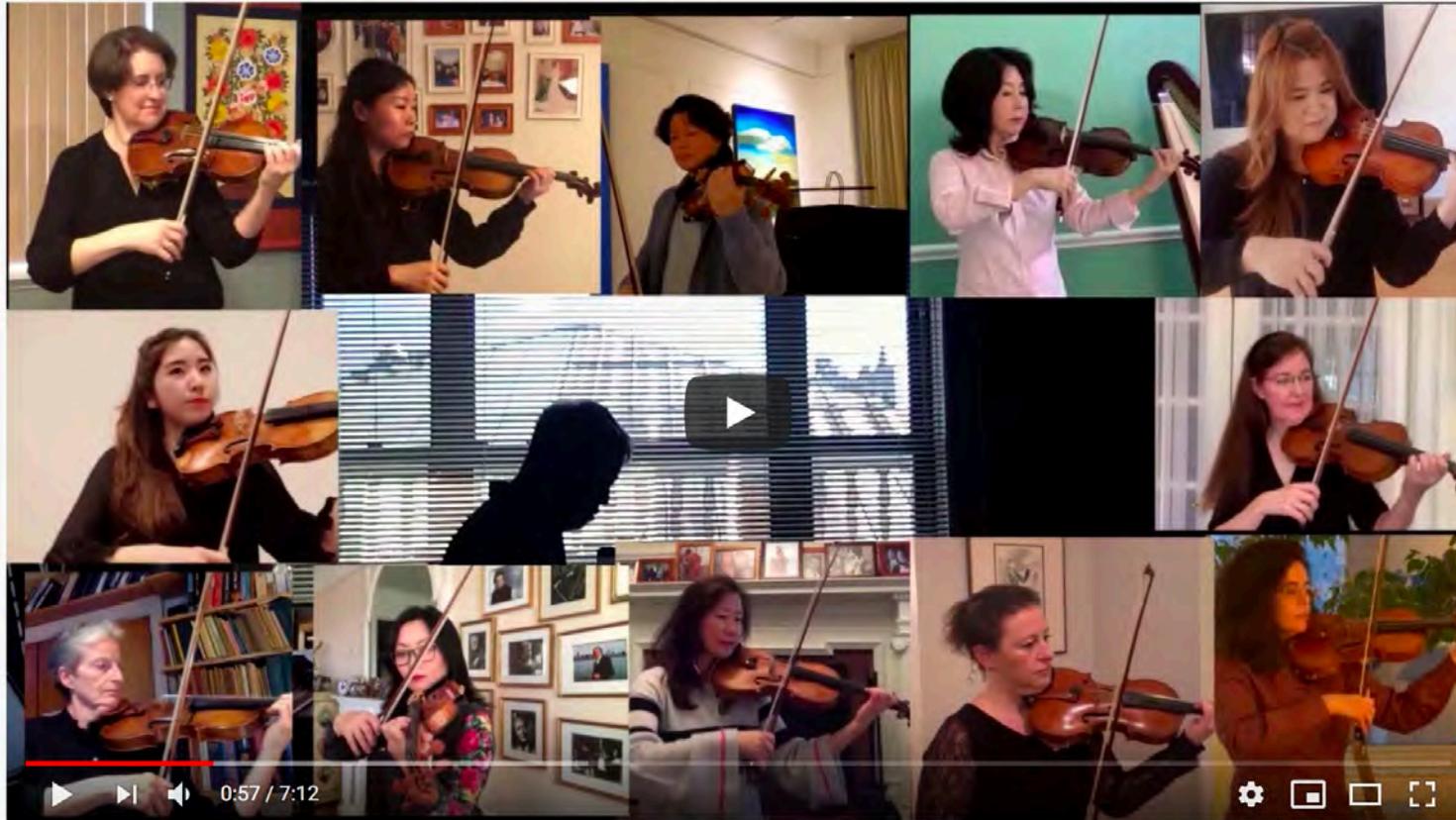


@YOTO_Ma

This is for the healthcare workers on the frontlines — the Sarabande from Bach's Cello Suite No. 3. Your ability to balance human connection and scientific truth in service of us all gives me hope. [#songsofcomfort](#)



Intimate
performances
from home



Virtual ensembles

A Boléro from New York: NY Philharmonic Musicians Send Musical Tribute to Healthcare Workers

453,574 views • Apr 3, 2020

👍 11K 💬 102 ➦ SHARE ≡+ SAVE ⋮



Salutes to
front-line
responders

Outdoor serenades



Singing Telegram Request



The Atlanta Opera's Singing Telegram program was developed to create connections with members of our community who are lonely, at-risk, or just in need of human interaction during the challenging time of the COVID-19 pandemic. There are two options for those who wish to send a telegram to a friend or family member:

Calling All Musicians! Calling All New Yorkers!



On Wednesday, April 29 at 7pm

YOU ARE INVITED TO JOIN IN A CITY-WIDE SYMPHONIC FANFARE

honoring our front-line workers

FOR OUR COURAGEOUS WORKERS

Conceived by Frank London, Hajnal Pivnick, Dorian Wallace (2020)

All are welcome to participate, musicians of every level:
voices, strings, brass, winds, keyboards, drums, pots and pans!
To be played as loud as possible for all to hear (from rooftops, out windows, doorways, etc.)

(Use a clock & follow the instructions below to be a part of the piece.)

7:00

cheering

Everyone: Clap, cheer, bang on pots, and pans!
Wind players: Play the notes of a concert Bb major chord (Bb-D-F) triumphantly
String players: Freely play open A and D strings
Low Instruments: Play a low concert Bb
Keyboard players: Arpeggiate Bb major 7 chord as fast as possible (Bb-D-F-A)
Percussion and drums: Cymbals rolls (no drums)

7:03

reflecting

Everyone: Breathe, listen, and reflect
Wind and string players: Long notes in concert D natural minor scale (D-E-F-G-A-Bb-C-D)
Low Instruments: Slow pulsing on D and A
Keyboard players: Slow D natural minor chords and scales (D-E-F-G-A-Bb-C-D)
Percussion and drums: Play drums slowly, no cymbals. Quarter note pulse = 60 bpm

7:06

catharsis

All: PLAY ANYTHING! A full-blown glorious, jubilant, ecstatic, cacophonous, sonic catharsis

7:09

gratitude

Everyone: Sing "Ah" on any note of your choice
Instruments: Play unison concert Bb

7:11

end

Community music projects

“I am healthy, I am well.... And yet the sadness is crushing me. The loss of life, the broken hearted families, the pain and suffering of so many makes my heart hurt. I miss hugging people, touching a hand, giving a pat on the back. I miss singing with my friends, my band and most of all my choir. I miss hearing the sweet voice of others joined together in song. Every day seems the same, everyday something unanticipated happens. The weeks are flying by yet the clock seems to have completely stopped.

