



Manifest for Health and Wellbeing policy
"dance arts4health&wellbeing"



Introduction:

We, the focus group participants of the "dance arts4health&wellbeing" workshop are committed to and convinced in the transformative potential and impact of dance arts for promoting, endorsing and supporting overall health and wellbeing.

Through our research, collaboration, and professional practice, we have identified key areas where policy changes can have a significant impact on individual and societal wellbeing. We present this statement as a call to action, urging policymakers to prioritize the integration of arts into health care service and promotion strategies.

Our recommendations are based on evidence, EU documents, policy papers for youth and health, and the WHO report on arts&health from 2019.

In this regard, we are proposing following actions to be taken by all decision makers and by all responsible individuals, who are engaged in contributing to the just implementation of the health & wellbeing-related policy regulations at their local, national, and global scale:

1. **Embed Dance Arts in Healthcare Settings:** We advocate for the integration of dance arts programs within healthcare settings to enhance the healing environment and improve patient experiences. Policy measures should be implemented to fund and support artist-in-residence programs, creative workshops, and art therapy services in hospitals, clinics, and long-term care facilities.
2. **Arts Education for All:** Recognizing the power of arts education to nurture creativity and support holistic development, we recommend that arts education be made a core component of the curriculum in all educational institutions. Policymakers should allocate resources to ensure employment of art professionals in formal education, thus endorse creative economy and enable access to quality arts education for all students and teachers, including marginalized communities.
3. **Arts-Based Interventions for Mental Health:** Given the increasing prevalence of mental health issues, we call for the integration of arts-based interventions in mental health services. Policymakers should invest in training healthcare professionals in creative therapies and provide funding for all community-based provided arts programs that promote and endorse mental health and overall wellbeing.
4. **Arts and Aging:** To enhance the quality of life for older adults, we propose policies that support dance arts engagement in aging populations. This includes initiatives such as dance arts workshops, intergenerational dance arts programs, and cultural activities tailored to the needs of seniors. Funding and partnerships should be established to ensure the availability and accessibility of these programs.
5. **Arts for Social Change:** Recognizing dance arts as a powerful catalyst for social integration, we encourage policymakers to support community-based dance arts projects that address social issues. Funding should be allocated for all dance arts initiatives that promote social inclusion & foster intercultural dialogue.
6. **Integration of Dance Arts and Technology:** In the digital age, we emphasize the importance of embracing technology as a tool to enhance dance arts and health integration. Policymakers should invest in digital platforms and innovative technologies that facilitate remote access to dance arts programs, virtual trainings, and interactive dance arts experiences provided by dance arts professionals.

We urge policymakers at local, national, and international levels to take these policy recommendations into serious consideration. By embracing the potential of dance arts, in promoting health and wellbeing, policymakers can create a society that prioritizes the holistic needs of its citizens. Let us collaborate, advocate, and create a future where arts and health intertwine to foster a thriving and resilient society.