

# Scottish Music and Health Network

## Music as a preventive strategy for public health

23<sup>rd</sup> October 2015

Public health

Music and public health

Research on music and public health

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THE CARNEGIE TRUST  
FOR THE UNIVERSITIES OF SCOTLAND

# Public health



*...organised measures to prevent disease, promote health, & prolong life among the population as a whole. (WHO 2015)*



*'The great challenge for public health today is how can we be more effective in tackling health inequalities'* (Michael Matheson, Minister for Public Health 2014)



**National Institute for  
Health Research**

NIHR Public Health Research Programme:  
funds research to evaluate non-NHS  
interventions intended to improve the health of  
the public and reduce inequalities in health.

[www.nets.nihr.ac.uk/programmes/pr](http://www.nets.nihr.ac.uk/programmes/pr)

# Some findings on public health

- Engagement in leisure activities of intellectual nature associated with slower cognitive decline in healthy elderly<sup>1</sup>
- People with more social ties live longer, have better health, and are less depressed.<sup>2</sup>
- Social relationships substantially contribute to explanation of SES differences in subjective health<sup>3</sup>
- ‘reasonably good evidence’ that activity scheduling helps depression<sup>4</sup>
- Higher moderate- to vigorous-intensity physical activity time by children & adolescents associated with better cardiometabolic risk factors<sup>5</sup>

<sup>1</sup>Scarmeas & Stern *J Clin Exp Neuropsychol*. 2003 25(5): 625–633.

<sup>2</sup>Carstensen, L. L., & Hartel, C. R. (2006). Social Engagement and Cognition.

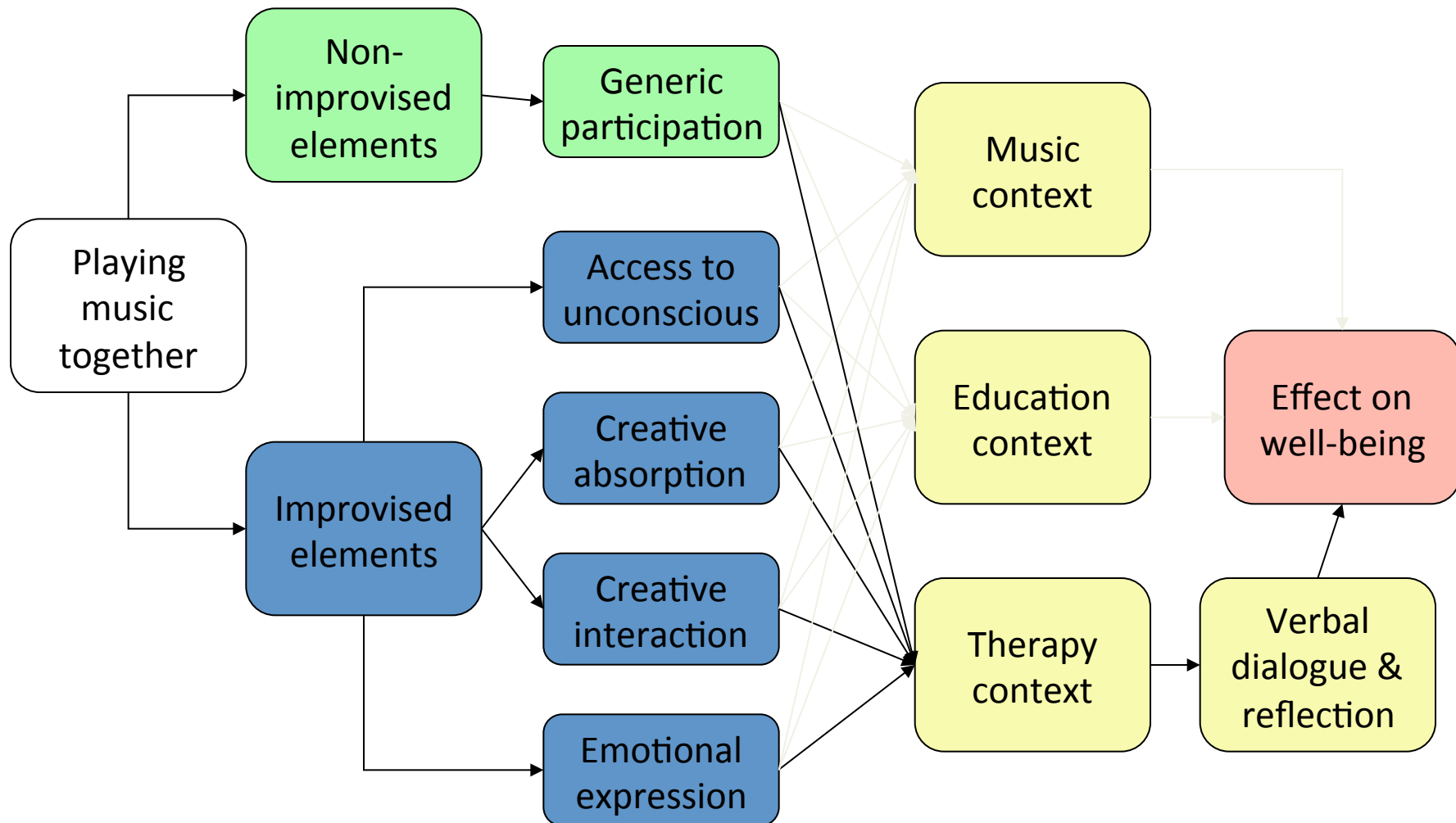
<sup>3</sup>Vonneilich *BMC Public Health* 2012, **12**:285; Heritage *BMC Public Health* 2008, **8**:243

