

THE ARTS IN HEALTH

ART CAN STRENGTHEN OUR MINDS AND BODIES

Arts in Health is a field dedicated to utilizing the power of the arts to enhance health and well-being in various healthcare institutions and community context. This field includes Creative Arts Therapies, which utilize arts-based interventions and creative processes to optimize health and treat illness. Arts in Public Health describes community-based programs that use the arts to promote well-being, strengthen social cohesion, and facilitate arts-based messaging.

GROWING DEMAND FOR AN ARTS IN HEALTH WORKFORCE

The Texas Medical Center is the world's largest medical center and a hub for the intentional and transformative inclusion of the arts. Music therapy degree classes and Arts in Health degree programs are being offered across Texas, and **music therapy jobs are projected to increase 20% by 2028 in Texas.**

ART CAN TREAT AND MANAGE HEALTH CONDITIONS

- **Stroke:** A directed music playlist can **increase functional connectivity by 18%** and improve blood flow through damaged parts of a stroke patient's brain.
- **Parkinson's:** Dance for PD is an evidence-based program using dance and movement to supplement medicinal protocol for Parkinson's patients. Studies show that patients who participate in Dance for PD once per week have:
 - Improved motor measures, gait speed, and tremor reduction
 - Increased quality of life
 - Less motor impairment than non-participants
 - Slower motor and non-motor PD symptom development over three years
- **Post-Traumatic Stress Disorder:** Led by board-certified music therapists, trauma-informed songwriting interventions led to patients experiencing a **30% decrease in PTSD symptoms.**

ARTS INTERVENTIONS FOR BURNOUT AND COMPASSION FATIGUE

The Center for Performing Arts Medicine partnered with the Cardiovascular Intensive Care Unit at Houston Methodist Hospital to design innovative arts-based intervention called the Splatter Paint Room to reduce stress and combat burnout. Combining music and visual art therapy, **the Splatter Paint Room Experience lowered caregiver stress, compassion fatigue, and mental exhaustion for the participants.**

ART CAN COMBAT DEPRESSION

- **Attending a cultural event once a month reduces the risk of developing depression by 48%.**

AGING AND COGNITIVE DECLINE

The demographic of Texans aged 65 and older is expected to more than triple by 2050. With age and cognitive decline, challenges with thinking, memory, concentration, and other brain functions may reduce quality of life.

- **Project Chroma** is an interdisciplinary initiative that assesses the effects of a music creativity curriculum on older adults. Program results showed **improvements in cognitive function**, which is essential for attention and memory.