



Evaluating Sistema Scotland

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Today's presentation

Peter: overview of Sistema Scotland's Big Noise programme

Chris: Evaluating Sistema Scotland – approaching complexity, recognising different forms of evidence and embedding a life course study of impacts

A lot to fit in!

www.gcph.co.uk

www.makeabignoise.org.uk

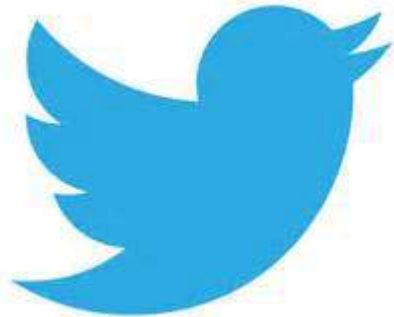


Live tweets

#bignoiseresearch

@GCPH

@sistemascotland



Sistema Scotland

Charity was established in 2008

- Transform children's lives through music
(develop new opportunities, confidence, self-esteem, aspiration, skills, peer networks)
- Empower communities
(develop parents skills, confidence, wider networks, ambition and opportunities)
- Grow future orchestras
(orchestras that are for everyone – extra support and encouragement to be involved – practical and personal)



Sistema Scotland

Big Noise - *Daytime Delivery*



Sistema Scotland

Big Noise – After-school Orchestra





Sistema Scotland

Long-term Programme and Relationships



Context

Leisure participation predicts survival: a population-based study in Finland

MARKKU T. HYYPPÄ, JUHANI MÄKI, OLLI IMPIVAARA and ARPO AROMAA

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SUMMARY

The authors study whether leisure participation is an independent predictor of survival over 20 years. Of the nationally representative sample of 8000 adult Finns (Mini-Finland Health Survey), aged ≥30 years, the cohort of 30–59 years (*n* = 5087) was chosen for the Cox proportional survival analyses. The sum score of leisure participation was divided in quartiles (the lowest quartile = scarce = 0–6; two intermediate quartiles = 7–11 and the highest quartile = abundant = 12–21). Adjusted for statistically significant covariates (age, tobacco smoking, alcohol consumption, obesity, self-rated health and diagnosed

chronic diseases), and with scarce participation as the reference, the hazard ratios and 95% confidence intervals (CIs) for the risk of death were 0.80 (0.67–0.95) (intermediate) and 0.66 (0.52–0.84) (abundant) for men. The association was insignificant in women with good health. The results show that leisure participation predicts survival in middle-aged Finnish men and its effect is independent of demographic features, of health status and of several other health-related factors. The beneficial effect emphasizes the significance of leisure activities for the promotion of men's health.

Key words: leisure participation; survival; longitudinal survey

INTRODUCTION

Previous studies have shown that social participation, in terms of attendance at meetings and the possibility to influence decisions in organized groups and associations (Dalgard and Hilleheim, 1998), in terms of attendance at (some) cultural events (Bygren *et al.*, 1996; Konlaan *et al.*, 2002), in terms of engagement in social and productive activities (Glass *et al.*, 1999; Sundquist *et al.*, 2004), or in terms of religious participation (Lutgersdorff, 2004), social ties in

and her co-workers have presented a conceptual model for the impact of social integration, participation and engagement on health in community (Berkman *et al.*, 2000).

Recently, we showed in community studies that active social participation associates with self-rated good health in Finland (Hyyppä and Mäki, 2001a; Hyyppä and Mäki, 2003). Cultural and social participatory activities seem to be associ-

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3. Attending cultural events and cancer mortality: A Swedish cohort study

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Abstract

Attendance at cultural events is associated with better survival and self-rated health. This study aimed to determine whether attendance at cinemas, theater, art galleries, live music shows, and museums was associated with cancer-related mortality. A randomly selected, cancer-free cohort of Swedish adults aged 25–74 years (*n* = 9011), formed in 1990–91, was followed up to 31 December 2003. The outcome measure was cancer-related mortality. The main independent variable was a cultural attendance index. A proportional hazards analysis adjusted for age, sex, chronic conditions, disposable income, educational attainment, smoking status, leisure time physical activity, and urban/non-urban residency was conducted. Rare and moderate attendees were 3.23 (95% CI: 1.60–6.52) and 2.92 (95% CI: 1.52–5.62) times, respectively, more likely to die of cancer during the follow-up period than frequent attendees. The effect was observed only among residents of urban areas. The results, if replicated, imply that promoting attendance at cultural events could lead to improved urban population health.

