



# 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?









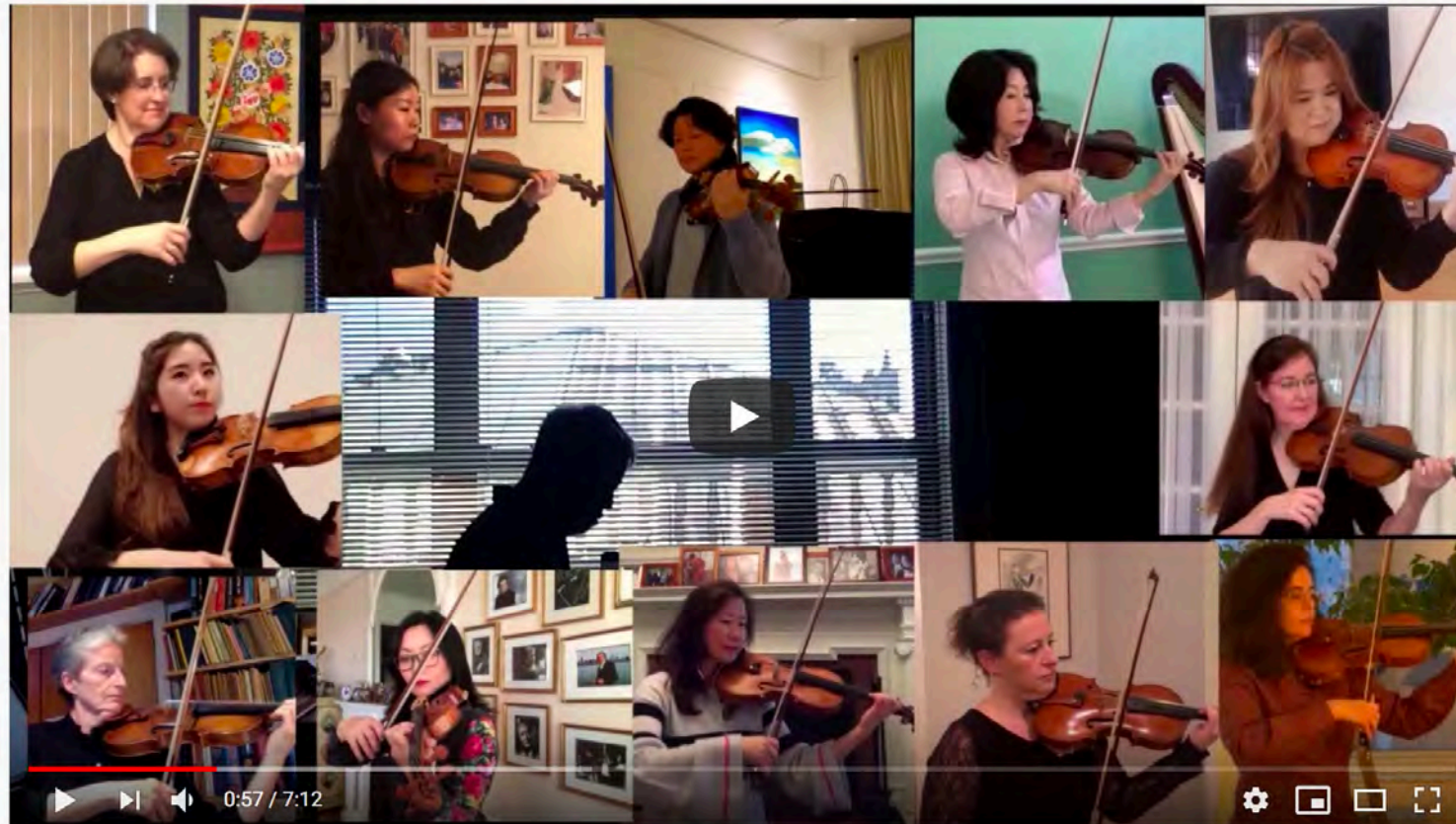
@YOYO\_Ma

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

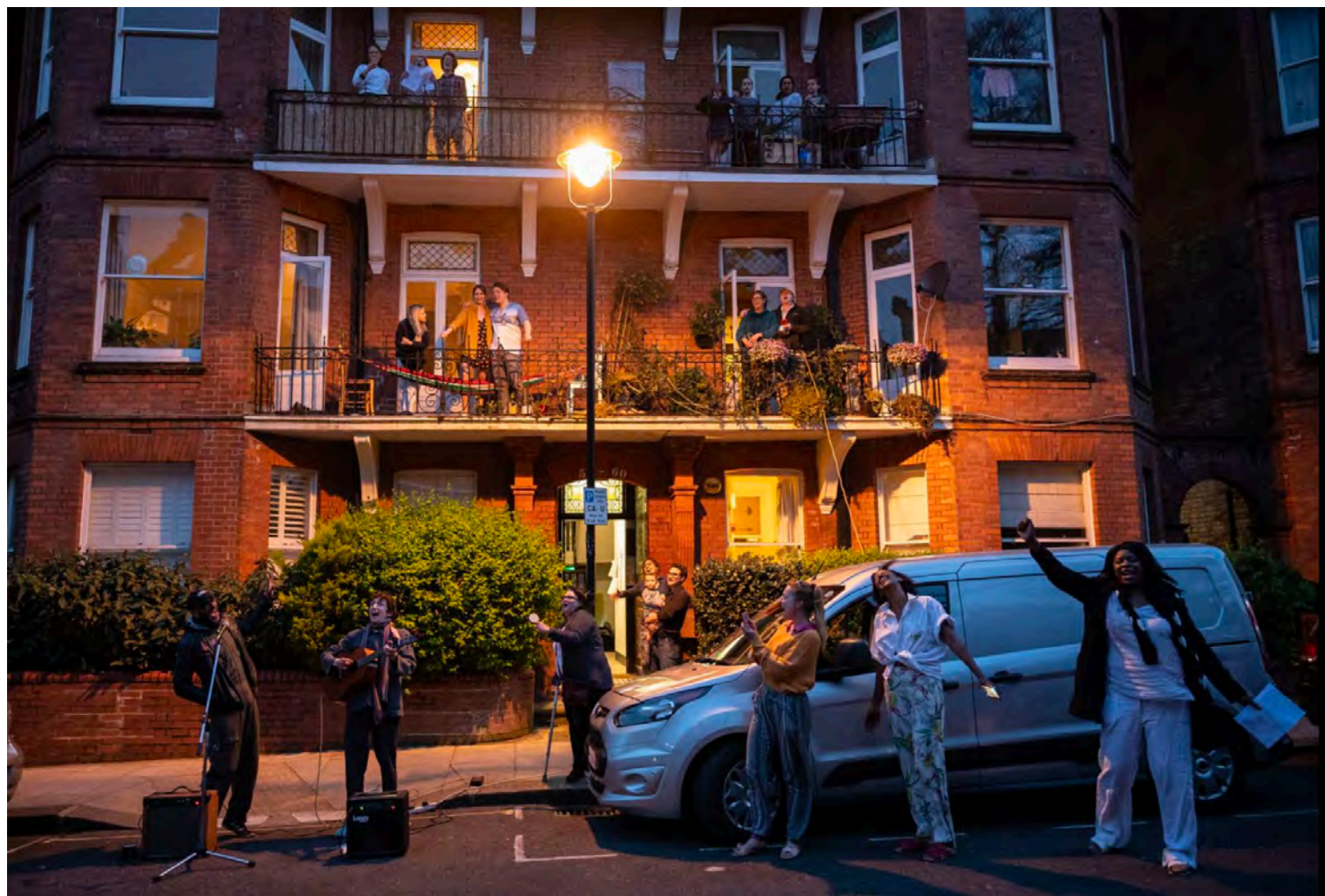


A Boléro from New York: NY Philharmonic Musicians Send Musical Tribute to Healthcare Workers

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:



# Community music projects

**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, Dorlan 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, cacophonic, sonic catharsis

**7:09**

***gratitude***

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

**7:11**

***end***



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Lisa Bielawa,  
*Broadcast  
from Home*







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# Music's benefits in healthcare

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- 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

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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://aihcertification.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?

