



WYOMING
ARTS
COUNCIL

HEALTH AND WELLNESS THROUGH THE ARTS

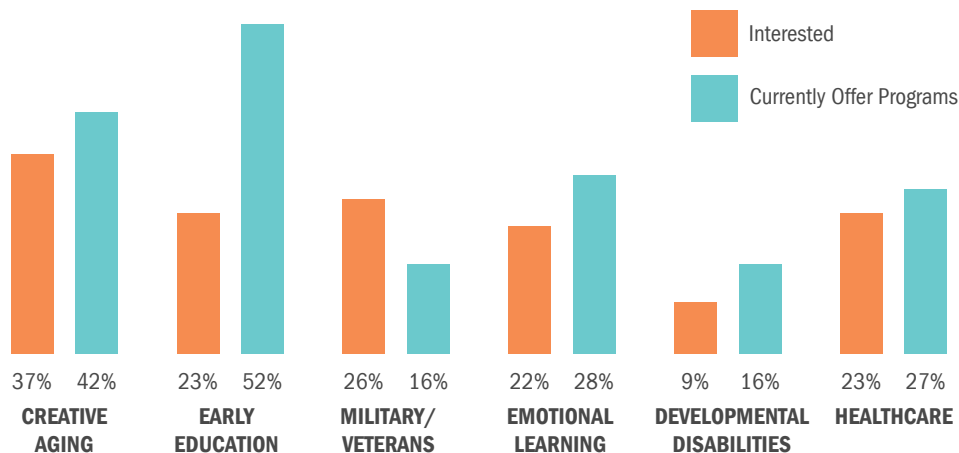
Survey Results & Next Steps

Participation in the arts has a direct impact on the health and wellbeing of every individual. Creative endeavors lead to higher cognitive skills, lower blood pressure and heart rates, increased endorphins (needed for pain management) and decrease the impact of loneliness, boredom and helplessness.*

With these benefits in mind, the Arts Council distributed a census seeking to identify Wyoming's existing health and wellness through the arts (H&WA) programming. The questionnaire went out to Wyoming artists, arts organizations, and representatives from the healthcare, aging, military and disabilities sectors. Of the 319 submissions started, 62% of respondents identified as artists, 38% were non-artists, and 17% already offered H&WA programs. Below are some of the study's key findings.

* Source: National Endowment for the Arts Staying Engaged Report, 2014

SERVING WYOMING'S H&WA INTERESTS



According to the survey, the three areas of highest interest for participants were early education, creative aging, and military/veterans. While respondents said that many of their existing programs were directed towards the first two categories, military/veteran programs are being underserved.

WHY DO THE ARTS MATTER TO WYOMING?

Without a doubt, the arts help people, communities and Wyoming thrive. Study after study proves the positive effect of the arts. From economic development in communities to cognitive development in kids, the arts play a key role.



WHAT DO H&WA PROGRAMS REALLY LOOK LIKE?

Of all the self-identified H&WA programs in the state, 61% were not designed specifically to provide a H&WA constituent group with intentional arts engagement. In other words, these programs only incidentally serve H&WA groups.

THE DEMAND FOR H&WA RESOURCES

54

respondents want to begin new H&WA programs.

26

respondents want to expand existing H&WA programs.

19

respondents want to continue existing H&WA programs.

118

CONTINUING THE CONVERSATION

118 respondents agreed to join the H&WA network to continue sharing ideas and resources.

AN IMPORTANT DISTINCTION

H&WA programs provide deliberate/intentional active participation in the creative process whether generating visual art, performing spoken word, dance or music, or writing original work for the purpose of wellbeing or healing.

BUILDING WYOMING'S H&WA CAPACITY

Based on the survey results, Wyoming has the interest and enthusiasm to build a robust H&WA program. In order to address the community's greatest needs, the Arts Council's role is to:

- ▶ Be a statewide conduit for connecting artists, arts organizations and healthcare providers and their clients
- ▶ Educate the public and our stakeholders about the health and wellness benefits of arts participation
- ▶ Provide opportunities for artist training and model programs
- ▶ Seek out funding opportunities
- ▶ Make sure that Wyoming's health and wellness interests are being met by our programs



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Learn about all of the Wyoming Arts Council programs at
wyomingartscouncil.org