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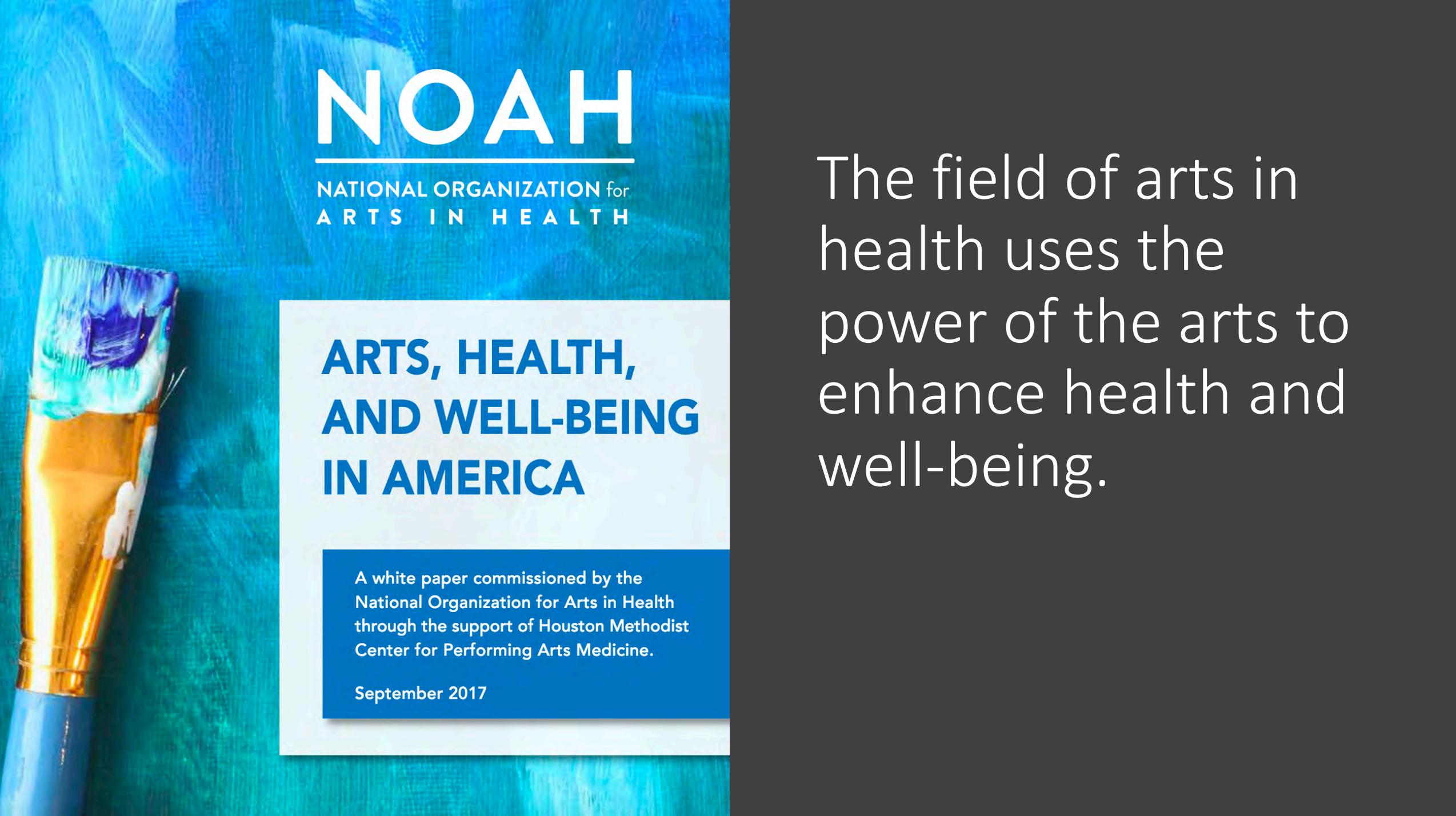
— DEBI DEANN, APEX, NC, JUNE 4, 2020

Lisa Bielawa,
*Broadcast
from Home*



Music's benefits in healthcare

- Reduce costs
 - Shorter hospital stays
 - Fewer complications
 - Reduced medication
- Promote healing and workplace satisfaction
 - Reduce stress
 - Improve mood
 - Elevate morale
- Improve patient experience



NOAH

NATIONAL ORGANIZATION for
ARTS IN HEALTH

ARTS, HEALTH, AND WELL-BEING IN AMERICA

A white paper commissioned by the
National Organization for Arts in Health
through the support of Houston Methodist
Center for Performing Arts Medicine.

September 2017

The field of arts in health uses the power of the arts to enhance health and well-being.

DEFINITIONS

- **Artists in healthcare** have excellent artistic proficiency and training to safely navigate healthcare environments for the purpose of **positive creative** experiences that enhance **overall well-being**
- **Creative arts therapists** are trained **clinical professionals** who use arts materials and processes to work towards **mental health or rehabilitation** goals within the context of a **therapeutic relationship**

Scope of practice:
artist and therapist





Concerts
uplift spirits
and create
community



Choose your mood! Click here.

Listen

Music medicine is at your fingertips—play your favorite songs and watch exclusive performances by top artists.



The “gold standard:”
patient-
preferred
music



Live music
nourishes the
space of
healthcare

In the context
of care, music
enhances well-
being





Bedside music is the
most intimate form of
musical engagement

DEVELOPMENT OF THE DISCIPLINE

- Education, training, and professional development support professionalization in arts in health
- Adoption of a code of ethics and standards of practice
- U.S. Artists in Healthcare certification is forthcoming
 - Artist in Healthcare Certification (AIH-CC) Examination: to determine a minimal level of competency to safely and effectively work in the healthcare environment
- Lack of standardization across the field makes field promotion challenging

Reference: Sonke in Lambert, 2016

<http://aihcertainment.com/>

Arts in
health is a
maturing
field



Musicians
strive to do
no harm



Bedside
music is a
collaboration
with the
patient

Tamara
Wellons,
Inova Schar
Cancer
Institute

There were times when I find myself struggling with my own expectations as singer. Being with a patient is often a reminder to me that this work is just as important if not more than being on a big stage. I think that's why I have stayed in the arts and healing field - I find myself there. And it's validating. It really is a richness, connecting with people and knowing that I have had a part in their well-being.

