ARTS & CULTURE IN PUBLIC HEALTH
AN EVIDENCE-BASED FRAMEWORK

MECHANISMS
Self-Efficacy
Personal & Cultural Resonance
Aesthetic Experience
Emotional Engagement & Empathy
Expression & Being Heard
Meaning-Making
Self-Transcendence

ARTS & CULTURE

ARTS.UFL.EDU/HEALTHY-COMMUNITIES

EVIDENCE-BASED OUTCOMES
- Enhanced immune response
- Better coping & emotional regulation
- Reduced loneliness and isolation

PROVIDE DIRECT HEALTH BENEFITS
- Increased racial & social equity
- More welcoming and inclusive spaces
- Enhanced service utilization

INCREASE HEALTH SERVICE EQUITY & ACCESS
- Increased mobility & exercise
- Spaces for learning, connection & play
- Growing & aging in place

CREATE SAFE, INCLUSIVE & ENGAGING ENVIRONMENTS
- Enable dialogue within & across groups
- Elevate underrepresented voices
- Organize & mobilize communities

SUPPORT SOCIAL, CULTURAL & POLICY CHANGE
- Illuminate community needs and priorities
- Support & elevate community narratives
- Share findings in meaningful & engaging ways

ENRICH RESEARCH METHODS & PRACTICES
- Make information clearer & more memorable
- Increase personal & cultural relevance
- Enhance self-efficacy & behavior change

STRENGTHEN HEALTH COMMUNICATION