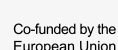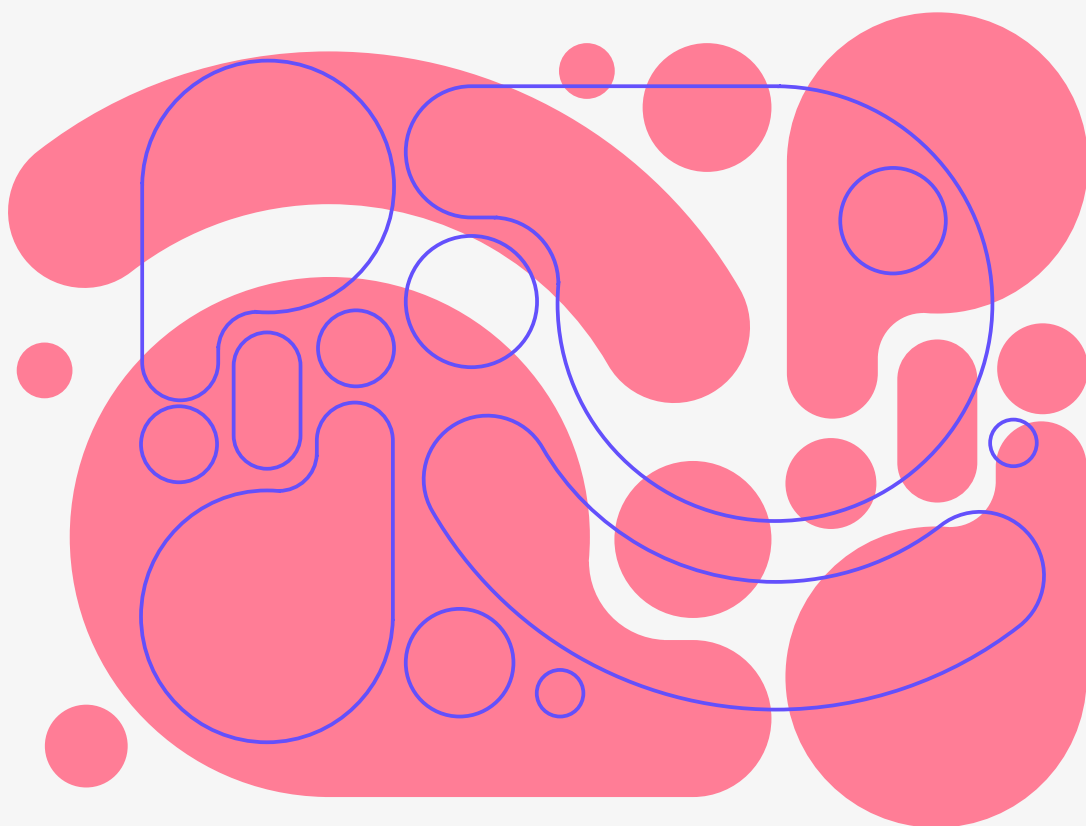CULTURE
FOR —

HEALTH

CultureForHealth Mapping

An overview of Programmes, Initiatives
and Projects on Culture for Well-being and Health

Suggested citation

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Content

Introduction

'CultureForHealth' is a combined effort of local and regional actions in Europe to raise awareness about the critical role of culture and the arts in improving health and well-being at both the individual and collective level.

The CultureForHealth project responded to the objective of the *Preparatory Action – Bottom-Up Policy Development for Culture & Well-being in the EU* to facilitate the exchange of knowledge, experience and success stories in the EU related to the role of culture for well-being and health. Its various actions included a research review (clarifying the importance and the role of culture for well-being and health, taking stock of existing knowledge and evidence), a mapping of the most relevant existing practices, a series of pilot projects and capacity building initiatives, and the drafting of policy recommendations on the topic.

In 2022 the CultureForHealth report was launched, an important step towards compiling policy guidelines on how to enhance well-being through culture. The aim of this report was to synthesise existing evidence on the effects of arts and cultural activities on health and well-being.

Through the CultureForHealth mapping, relevant examples of EU, national, regional and local projects, programmes and policies on culture, well-being and health were collected in an online directory. This directory serves as a learning tool for decision makers, practitioners and researchers interested in leveraging arts for public health and individual and community well-being.

CultureForHealth also included six pilot projects in Denmark, Italy, Romania, Slovakia and Slovenia aimed at "management and treatment" of illnesses as well as "prevention and health promotion" for a variety of life stages and age groups. The aim of the six CultureForHealth pilot projects was to showcase good examples of bridge-building actions between EU policy-makers and local practitioners in their co-production of the framework for future implementation of cultural interventions in the health sector.