Penny Brill,
Pittsburgh
Symphony
Orchestra
Music and
Wellness

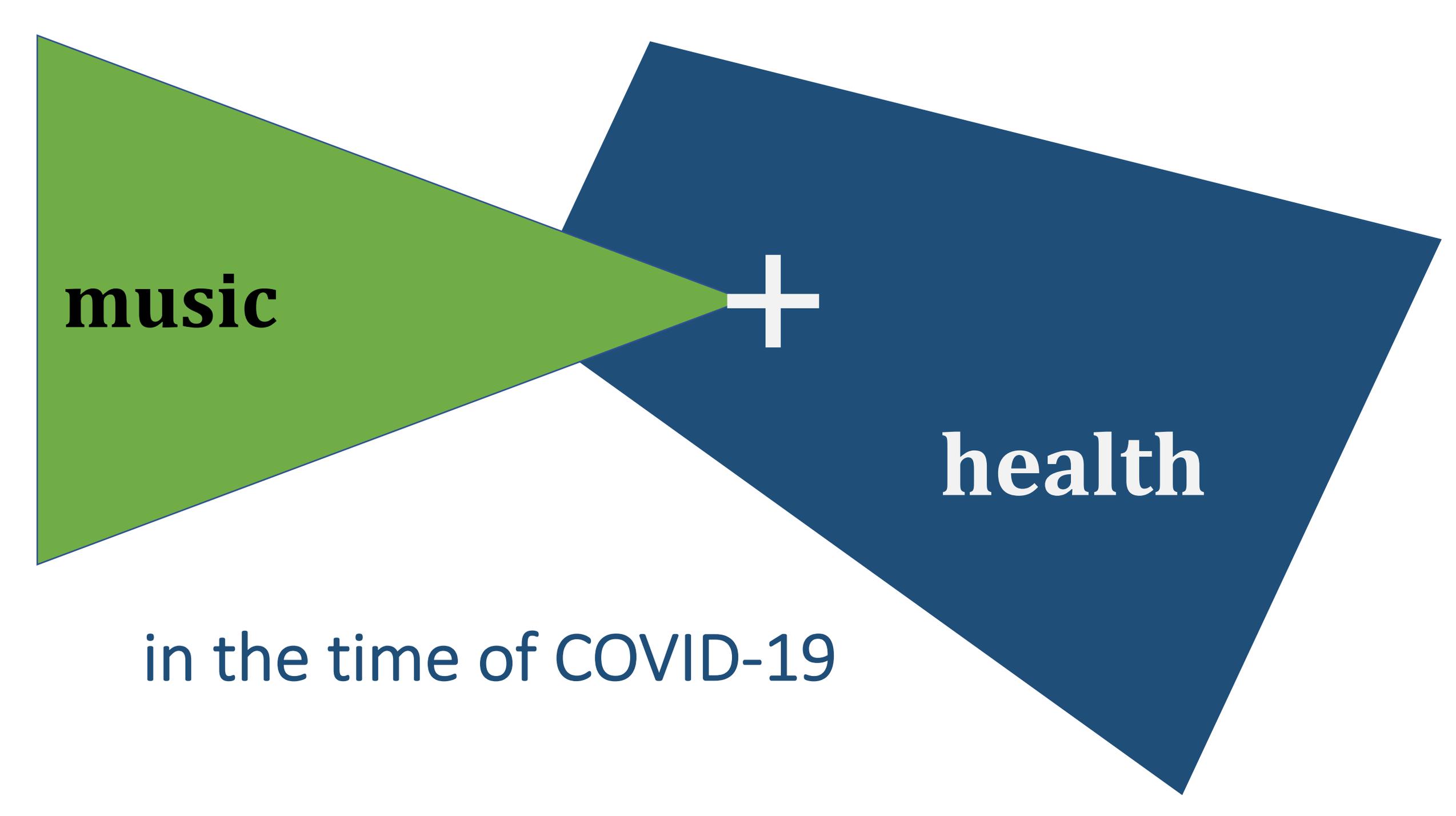
The whole world has moved past the notion that orchestras are the center of the universe (if we ever were!). So what should we be doing? We musicians can begin by asking, “How can we help?” With the resources we have available in the form of contacts, visibility, and musical skills, how can we support pressing needs in the community? Can we collaborate in ways that will optimize use of our respective areas of expertise?



Moisés
Fernández Via,
Boston
University
Medical
Center
Arts | Lab

Let's be clear: Music will not save healthcare. And vice versa, healthcare is not there to save music. But there should be no excuse for these worlds not to meet. Their potential speaks undeniably loudly: if they acknowledge each other fully, their encounter will unveil a culture of care that will genuinely transform both music and healthcare.





music

+

health

in the time of COVID-19



public health

health



health





public health

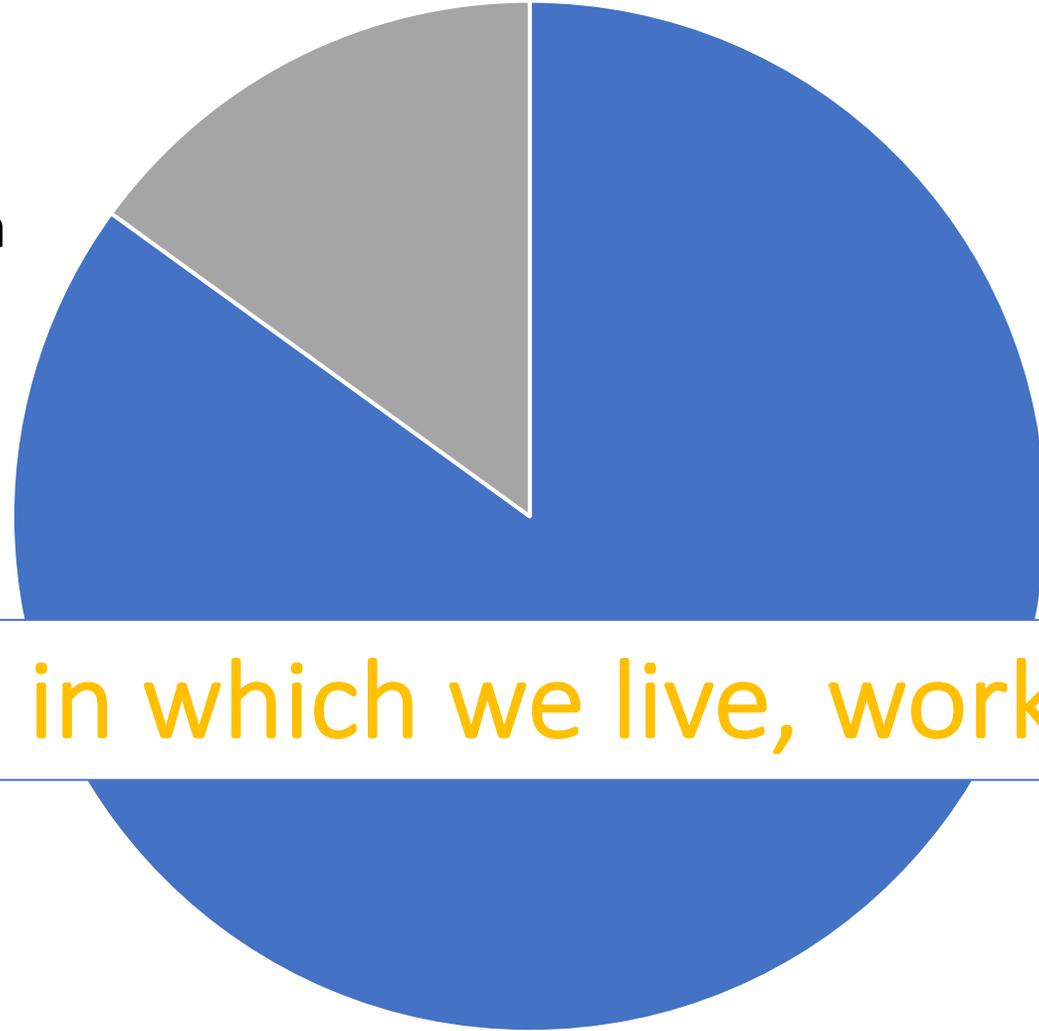
What the heck is it?