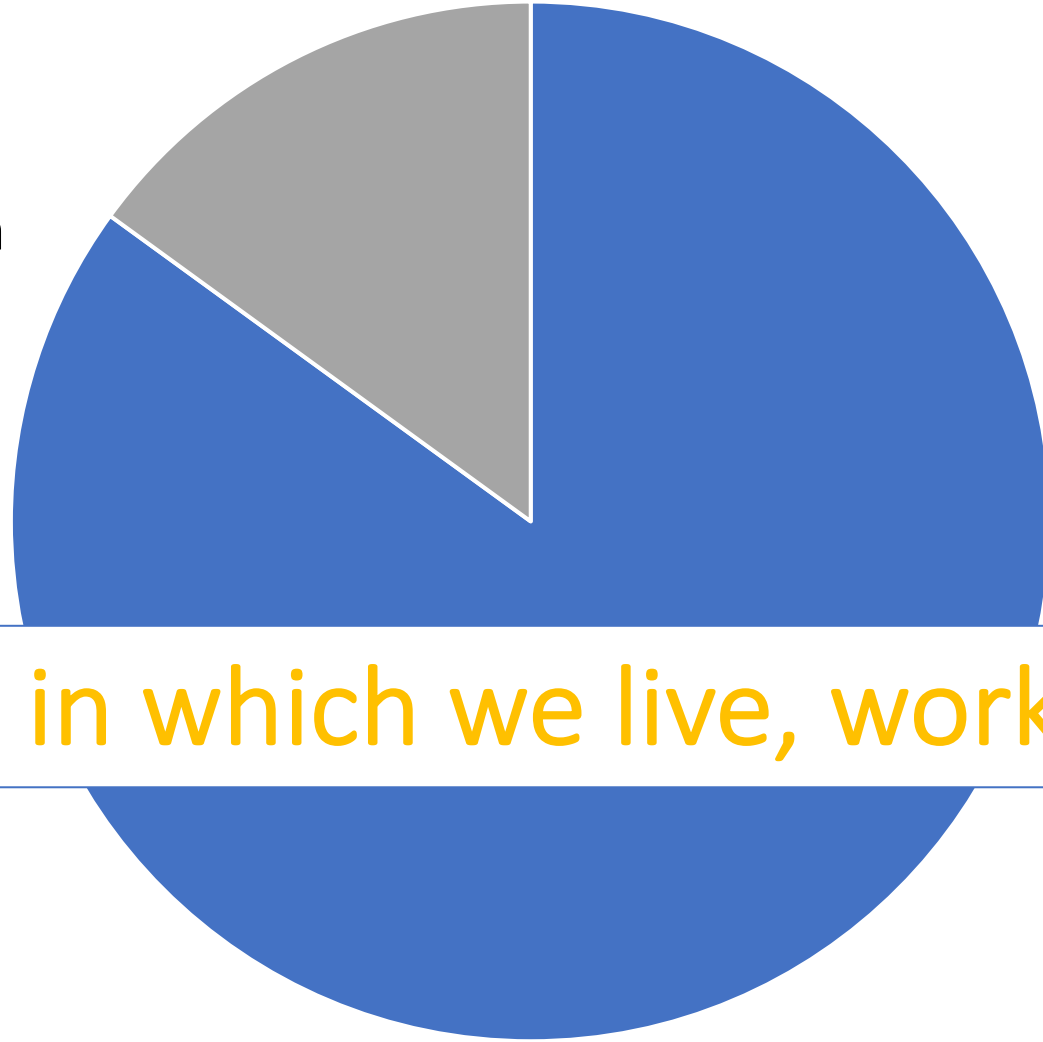
# The Social Ecological Model of Health





# 