Through a series of roundtables, study visits to Denmark, Italy and Romania, webinars, and workshops, CultureforHealth facilitated cross-sectorial and trans-European cooperation aiming at sharing, collecting and creating knowledge.

The focus of this report is narrowed to the CultureForHealth mapping initiative and to the information collected within this process throughout a one year period. The mapping is an ongoing process and the directory will continue to be expanded in the future with other initiatives. This report is oriented towards presenting information collected in the online directory, summarizing the key aspects revealed through a quantitative analysis. The report aims to underline information that could be relevant in understanding the culture for health and well-being landscape in Europe and worldwide, and to define new directions for action at micro and macro level.

For the time being, *the report contains an analysis undertaken in 2023, and the results emphasized in this report are not exhaustive, but rather limited to the data collected in the CultureForHealth mapping database during March 2022 - March 2023, consisting of 780 initiatives. The data analysed in this report was not collected using representative sampling methods. Findings from this report cannot be generalized or used to make inferences about wider populations or phenomena.* The total number of initiatives included in this report is 780. However, due to limits in the information available during the data collection process, data for some sets of indicators is missing. For example, budget data is only available for 164 out of 780 initiatives. The number of initiatives available for the analysis of each indicator is specified in each respective figure.

The CultureForHealth project was implemented by a consortium consisting of Culture Action Europe, Trans Europe Halles, Central Denmark Region, The Northern Dimension Partnership for Culture, Cluj Cultural Centre, and Društvo Asociacija.

Mapping of Initiatives on Culture for Well-being and Health

Mapping Objectives and Outcomes

The CultureForHealth project consortium carried out a mapping of relevant EU, national, regional and local programmes, initiatives and projects on culture, well-being and health across the European Union and worldwide.

Objectives

- To collect and make accessible a number of relevant initiatives on culture for well-being and health;
- To identify the most relevant actors in the field of culture for health and well-being;
- To provide insights related to the type of practices that are carried out in the field of culture, well-being and health in the EU and to highlight lessons learnt, good policies and practices, which serve as a resource for learning and inspiration for a wide range of stakeholders.

Outcomes

- Mapping database – an online directory with multiple search functions for more than 700 entries consisting of initiatives, projects and programmes on culture for health and well-being;
- Mapping report - a report providing an analysis of the database findings

Mapping Criteria

The included programmes, initiatives and projects focus on topics such as partnerships across various sectors – cultural, health, social, education, etc.; the quality of built environments, quality of spaces for social interaction; and quality of services for specific groups like school pupils, children, older people, people with disabilities, etc.

The mapping directory contains a set of inquiries for each initiative, such as: name, description, budget, thematic focus, cultural field, age-based target group, source of funding, lessons learnt and aims to be a learning tool for organisations that would like to take their inspiration from the described initiatives.

The mapping includes information, evidence and examples of good policies and practices from as many EU Member States as possible and other countries in the world (e.g. Canada, Norway, etc.).

Type of entries

- Policies - EU, national, regional, local policies;
- Programmes - including EU programmes or large scale country or multi-country programmes, funding programmes;
- Projects and initiatives – regardless of scale, duration, stage of implementation;
- Organisations, institutions active in the field of culture and health/well-being; organisations included are linked to at least one of the initiatives/projects/policies.

Thematic focus

Considering the scope of the mapping process, the interest was to explore thematic and practical associations between culture and several dimensions of well-being. Uploaded initiatives were required to mark their relevance for one the following dimensions:

- Individual well-being defined in terms of fulfillment and engagement, personal orientation, emotions, quality of life

- Community well-being defined in terms of work environment, living environment, urban development
- Mental health
- Physical health
- Quality of spaces and built environments
- Quality of social relations
- Quality of services for specific groups
- Work and workplace well-being

Geographical scope
- Local
- Regional
- National
- Multi-national
- European
- International

Target Group
- Early age: 0-6 years old;
- Children 7-14 years old
- Youth 15-29 years old
- Adults: 30-64 years old
- Older people 65+ years old
- Not targeted to specific group – including initiatives that are not customized to a specific target audience and/or the information is not clearly emphasized in the initiative description.

Timeframe
- Completed projects/initiatives that have been designed and implemented since 2000. Older initiatives are not excluded, but only included if highly relevant.
- Ongoing projects/initiatives.

Language
- Mapping entries may be described online on other websites in any language, the inclusion is not conditioned by information being available in a specific language.
- All database entries have the following information in English: title, short description, keywords, description of results. The title is also available in the original language.
- The online interface of the map as well as its search functions are available in English.
- The names of organizations are included in English and in the original language.
- The mapping report is written in English.

Data collection

Data collection was carried out through (1) desk research done by contracted experts,and (2) an open call for entries through the online platform.