The Social Ecological Model of Health



Social Determinants of Health

Determinants of Health



The conditions in which we live, work, play, worship

■ Social Determinants

■ Quality of Healthcare

Culture of Health

collective influences and actions for health

The arts

+

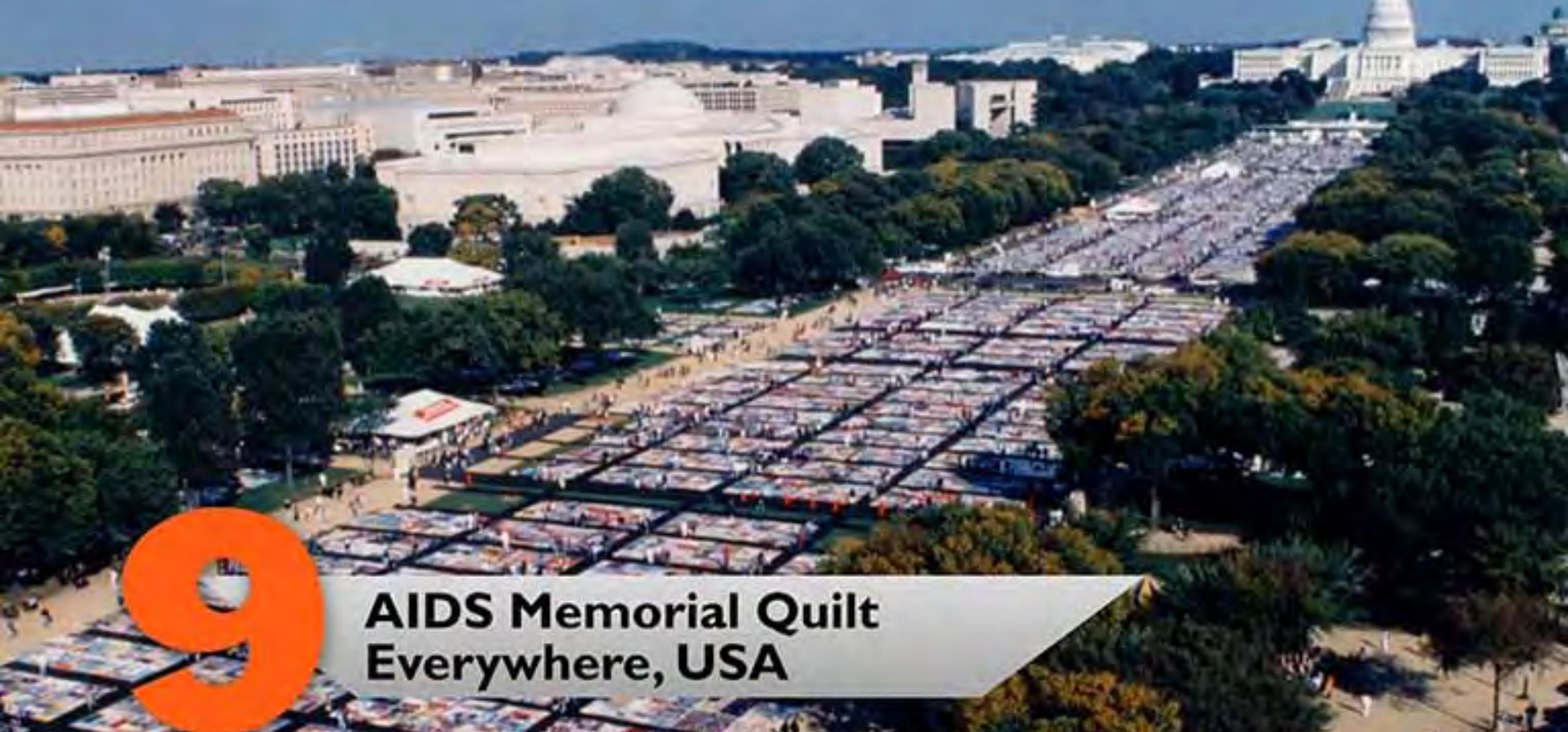
**Social
change**

communication & social movements



Diffusion of innovation through the arts

has helped people connect, mobilize and organize at unprecedented speeds.



AIDS Memorial Quilt Everywhere, USA

Diffusion of innovation through the arts
has helped people connect, mobilize and organize at unprecedented speeds.