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

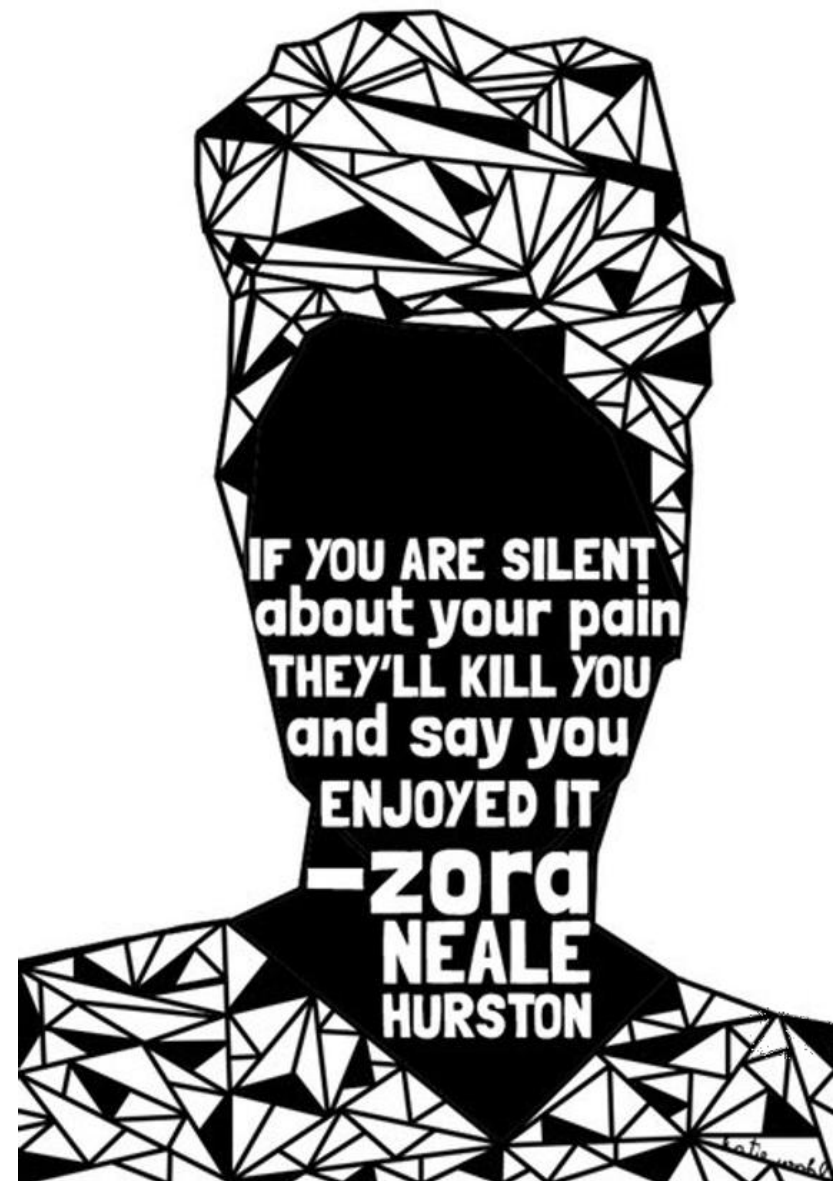
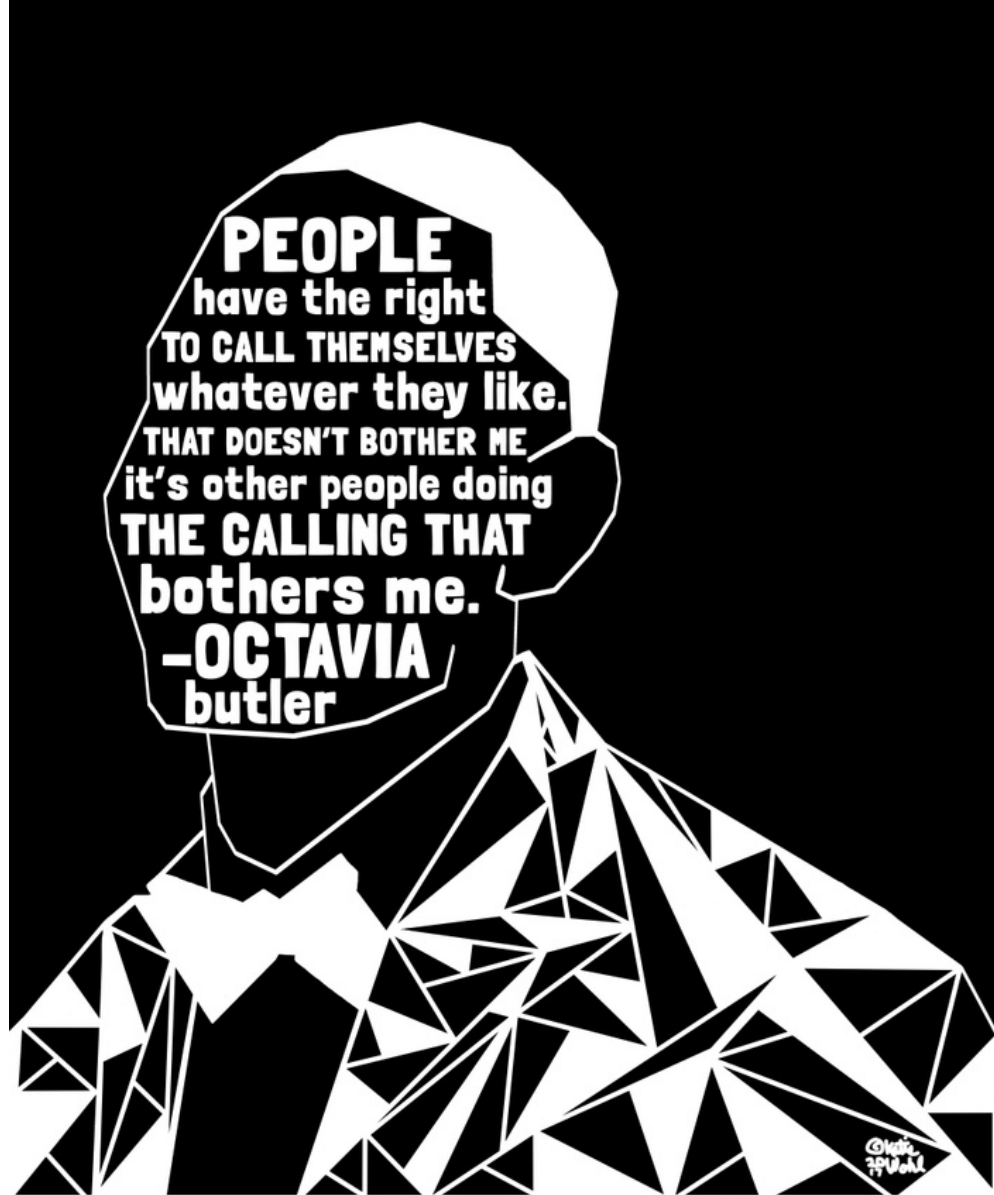