Keywords: cancer; cultural participation; health promotion

ORIGINAL ARTICLE

Concerts, museums or art attendance and survival: a Swedish follow-up

by Sven-Erik Johansson^a

^a Karolinska Institute, Stockholm, Sweden and ^b Statistics Sweden, Department of Welfare- and Social

influence of attending various kinds of cultural events or visiting cultural of individuals aged 25–74 years from a random sample were interviewed 83. The interviews covered standard-of-living variables. Our independent attendance at cultural events, reading books or periodicals, and music the cohort was followed with respect to survival for 14 years up to 31st were used for control purposes were age, sex, cash buffer, educational exercise. Our setting was the Swedish survey of living conditions among about 10,609 individuals were interviewed in 1982 and 1983. The outcome all, 916 men and 600 women died during this period. We found a higher the cinema, concerts, museums, or art exhibitions compared with those risks ranging between RR 1.14 (95% CI: 1.01–1.31) of attending art ing museums, when adjusting for the nine other variables. Visits to the we. We could not discern any beneficial effect of attending the theatre, y effect of reading or music making. Our conclusion is that attendance at cial effect on longevity

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g, by loudness, the art expres- survival matters like food, war, contrast with earlier experiences, complex pattern or heterogen- asymmetry of the elements (3), in theory distinguishes between and presentational symbols. The described, not in words and/or presentational symbols used in the re able to reflect the structure of ople to understand the world of reduction is suggested to consist relief of tension. Art generates tions, but also absorbs diffuse ator. Specific tensions may be er aspects of the art input. Such by pleasure.

taylor & Francis. 2000. ISSN 1403-4948



Regular engagement with arts and culture independently predicts a healthier, longer life

Learning instrument independently predicts better educational attendance and attainment

Less clear: community-based, early years, arts-based intervention and impacts on inequalities

Impact pathways?
How to deliver?

Context

To inform this evaluation, GCPH commissioned 3 systematic literature reviews:

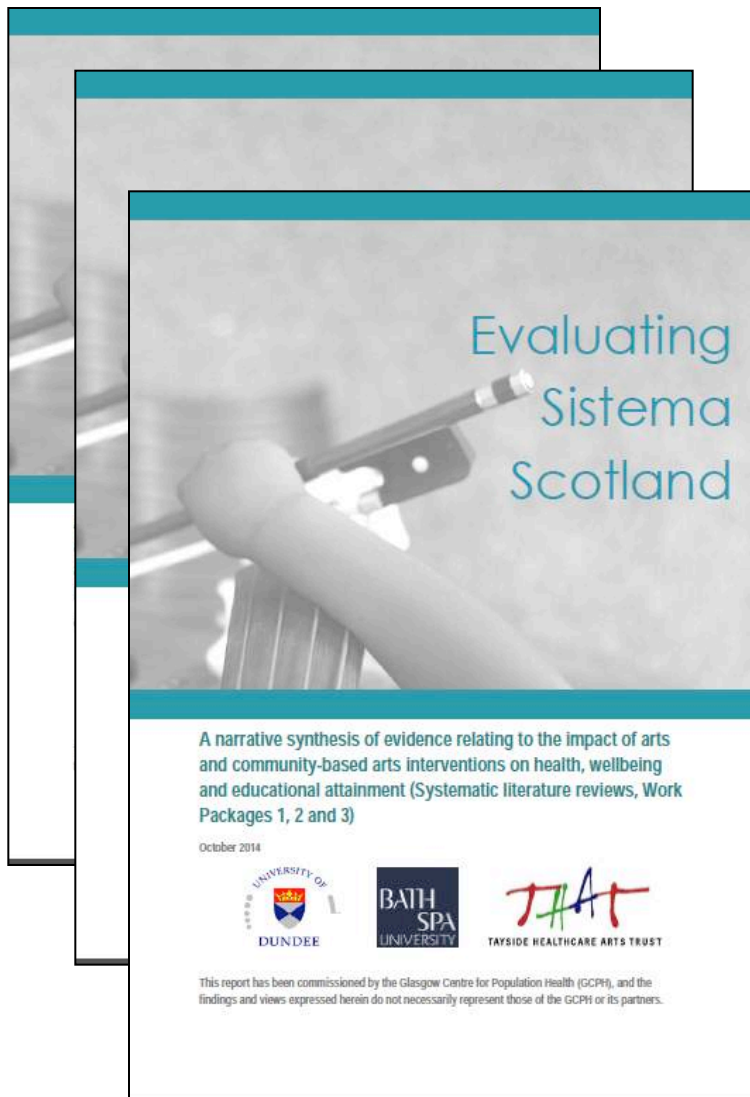
- 1. The impact of art attendance and participation on health and wellbeing**
- 2. ‘Arts and smarts’ – assessing the impact of arts participation on academic performance during the school years**
- 3. Community-based music programmes, and health and inequalities – the impact on children/adolescents and their families**

Plus

Brief synthesis of all three reviews

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Evaluation Vision:

- High quality, relatively low cost
- Be bold, ask others for help, multiple perspectives
- Embrace complexity and uncertainty
- Life course evaluation: formative and summative design
- Different forms of evidence, human experience plus abstract
- Not disruptive to a fast-paced programme
- Not intrusive to participants' lives
- Senior advisory group
- Critically reflective of our methods
- Societal impact and influence

Evaluation aims

1. To assess, over the long-term, the outcomes of the Big Noise programmes in Raploch and Govanhill, in terms of social and behavioural development, educational performance and attainment and future impacts on the lives, health and wellbeing of the children and young people participating in the programmes. Additionally the social impacts at the family and community levels will be assessed. The programme impacts at a societal level will be assessed through an economic analysis which will consider the costs of the programme and the broader returns on investment.

What are the impacts?

2. To gain insight into Sistema Scotland's ethos and vision, their approaches to selecting programme sites, adapting programme delivery to local structures and requirements, local partnership working and the characteristics of the staff and implementation which are critical to enhancing inclusion, engagement and retention and achieving positive outcomes for the individual, family and community.

How are they achieved?

Initial Phase: Evaluation partners

1. **GCPH (with Audit Scotland):** process learning and impacts of Big Noise in **both Raploch and Govanhill**
2. **Education Scotland:** Assessing quality of **Big Noise Raploch** education and learning
3. **Glasgow Caledonian University:** Health economic cost-benefit analysis of **Big Noise Govanhill**

Methods



Component 1: GCPH

Formative Methods: primarily qualitative

- Semi-structured interviews (120 interviews)
- Observation (1,500 hours)
- Participant drawing exercise, Govanhill (110 children)
- Participatory filmmaking exercise, Raploch (6 young people)
- Case studies (12 children, parents, teachers, musicians)
- Focus group for non-participants
- Development of Big Noise Logic Models

Summative Methods: primarily quantitative

- For individual participants outcome data from education, health, social care, welfare system and justice system will be linked and compared to control group, statistical sig

GCPH findings

In a nutshell: very positive. Big Noise increases happiness, confidence, concentration, discipline, cooperation, pride, belonging, security, aspiration.

Effect size will vary: if large enough to compensate for drivers of inequality then potential to reduce health inequalities through a variety of pathways

Principles for delivery



Pathways

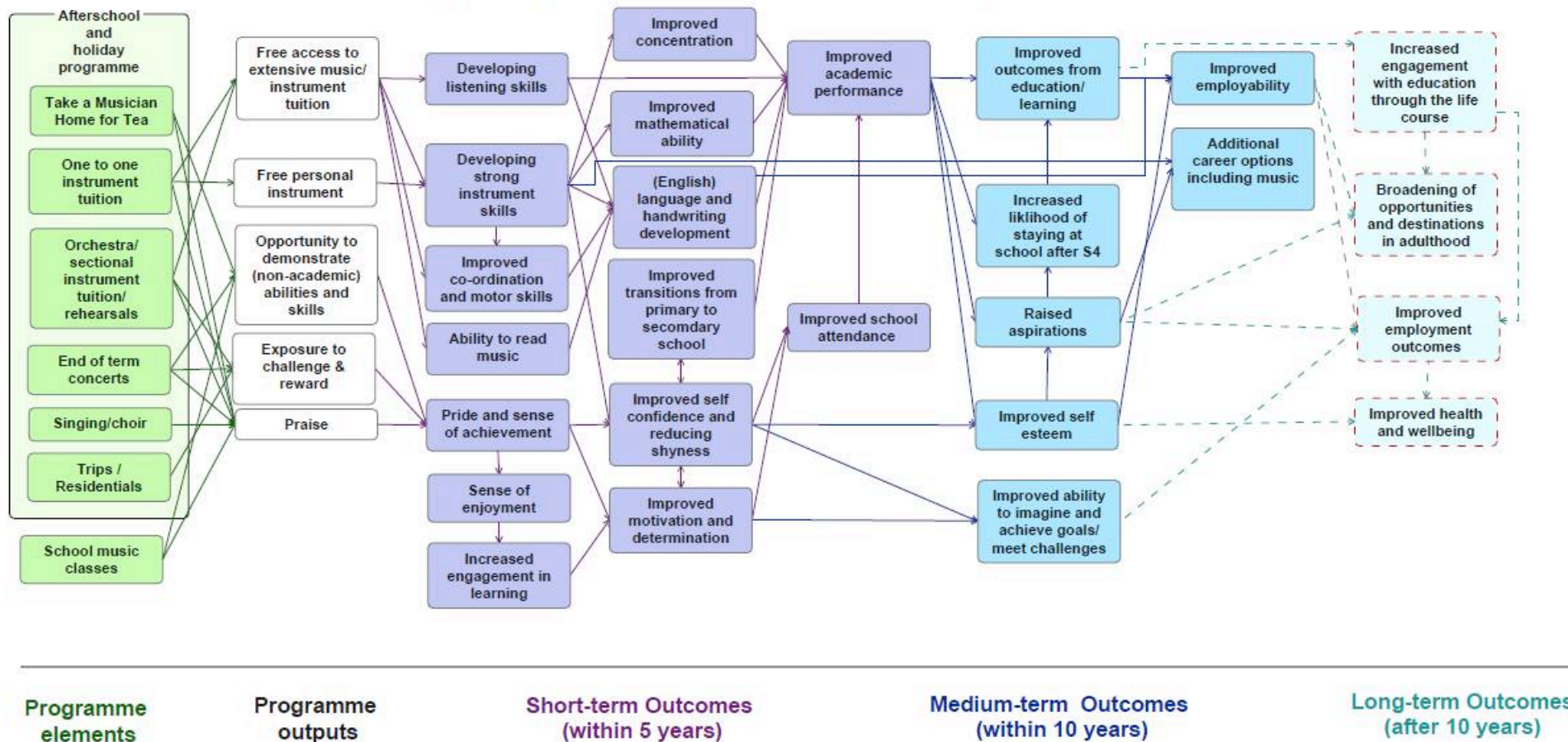
How Sistema Scotland and Big Noise work...