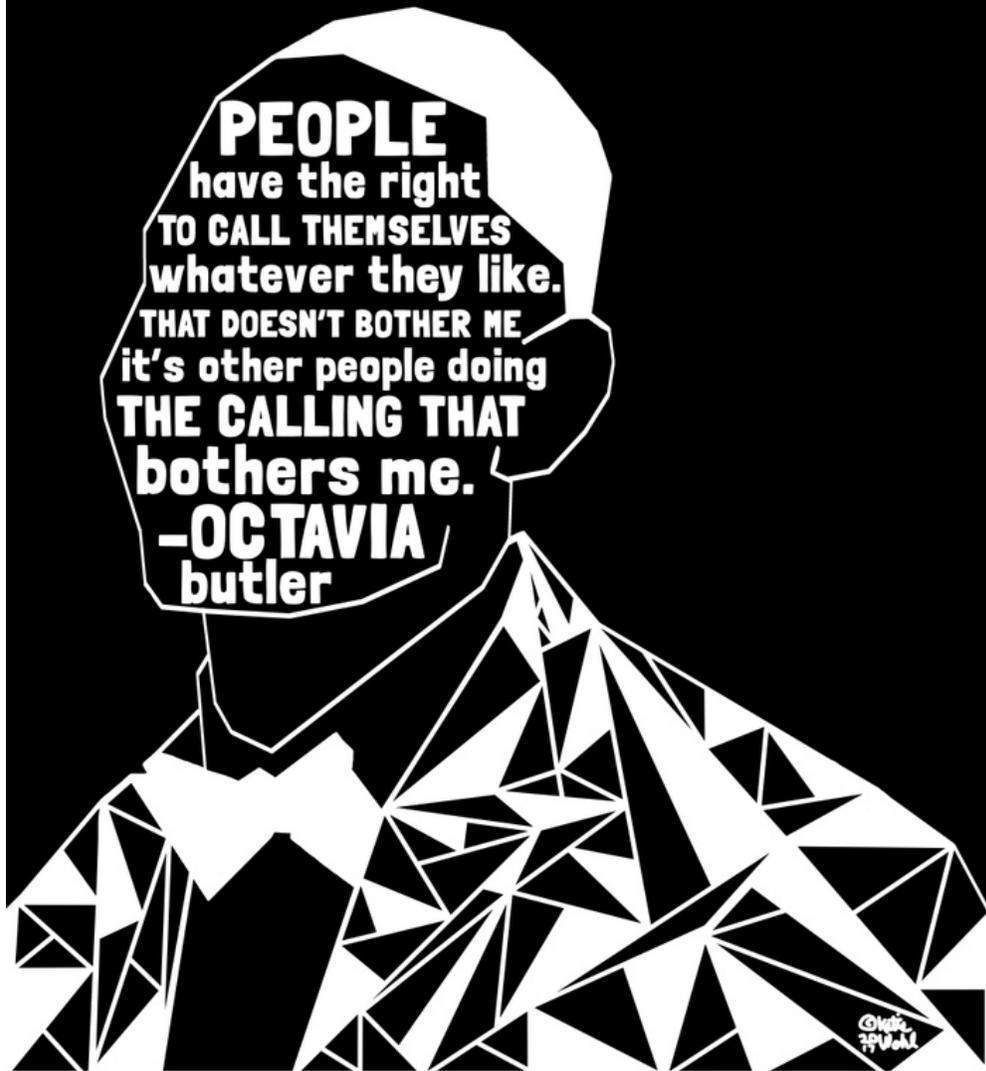
RENT



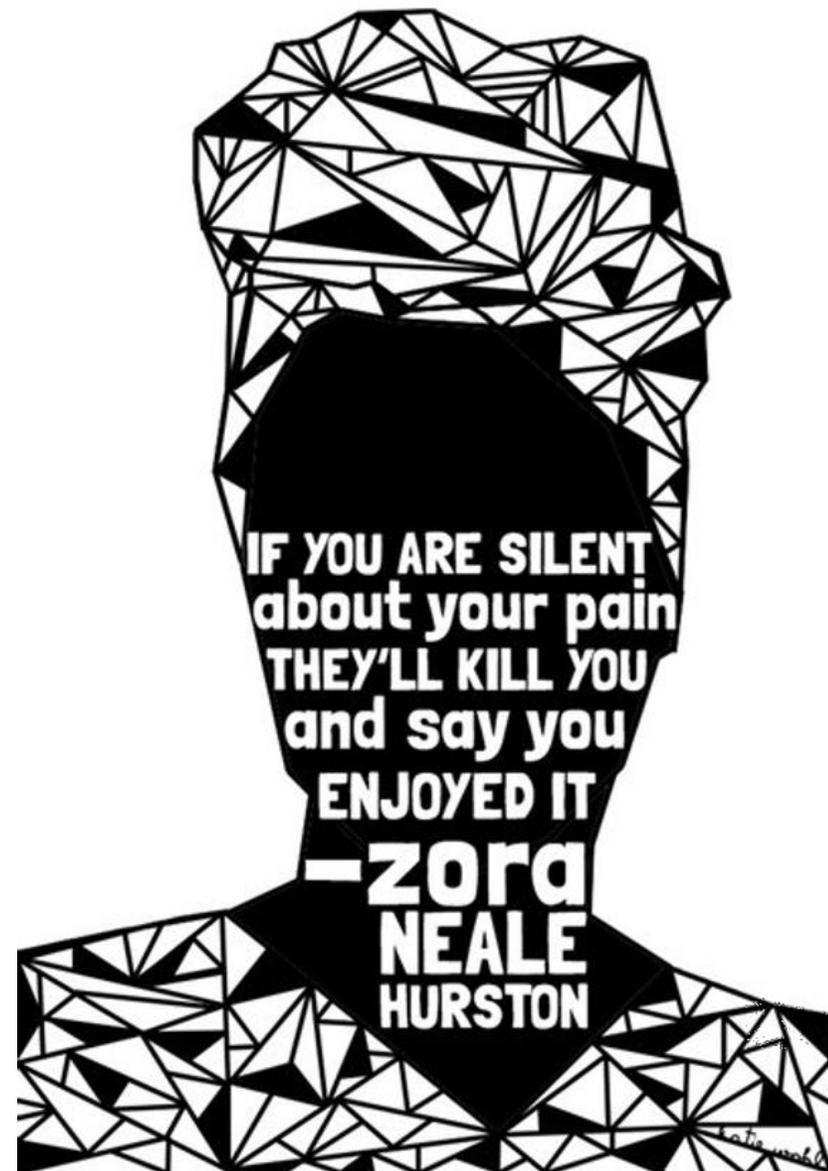
Diffusion of innovation through the arts
has helped people connect, mobilize and organize at unprecedented speeds.



Diffusion of innovation through the arts
has helped people connect, mobilize and organize at unprecedented speeds.



PEOPLE
have the right
TO CALL THEMSELVES
whatever they like.
THAT DOESN'T BOTHER ME,
it's other people doing
THE CALLING THAT
bothers me.
-OCTAVIA
butler



IF YOU ARE SILENT
about your pain
THEY'LL KILL YOU
and say you
ENJOYED IT
-ZORA
NEALE
HURSTON

Diffusion of innovation through **the arts**

has helped people **connect, mobilize and organize** at unprecedented speeds.



Diffusion of innovation through the arts
has helped people connect, mobilize and organize at unprecedented speeds.



Diffusion of innovation through the arts
has helped people connect, mobilize and organize at unprecedented speeds.



Artist: Brian Musasia Wanyande

the relationship between the arts and health
is more visible and visceral than ever

Connection

Coping

Communication

Rebuilding & Recovery



I DANCED AT

CLUB Quarantine

Featuring
D-NICE



*Forever First Lady,
Michelle Obama Edition*

Glitter & Gumbo MEDIA

www.glitterandgumbo.com



GLITTER&GUMBO

EVERETT COLLECTION



brelyevans
My Booooo



piaoverjoyed
Redman!



vixenofficial
Killin' it brother 🙌



dorianmissick



▶ ⏪ 🔊 1:32 / 3:08

⚙️ 📺 🗑️ 🗉

Neil Diamond "Hands.. washing hands"