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Diffusion of innovation through the arts  
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Artist: Brian Musasia Wanyande

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

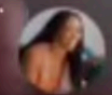
[www.glitterandgumbo.com](http://www.glitterandgumbo.com)





GLITTER&GUMBO

EVERETT HILL MEDIA

 brelyevans  
My Boooooo

 piaoverjoyed  
Redman!

 vixenxofficial  
Killin' it brother 🙌

 dorianmissick







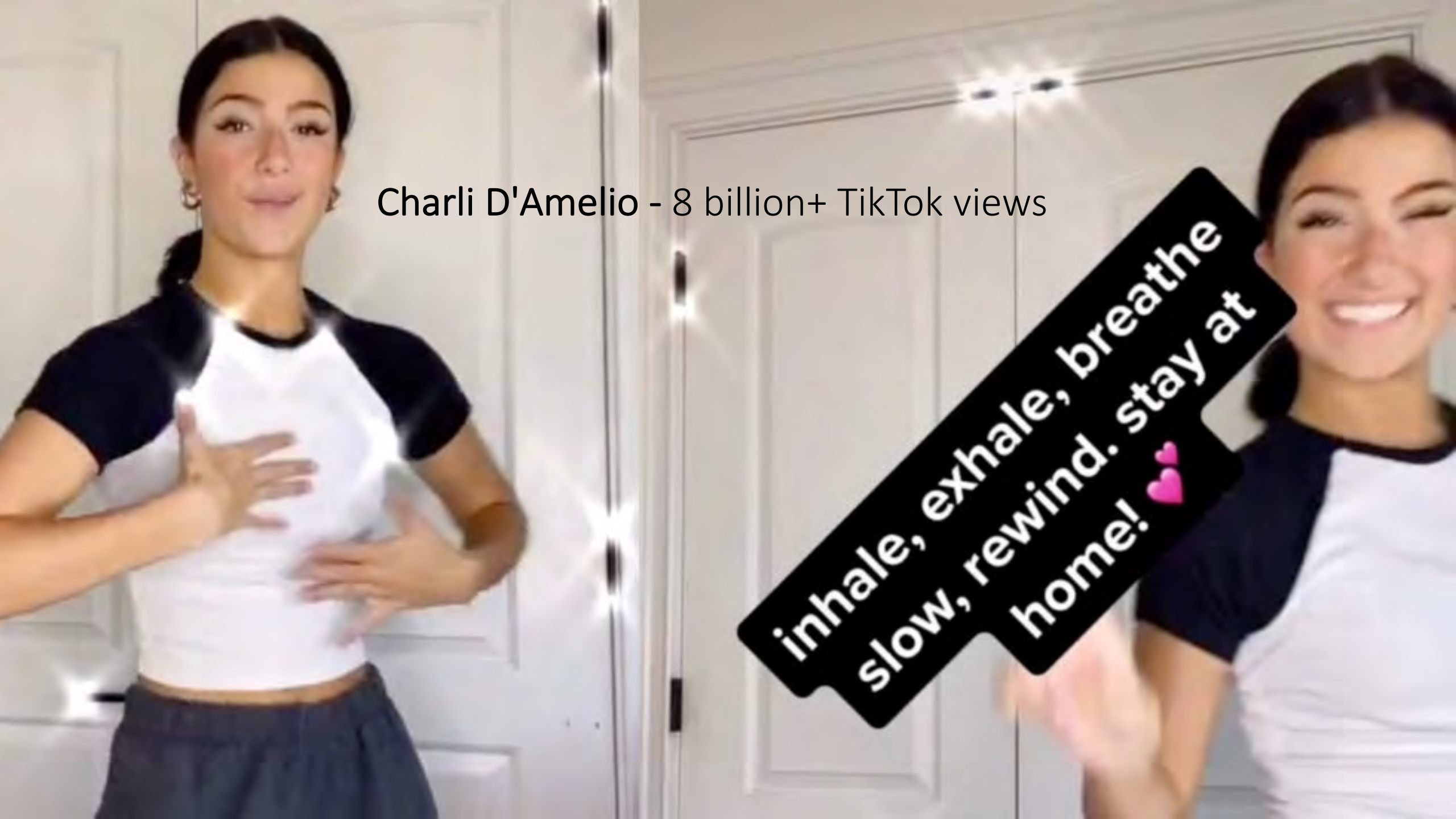
## Neil Diamond "Hands.. washing hands"

