

# Cross-Sector Strategies at the Intersection of Arts and Health

Delaware Arts Summit

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# Workshop Plan

- Introduction to Arts in Health
- Review of State Arts Agency Strategies
- Creative Combat Paper Arts Exercise

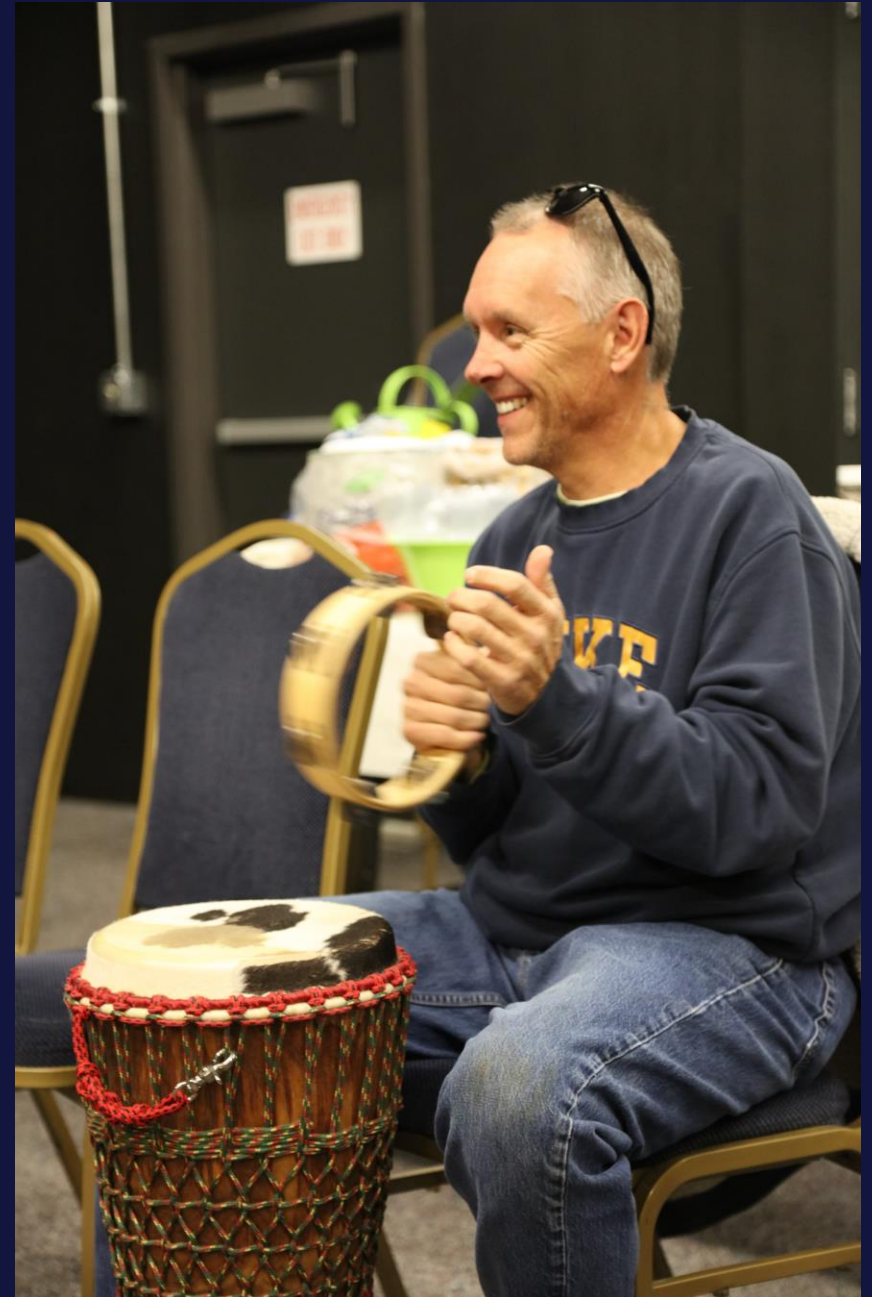


# BLUF

Bottom Line Up Front:

Creativity, arts participation, and self-expression can

- Make people feel better about themselves
- Make people feel more connected to others
- Improve their health outcomes
- Enhance their sense of well-being



# What is Arts in Health?

“Arts in health is a field dedicated to using the power of the arts to enhance health and well-being in diverse institutional and community contexts.

Comprised of many subfields and affiliated fields, arts in health supports health as defined by the World Health Organization (WHO), as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

*Arts, Health, & Well-being in America, NOAH, 2017*



# Disciplines

**Creative Arts Therapies** - art therapy, music therapy, dance/movement therapy, drama therapy, psychodrama, and poetry therapy

**Arts-based and cultural interventions** such as live performances, storytelling, community arts projects, visual arts, dance workshops, responsive arts engagements.

**Arts in Healthcare** – incorporating the arts into hospitals, clinics, and other healthcare facilities via exhibits, performances, and arts-based clinical interventions.

**Arts in Public Health** – improving community health by addressing health communication, promoting resilience and well-being, and supporting the management of chronic conditions

# Benefits of Arts in Health

Research has shown that arts in health can

- Reduce stress and anxiety,
- Improve mood and emotional well-being,
- Enhance cognitive function and creativity,
- Improve sleep quality
- Increase physical activity and social engagement,
- Strengthen the immune system, and
- Reduce inflammation.

# National Program Examples

- National Initiative for Arts & Health Across the Military
- Creative Forces
- Healthy People 2030



# States Investing in Arts and Health

Making the arts accessible to all through public investment benefits all individuals and communities.

The health benefits of the arts are increasingly understood as an important part of the public value of the arts.



SAA Arts in Education Grants FY19-23



# Programs Supporting Arts Therapy

- Kansas Arts Commission
- South Carolina Arts Commission
- Pennsylvania Council on the Arts



# Social Prescribing

- Massachusetts Cultural Council
- Connecticut Office of the Arts
- Maryland Council on the Arts
- Virginia Commission for the Arts
- New Jersey Performing Arts Center



# Cross-sector Partnerships

- Rhode Island Council on the Arts
- New Mexico Arts





# Grants to Organizations and Artists

- New Hampshire State Council on the Arts
- Rhode Island State Council on the Arts





# Creative Aging

- Many!
- Delaware Division of the Arts
- Indiana Arts Commission



# Active Military and Veterans Health

- Delaware Division of the Arts
- Washington State Arts Commission
- New Mexico Arts
- Maine Arts Commission





# Key Ingredients

## Initiation

- State agency capacity
- Partnerships
- Champions
- Arts infrastructure
- Teaching artists
- Time and iteration

## Sustainability

- State agency capacity
- Advancing health sector partnerships and investment
- Evaluation
- Case-making

**Questions?**



**How do you envision the arts  
creating healthy  
communities in Delaware?**