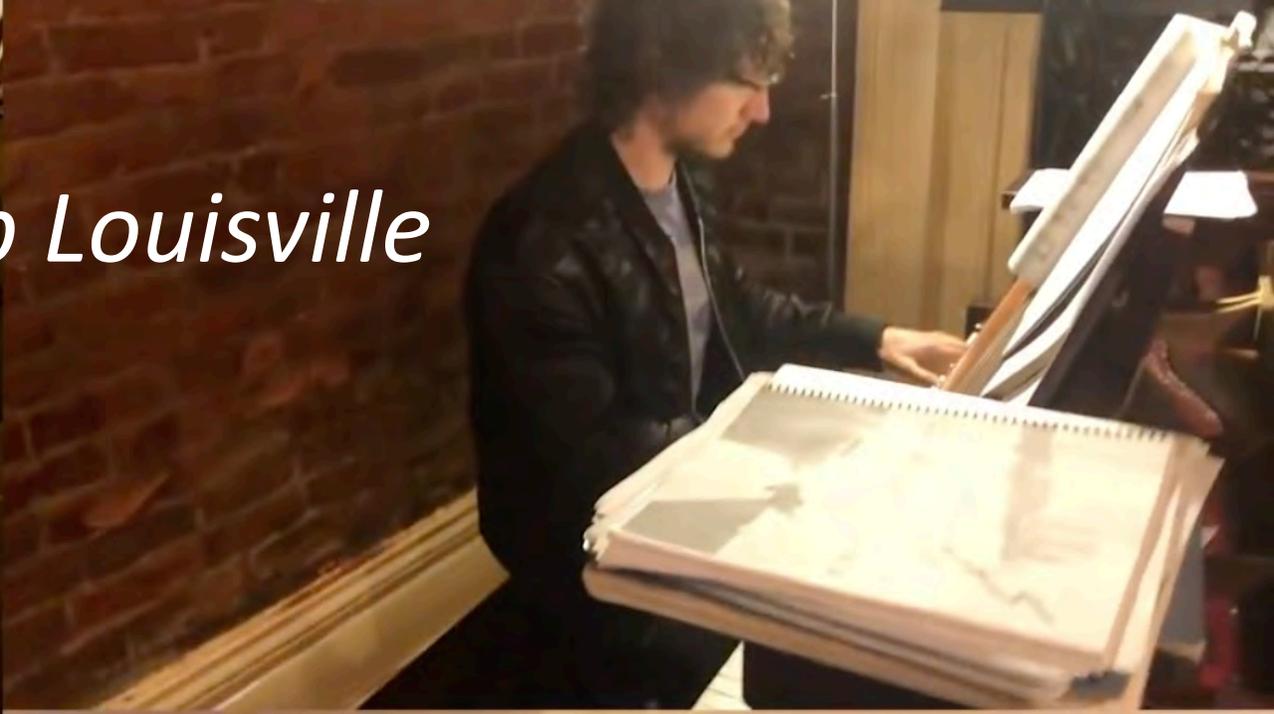
3,512,718 views · Mar 22, 2020

👍 92K 🗨️ 1K ➦ SHARE ⚙️ SAVE ⋮

Charli D'Amelio - 8 billion+ TikTok views

inhale, exhale, breathe
slow, rewind. stay at
home! 💕💕

Lift Up Louisville



GLOBAL
CITIZEN



ONE WORLD
TOGETHER
AT
HOME

GLOBAL
CITIZEN



World Health
Organization



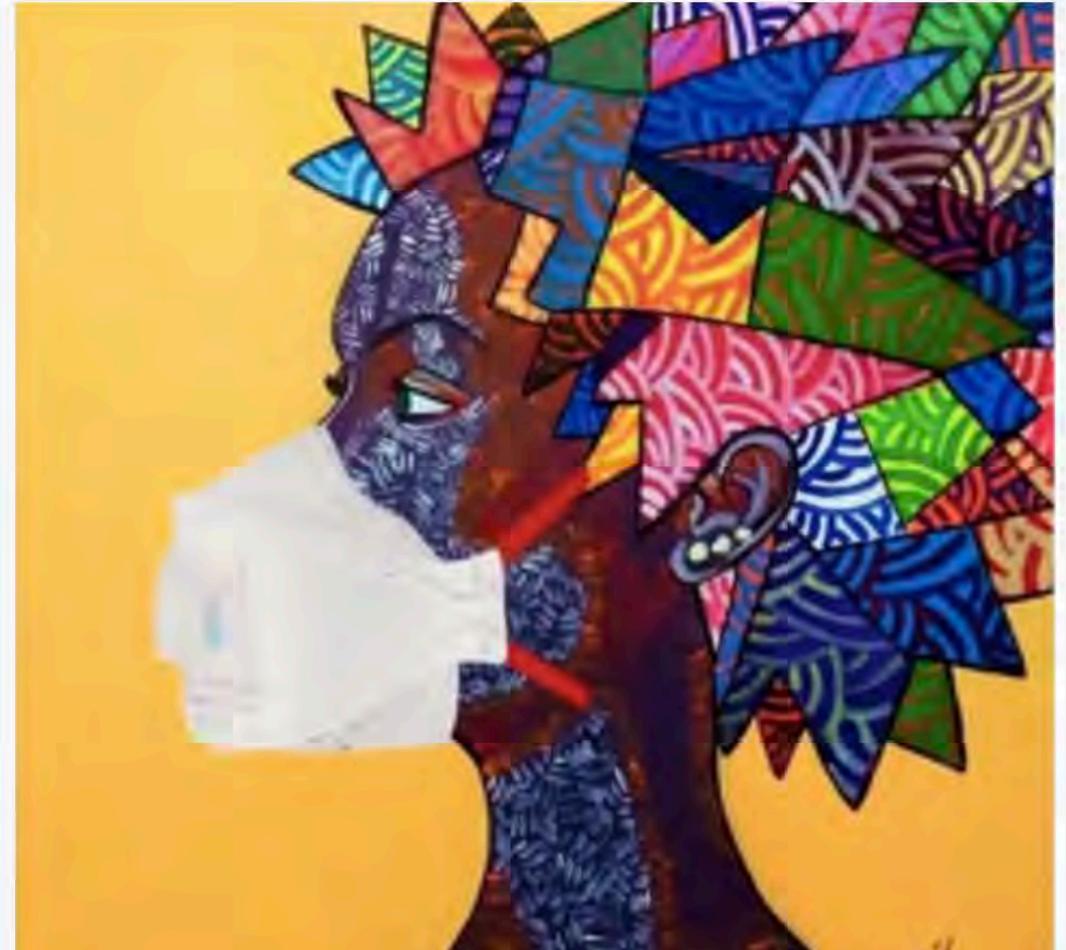
United Nations Global Call Out To Creatives - help stop the spread of COVID-19

You have the power to change the world. The UN needs your help to stop the spread of coronavirus (COVID-19).

We are living in unprecedented times. The World Health Organization (WHO) is leading and coordinating the global health response to coronavirus, helping to ensure all countries are ready to prevent, detect and respond to the pandemic. To be effective we need people everywhere to adopt public health precautions, act in solidarity, and prevent the spread of misinformation.

The United Nations (UN) needs your help in translating critical public health messages, into work that will engage and inform people across different cultures, languages, communities and platforms. The shortlisted work will reach everyone, everywhere.

We need your submissions from day 1. The UN will continually review the submissions, and shortlist the most suitable work to become visible on a microsite, and accessible to everyone - supporting media, brands, influencers etc - around the world, who can download and use the work





National Institutes of Health (NIH)
Director, Francis Collins



His original
handwashing song

Enforced social isolation and mental health: an observational study of the psychosocial effects of quarantine during Covid-19



Study Enrollments

UK: 90,000+

US: 7,000+

Weekly reports available at: www.covidsocialstudy.org

UK Arts Findings

- 50-70-% of people across age groups miss going to cultural venues
- 81 % of people are listening to music
- 66% are reading books, stories or poetry
- 21% are singing
- 21% are doing photography
- 23% are doing other creative activities

Less than usual: 16.4%

About the same: 62.1%

More than usual: 21.4%

UK Arts Findings

- Young people are missing culture the most
- Many people have been turning to the arts during lockdown, especially listening to music
- A large number of people (21%) have been engaging more than normal in the arts
- Engagement in arts (music and reading) appears to be longitudinally associated with better mental health across the Covid-19 pandemic