3,512,718 views • Mar 22, 2020

👍 92K 🗨️ 1K ➦ SHARE ≡ SAVE ⋮

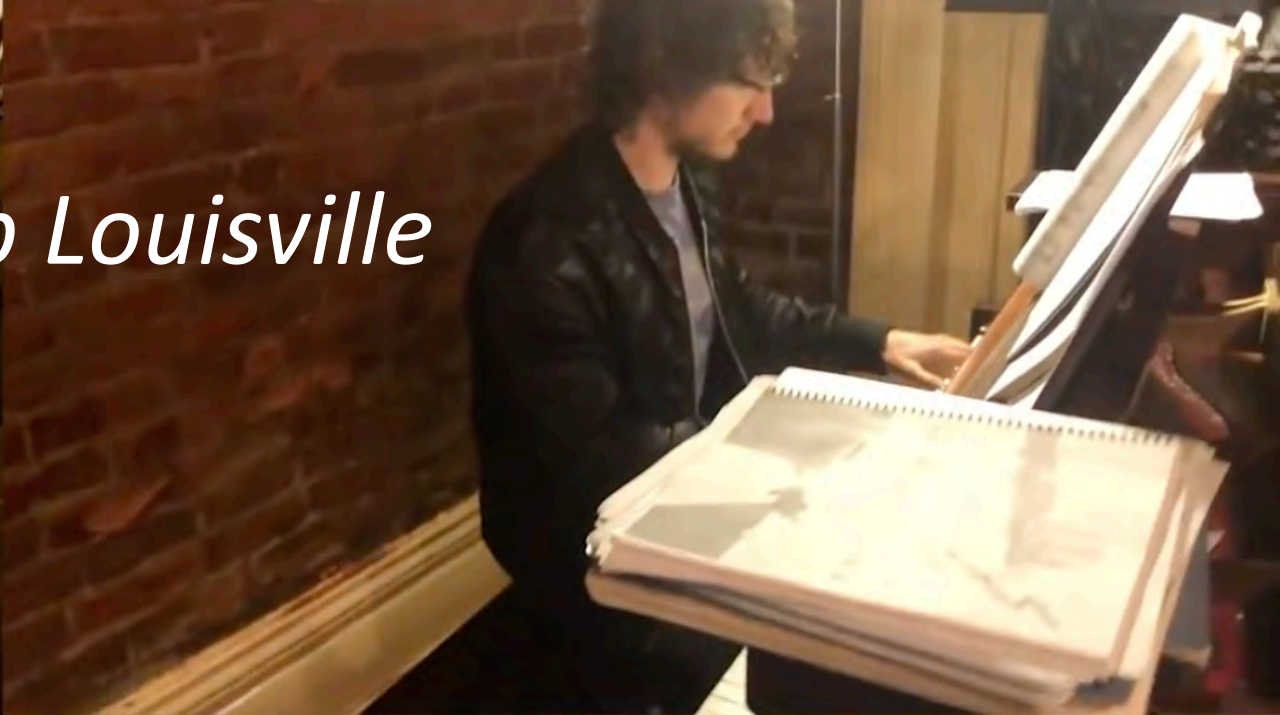


Charli D'Amelio - 8 billion+ TikTok views





# *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](http://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

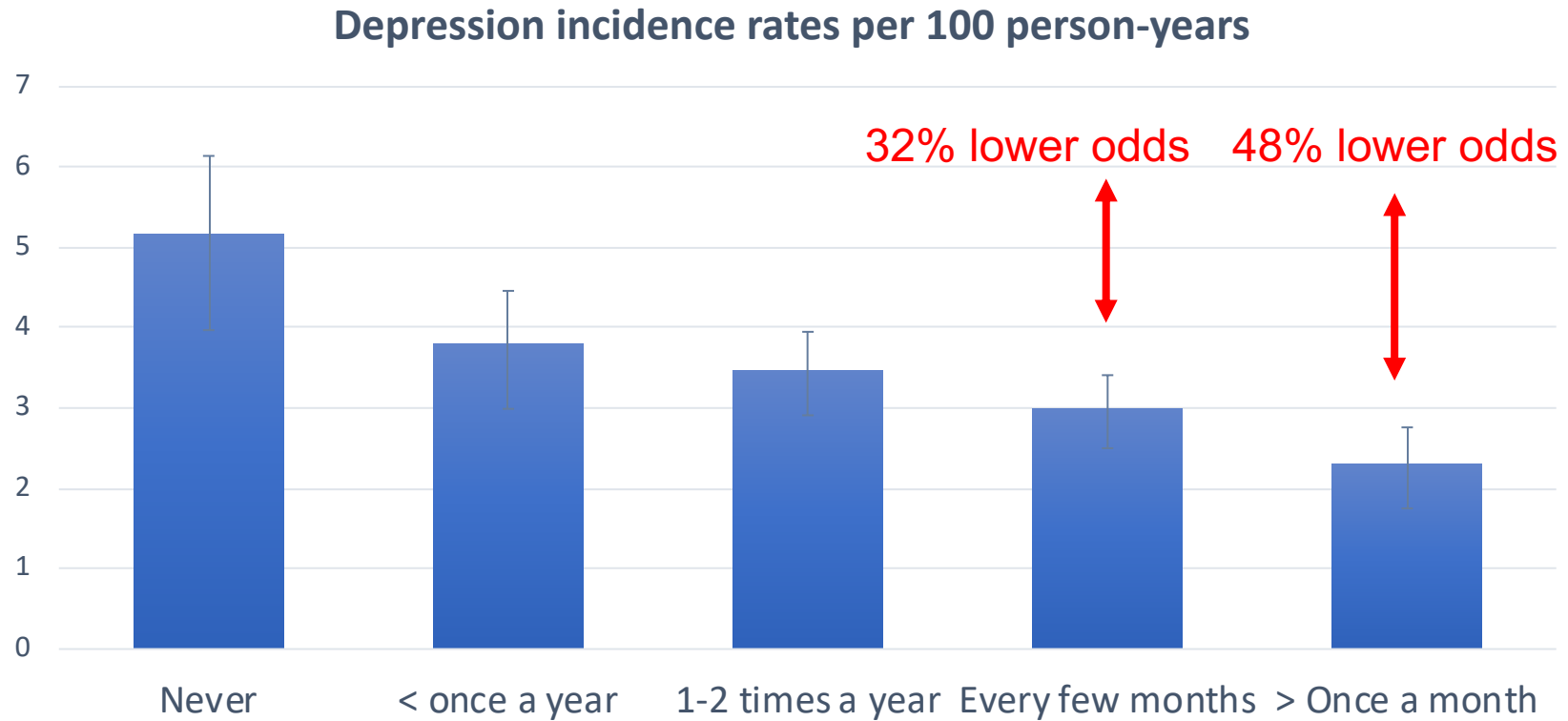
English Longitudinal Study of Aging  
1970 British Cohort Study