<sup>4</sup>Morgan & Jorm *Ann Gen Psychiatry*. 2008; 7: 13.

<sup>5</sup>Ekelund. *U JAMA*. 2012;307(7):704-712

# Music & public health





# National Prevention Research Initiative

## Review 2015

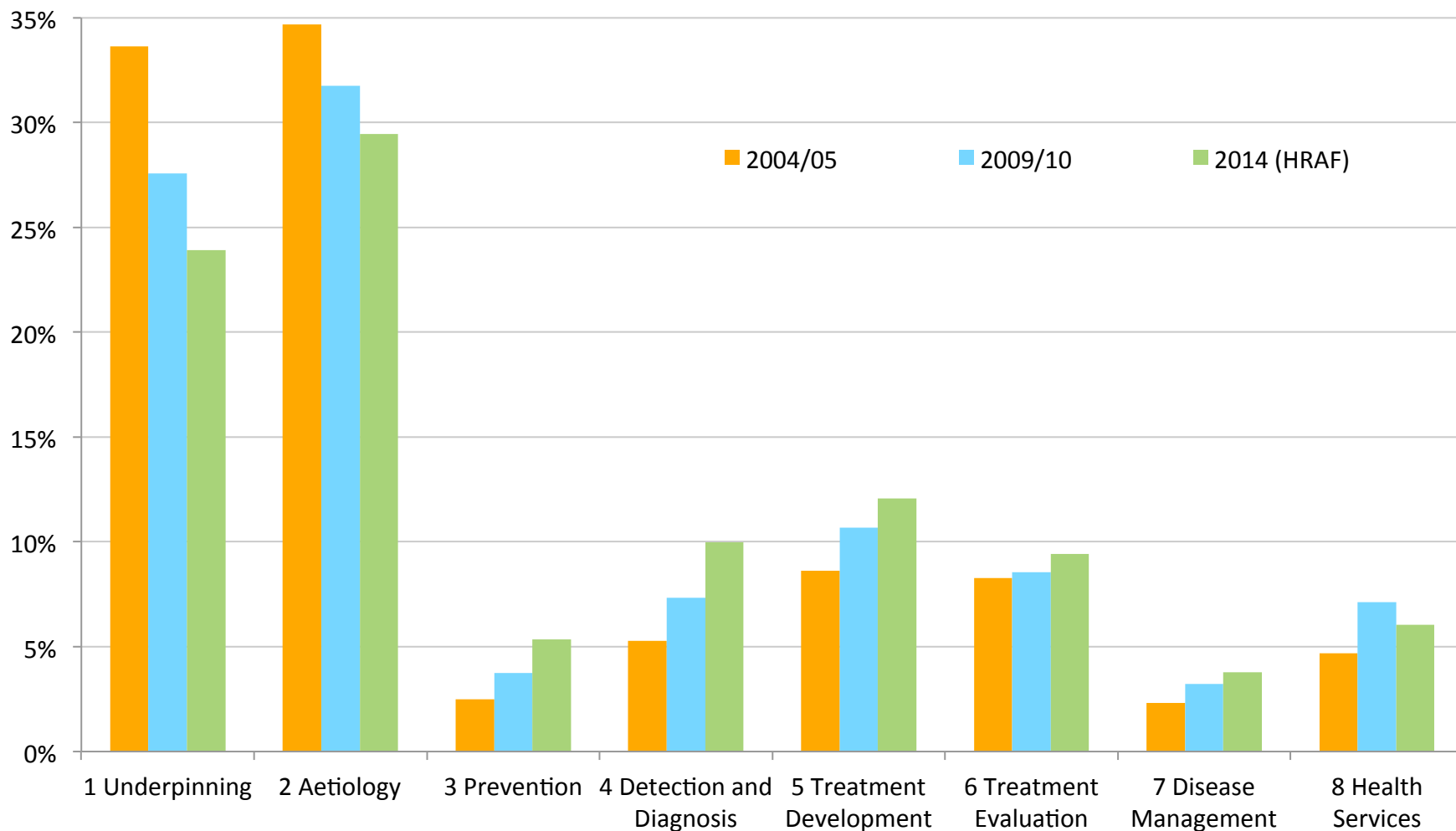
Greater reductions in the population illness or health risk could result from applying interventions at multiple levels (individual, group, community, population).