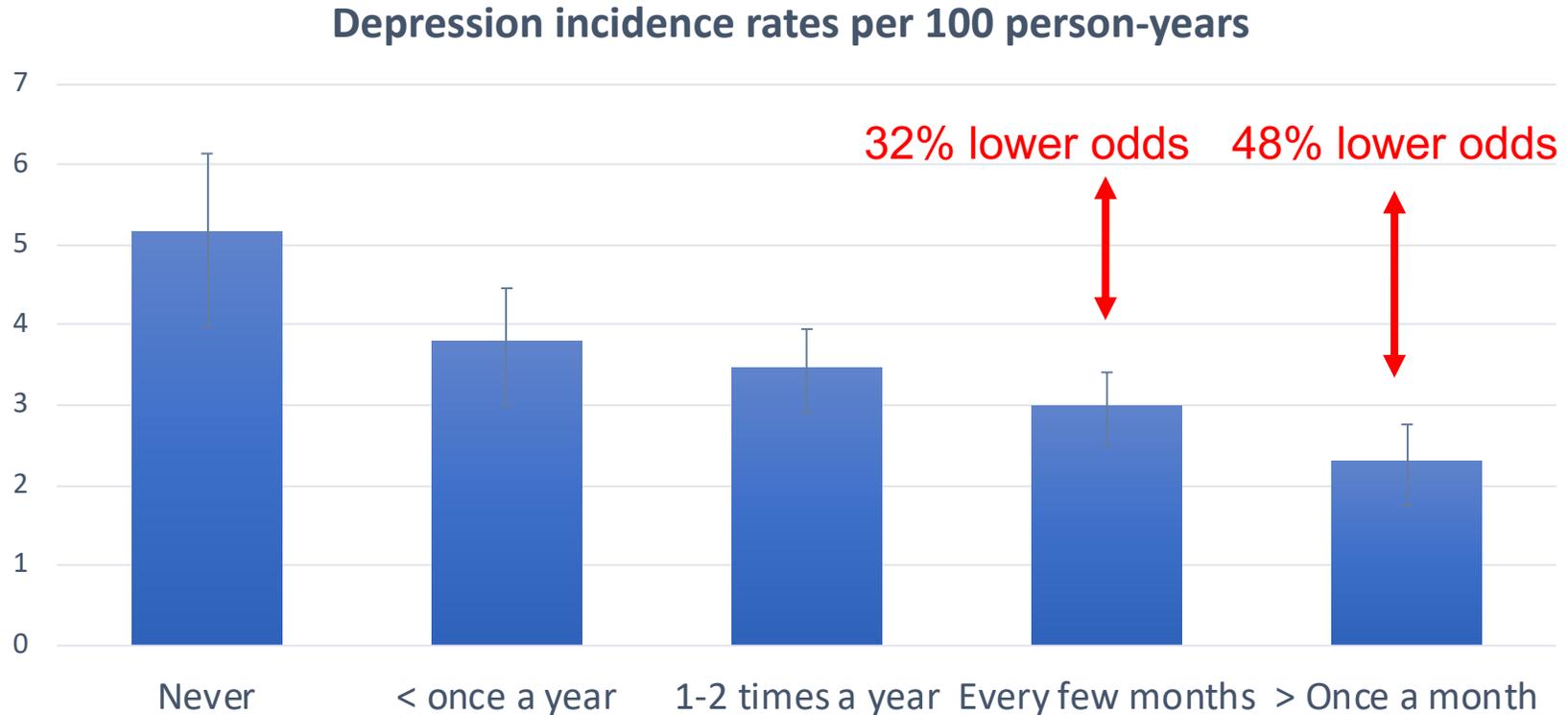
UK

English Longitudinal Study of Aging
1970 British Cohort Study

Dr. Daisy Fancourt
Institute of Epidemiology and Health Care
University College London

> 350 questions related to arts and cultural participation

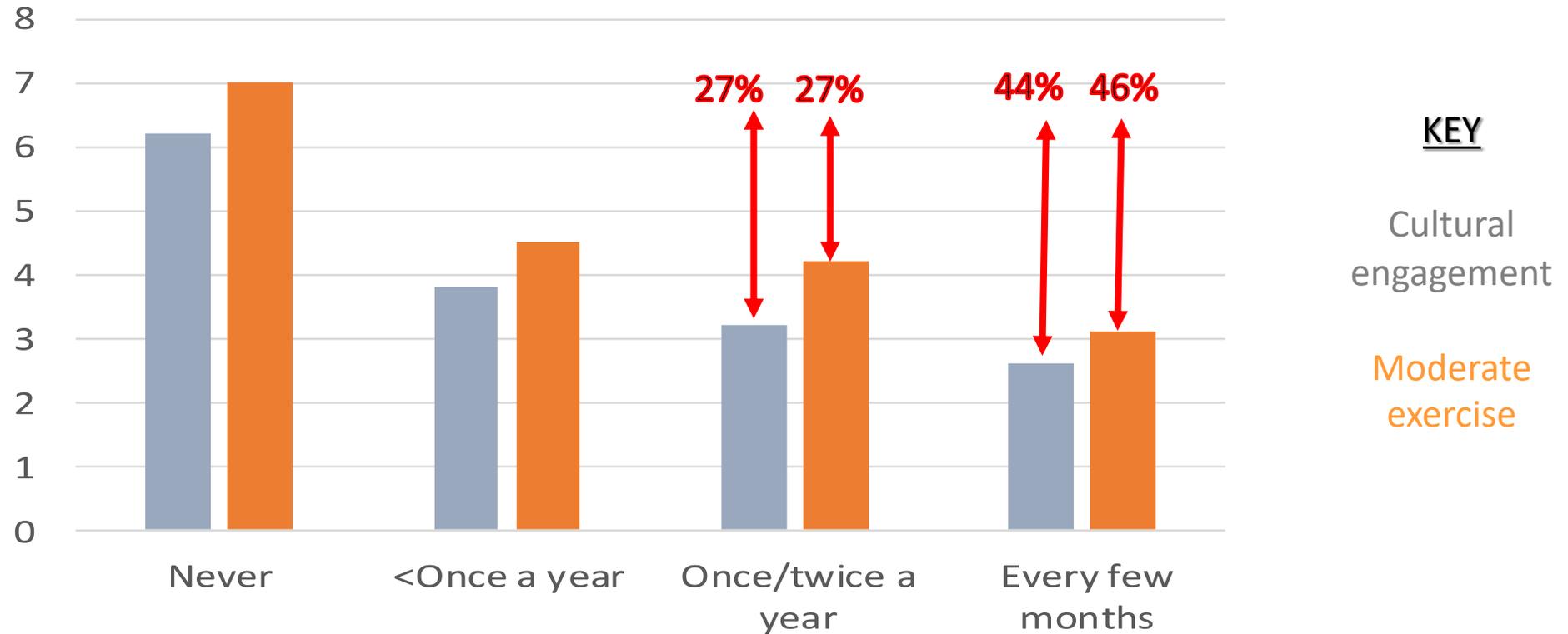
Cultural Engagement and Depression in Older Age



N=2,148. All free from depression at baseline. Tracked across 10 years.