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

> 350 questions related to arts and cultural participation



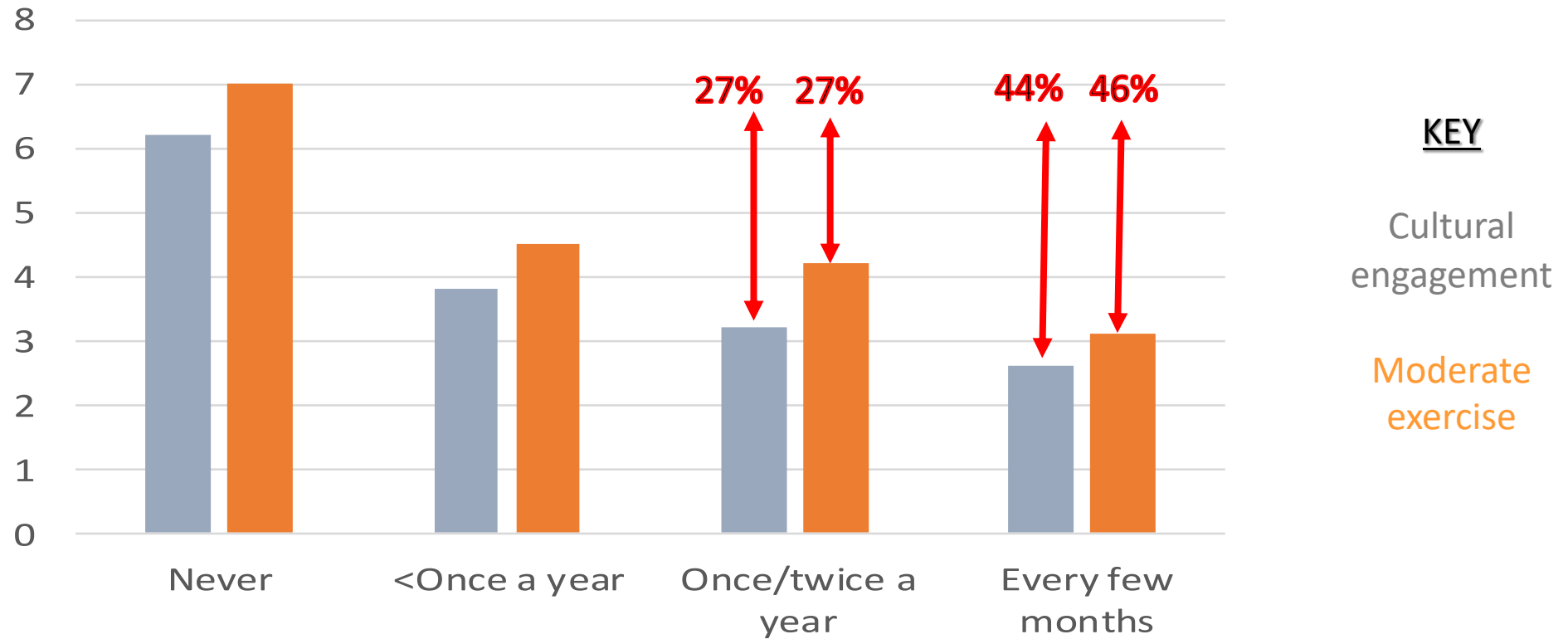
# Cultural Engagement and Depression in Older Age



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



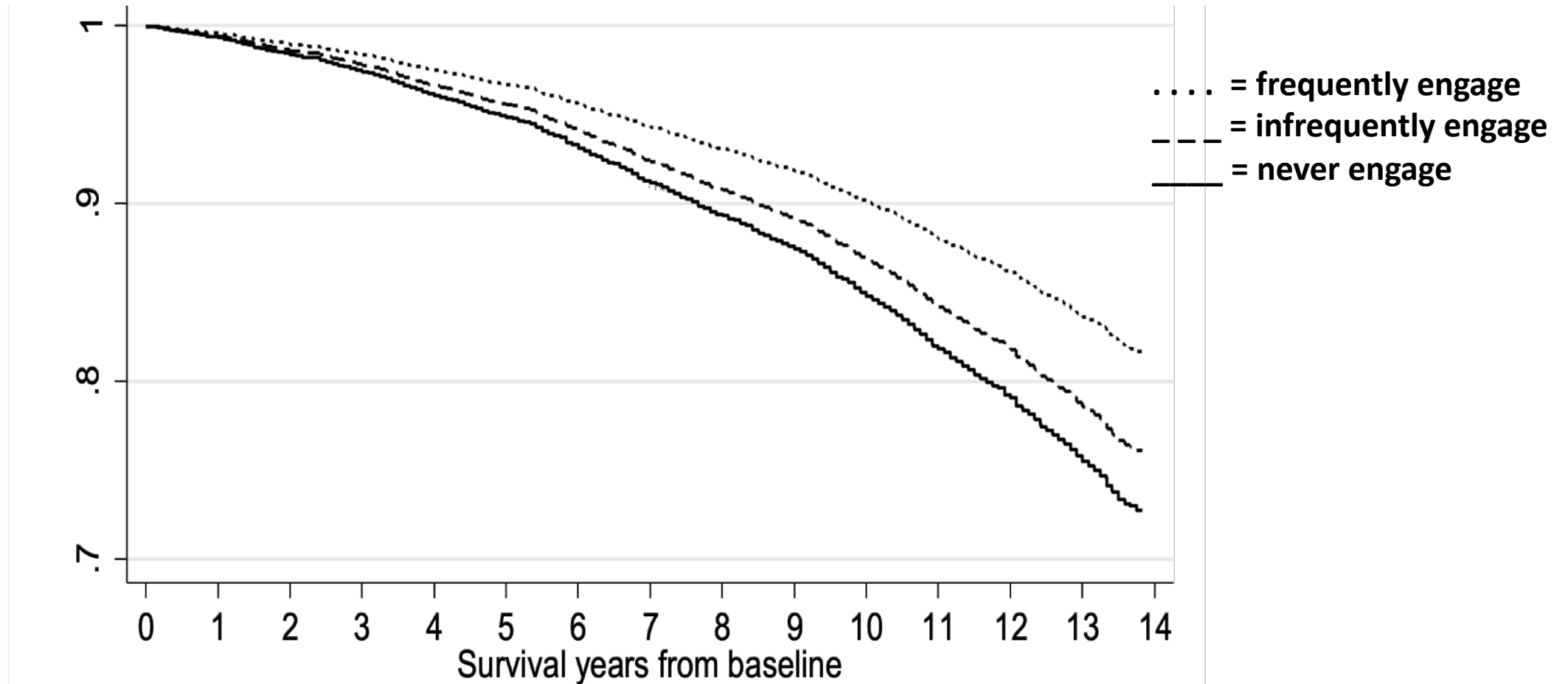
**Analysis:** Weighted Cox proportional hazards regression models & Weibull proportional hazards models