- Longevity and commitment
- Inclusive and accessible
- Innovation and flexibility
- Intensive and immersive
- Collective learning and teaching
- Pursuit of excellence
- Focus on relationship

...underpins the impacts observed & development of theorised life-course impacts

- Boosting learning and education
- Developing and building life skills
- Securing emotional wellbeing
- Building social skills and networks
- Respite and protection
- Developing as a musician
- Encouraging healthy behaviours

Boosting engagement with learning and education



GCPH findings



Researcher: *"What are you playing in this drawing?"*

Child: *"Viola."*

Researcher: *"What does it make you feel like when you're playing it?"*

Child: *"It makes me feel proud."*
(Big Noise participant, Govanhill, aged 6 years)

GCPH findings

“Big Noise children reflect a positive ethos from Big Noise; a high standard of uniform, better attendance, far more disciplined and engaged – opening up avenues of other areas. Far fewer issues on behaviour – Big Noise provides more discipline which they may not have got out of school otherwise.”

(School teacher, Raploch)

GCPH findings

“The music, how we hear music, how we get involved, build up your communication, build up your confidence. Coming to Big Noise, you’ve got people you know and people you don’t know. You’ve got music behind your back, pushing you. So it’s like somebody pushing you to do something, but it’s music, and it’s pushing you to make good things like building your confidence. When I started Big Noise I was shy, look at me now. Anyone can achieve any goals they want.”

(Big Noise participant, Raploch, aged 14 years)



Component 2: Review of Big Noise, Raploch

29th September - 3rd October 2014

Key Strengths:

- High levels of participation and commitment from children and young people who are proud to be part of Big Noise.
- Significant numbers of children and young people who achieve exceptionally well in music.
- Children, young people and families are increasingly confident and ambitious as a result of their involvement with Big Noise.
- The professionalism and passion of a staff team committed to transforming lives through music.
- Effective leadership which has supported the continued growth of the organisation.

Component 3: Big Noise Govanhill

An economic perspective

Linda Fenocchi

Glasgow Caledonian University

Key Results

Table 2: Cost benefit analysis Big Noise Govanhill - appraisal results adjusted for time horizon

	0 to 6 years	0 to 9 years	0 to 15 years	0 to 70 years
Present value: costs	£0.76m	£-0.03m	£-2.70m	£-9.47m
Present value: benefits	£9.94m	£15.54m	£26.21m	£79.89m
Net Present Value	£9.18m	£15.57m	£28.91m	£89.37m

Discussion and Conclusion

- **People change lives**
- **The unique contribution of arts, music, inspiration, excellence**
- **Long-term interventions**
- **Preventative spend**

History suggests that the achievement of better prospects for disadvantaged communities and fairer outcomes within Scotland as a whole, will not be achieved through continuing with established approaches. Innovation, sustained commitment and more person-centred ways of working will be needed. Sistema Scotland offers a model which encompasses all of these. It is essential that, as a society, we learn from Sistema Scotland's approach and evaluate the impacts of the Big Noise programme over time.

Thank you

- Full report, summary report, technical appendices available at www.gcph.co.uk
- A very sincere thanks to all Sistema Scotland and all partners
- Our privilege to be involved
- We hope this evaluation is helpful to Sistema Scotland and partners, but it is also of clear societal importance concerning the role of arts and music in addressing inequalities
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