Adjusted for age, gender, ethnicity, marital status, education, employment, wealth, longstanding illness, CVD, eyesight, hearing, chronic pain, alcohol consumption, freq of social contact, civic group, neighbourhood group, church, charity involvement, evening classes, social club, exercise class, sports group, society, having a hobby, reading

Cultural Engagement and Disability Incidence

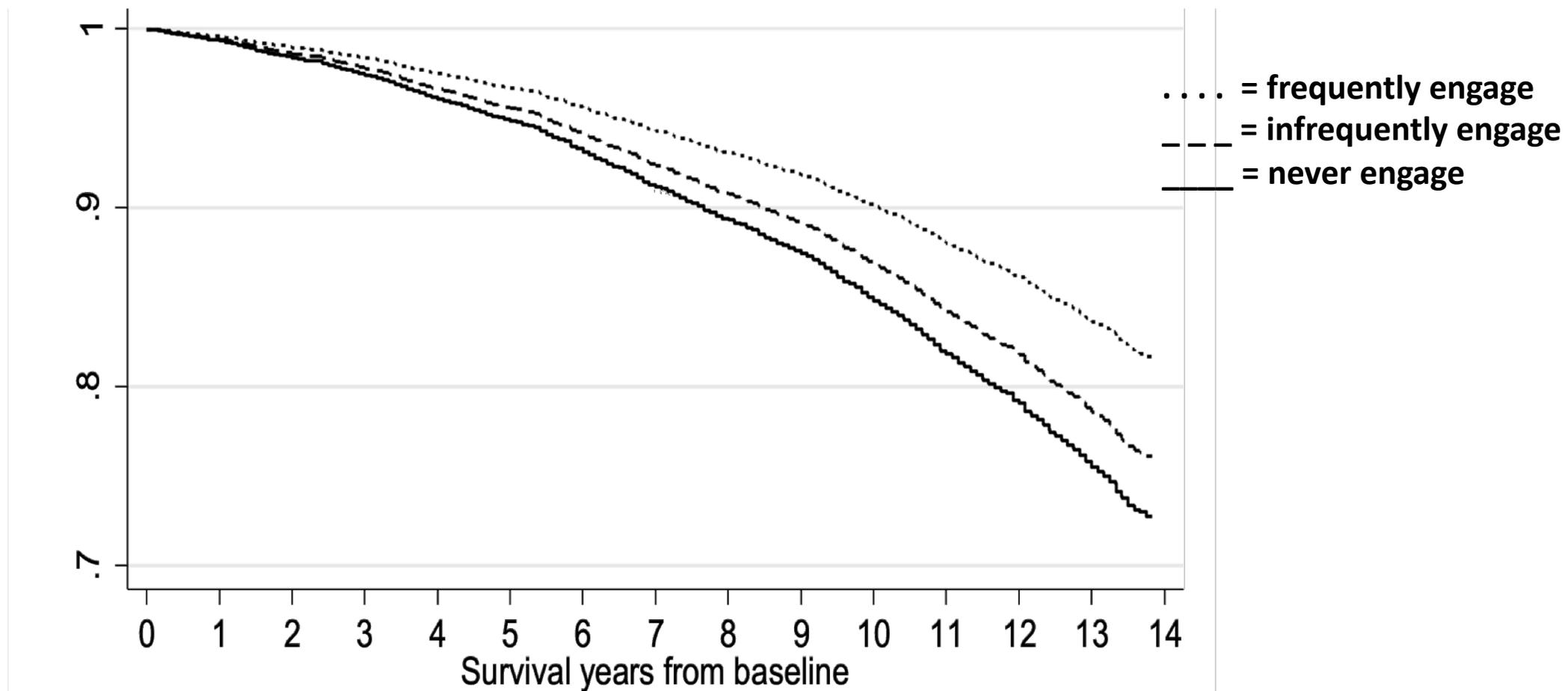


Analysis: Weighted Cox proportional hazards regression models & Weibull proportional hazards models

Follow-up of 12 years. N=5,434

Adjusted for demographics (sex, age, marital status, ethnicity, education, employment, wealth), health (eyesight, pain, smoking, alcohol), stratified by depression and cancer

Arts & Cultural Engagement and Mortality



Analysis: Weighted Cox proportional hazards regression models & Weibull proportional hazards models.

Fancourt D & Steptoe A (2019) BMJ

Follow-up of 14 years. N=6,710

adjusted for demographic variables (sex, age, marital status, educational attainment, employment status, wealth and social status), health-related variables (depression, eyesight, hearing, cancer, lung disease, CVD, other health condition or chronic disease, sedentary lifestyle, alcohol consumption, smoking and cognition) and social covariates (number of friends, loneliness, living alone, civic engagement, social engagement and having a hobby).

Social Prescribing

UK, Canada, Australia, Scandinavia (+ US pilots)





REGIONAL OFFICE FOR

**World Health
Organization**
Europe

HEALTH EVIDENCE NETWORK SYNTHESIS REPORT 67

What is the evidence on the role of the arts in improving health and well-being?

A scoping review

Daisy Fancourt | Saoirse Finn

CREATING HEALTHY COMMUNITIES: ARTS + PUBLIC HEALTH IN AMERICA

*A national initiative led by the University of Florida
Center for Arts in Medicine in partnership with ArtPlace America*



*At the intersection of public health, arts and culture lies the potential
for building stronger and healthier communities in America.*

ARTPLACE

UF UNIVERSITY of
FLORIDA

Center for **ARTS IN MEDICINE**
UNIVERSITY OF FLORIDA / COLLEGE OF THE ARTS



**CREATING HEALTHY
COMMUNITIES**
ARTS + PUBLIC HEALTH IN AMERICA
UNIVERSITY OF FLORIDA

White Paper:

Both the public health and arts & culture sectors have always worked to create stronger, healthier communities.

However, we are missing the power of their combined strengths.

**CREATING
HEALTHY
COMMUNITIES
THROUGH
CROSS-SECTOR
COLLABORATION**

**PUBLIC
HEALTH**

**ARTS &
CULTURE**

**COMMUNITY
DEVELOPMENT**

This paper presents a case for how collaboration among the public health, arts and culture, and community development sectors is critical to addressing the issues and conditions that limit health in America.

ARTPLACE UF UNIVERSITY OF FLORIDA Center for **ARTS IN MEDICINE** *Dora* **STEINMETZ**

White Paper:

- Five key issues
- Program examples
- Recommendations
- What success looks like



This paper therefore calls out histories of racism, economic injustices, and structural barriers that have influenced and shaped health disparities. It calls for increased recognition of community assets such as knowledge, resilience, power, art, culture, and lived experience. In fact, it asserts that community knowledge and community assets must be placed at the center of advancing health and health equity.

Center for **ARTS IN MEDICINE**

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"Social isolation & mental health..."](#)
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Creating Healthy Communities: Arts + Public Health in America

COVID-19 Arts Response Overview



Philadelphia's Streets Dept has partnered with Broad Street Ministry, Mural Arts Philadelphia, Haha Mag, and four regular Streets Dept artists to create and install a series of eye-catching and informative hand washing stations around the city of Philadelphia. Photo credit: Streets Dept.

ARTPLACE

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UNIVERSITY OF FLORIDA / COLLEGE OF THE ARTS



**CREATING HEALTHY
COMMUNITIES**

**ARTS + PUBLIC HEALTH IN AMERICA
UNIVERSITY OF FLORIDA**



COVID-19 ARTS RESPONSE