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.

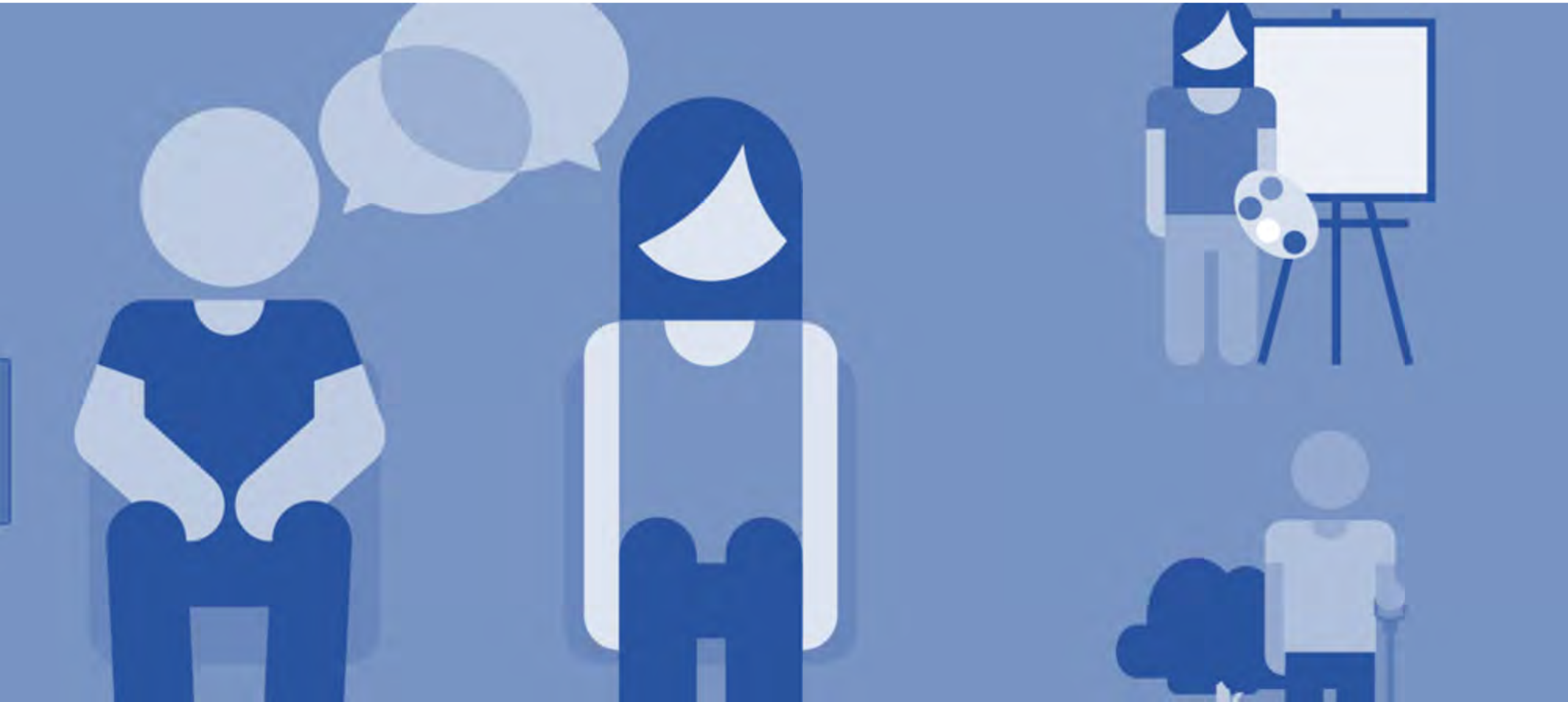
*Fancourt D & Steptoe A (2019) BMJ*

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

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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**



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**

*Debra* **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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Center Information ▾

Programs & Degrees

Research

Resources ▾

Home

COVID-19 Arts Response ▾

Response Overview

Evidence-Based Framework

Call for Collaboration

COVID-19 Arts Repository

COVID-19 Arts Local Advisory

COVID-19 Observational Study:  
"Social isolation & mental health..."

Initiative Overview

Webinar Series

Collaboration & Events

Discovery

Resources ▾

News

Meet the Team

Arts + Public Health Online Graduate  
Certificate

## 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, HAH 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,

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**CREATING HEALTHY  
COMMUNITIES**

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





# COVID-19 ARTS RESPONSE