Need to understand how individual components of complex interventions fit together, to boost effectiveness of each.

Trial methodology and iterative cycles of intervention development and process evaluation could take account of what works, for whom and in what circumstances and aspects

Key priority is research into development & testing of interventions in groups with particular needs, e.g. those with poor mental health, or in lower socioeconomic minority ethnic groups

# Changes in Research Activity 2004-2014





# Culture is good for your health



## Scottish Government 2013:

Those who participated in a creative or cultural activity in the previous 12 months were 38 per cent more likely to report good health compared to those who did not.



CSO research funding suspended pending strategy review, due next week:  
committee structures will have changed.

Scottish researchers are eligible to lead, or collaborate on, applications to these NETSCC managed Programmes:

- Health Technology Assessment
- **Public Health Research**
- Efficacy and Mechanism Evaluation
- Health Services and Delivery Research



*National Institute for  
Health Research*

[www.nets.nihr.ac.uk/](http://www.nets.nihr.ac.uk/)

Other sources:

Medical Research Council

[www.mrc.ac.uk](http://www.mrc.ac.uk)

Member charities of the AMRC

[www.amrc.org.uk/](http://www.amrc.org.uk/)

## SCOTTISH MUSIC & HEALTH NETWORK

### Music as a preventive strategy for public health:

a one day seminar

**Glasgow Caledonian University, October 23rd 2015**

Technology and Innovation Centre, 99 George Street, Glasgow, G1 1RD

#### AM

09:30	<i>Welcome &amp; Registration</i>	
10:00	<b>SMHN team</b>	Music and Public Health Research
10:15	<b>Douglas Lonie</b> , BOP Consulting	The tyranny of conscious thought – theory, policy and practice in participatory music projects
10:35	<b>Allan Farmer</b> , WHALE Arts	Music in Mind: making music and staying healthy in Wester Hailes
10:55	<i>Coffee</i>	
11:30	<b>Performance</b>	Musicians from Sensatronic (SENSE Scotland)
11:40	<b>Katherine Waumsley</b> , Common Wheel	Common Wheel: Community Music in a Mental Health Care Context
12:00	<b>Giorgos Tsiris</b> , Nordoff Robbins, London/Queen Margaret University, Edinburgh	Music in health promotion and death education: Perspectives from community music therapy
12:20	<b>SMHN team roundup</b>	
12:30	<b>Close – lunch</b>	

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#### PM

13:30	<b>Performance</b>	Sing for Life Speyside choir
13:45	<b>SMHN</b>	Introduction
	<b>Community singing:</b>	
13:55	<b>Tara French</b> , Glasgow School of Art	Promoting health and wellbeing through community singing
14:15	<b>Svend Einar-Brown &amp; Siobhan Clark</b> , Glasgow Life	Big Big Sing; what impact could community singing have on wellbeing in Glasgow?
14:35	<b>Shelley Coyne</b> , University of Edinburgh	We're Givin' it Laldie: Can Community Singing Improve Wellbeing in an Area of Multiple Deprivation in Glasgow?
15:00	<i>Coffee</i>	
15:30	<b>Chris Harkins</b> , Glasgow Centre for Population Health <b>Peter Nicholson</b> , Sistema Scotland	Evaluating Sistema Scotland: approaching complexity, recognising different forms of evidence and embedding a life course study of impacts
15:50	<b>Discussion</b>	Improving and maintaining public health with music
16:20	<b>SMHN team</b>	Network update
16:30	<b>Close</b>	