The mapping was coordinated by the Cluj Cultural Centre (CCC) and was carried out by a team of internal and subcontracted personnels, comprising specialists in EU programmes and policies and

country/regional experts in culture and health. The mapping mobilises the rhizomatic structures of knowledge and connections of the partnering networks combined with a bottom up information feed catalysed through the open call.

Desk Research

Desk research was conducted by experts (researchers and/or cultural experts) with relevant knowledge of policies, programmes, projects and institutional players in one or more countries.

A core team was in charge of:

- Searching for the most relevant entries, by using a search strategy that involved browser search, database search, search through specific platforms or portals. The search strategy included a data search in 24 EU official languages (Bulgarian, Croatian, Czech, Danish, Dutch, English, Estonian, Finnish, French, German, Greek, Hungarian, Irish, Italian, Latvian, Lithuanian, Maltese, Polish, Portuguese, Romanian, Slovak, Slovenian, Spanish and Swedish). The keywords used for the web searches included: "arts and health", "culture and health", "culture and well-being", "arts and well-being", "arts and health case studies", "arts and health interventions".
- Validating the entries proposed by other experts and those submitted through the Open Call
- Filling in the full Entry Form of valid entries, updating incomplete submissions
- Contacting relevant individuals and organisations who were able to add entries to the database or recommend entries
- Coordinating relations with support teams from project partners, network members etc.

A second circle of experts representing member organisations of partner networks CultureActionEurope and Trans Europe Halles was invited to contribute by collecting initiatives in their respective countries or regions. They received methodological guidance during an online workshop, and delivered duly filled Entry Forms for the initiatives they proposed.

Advisory Board members, partners and members of the partner organisations were invited to submit proposals through the Entry Form and/or a simplified list of recommendations.

During the Study Visits, Advisory Board members, project partners and other participants were invited to contribute to the mapping.

Call for Submissions

A dedicated platform on the project website allowed professionals from culture/health/public administration to submit entries for the database. The core mapping team checked and validated entries to ensure compliance and accuracy of provided data.

The open call was published in English and disseminated by all project partners through their channels, translating, where possible, the key core information of the announcement in local languages.

The sub-page dedicated to Mapping on the project website enabled the following functions:

- Entry Form – user friendly, allowing users to input and submit proposals
- Back-end management – allowing core mapping team members to long in, visualise submissions, edit submissions, validate and publish submissions
- Database export – in xls and cvs formats, core mapping team members have the permission to export the database from the back-end interface

Database visualisation and browsing – the database (validated entries) are published for public use (users do not need to log in for browsing the database).

An Overview of Programmes, Initiatives and Projects on Culture for Well-being and Health in and beyond Europe

The focus of this report is to summarise the findings of the mapping one year into its launching. This report presents information deposited in the online directory and contains a quantitative analysis on the data collected between March 2022 and March 2023, consisting of 780 initiatives.

Among the **780 initiatives inventoried in the mapping project:**

- **564 initiatives** are from organisations that belong to the **27 states that are currently members of the European Union** (including those in collaboration with initiatives from non-EU states and the UK)
- **154 initiatives** are from organizations in **the UK** (in collaboration with EU and non-EU countries)
- **82 initiatives** are from organisations belonging to **non-european states (excluding the UK, which were treated separately)**
- The inventory currently contains data from **projects spanning 74 European and non-european countries.**

Types of initiatives uploaded to database

Type (3)	no. of responses	%
Project/initiative	660	85%
Programme	93	12%
Policy	26	3%
Single-choice question; N= 779; N/A= 1		

Note: created by the authors

- Project-type entries make up most of our inventory: 85% of the entries enlisted are projects/initiatives, while 12% are programmes and 3% are policy related initiatives.

Timeframe of initiatives uploaded to database

Start year	no. of responses	%
<2000	20	3%
2000-2006	39	5%
2007 - 2012	71	9%
2013 - 2019	348	46%
2020 - 2023	281	37%
Open-ended question, ranges created subsequently by author; N= 759; N/A= 21		

Note: created by the authors

- 20 initiatives in the database began before the year 2000. The earliest project registered in the database was initiated in 1959.
- A significant part (46%) of the initiatives in the database were launched between 2013 and 2019.
- 281 initiatives (37%) were launched between 2020 and 2023, with 117 initiatives being launched in 2021 alone.
- Some of these developments may be linked to circumstances produced by the Covid-19 pandemic. The database contains 54 initiatives with the word "pandemic" in their short description, 44 of which were launched between 2020-2023.
- 349 out of 764 initiatives (46%) were ongoing at the time of the analysis (2023).

Themes of initiatives uploaded to database

Themes (8)	no. of responses	%
Individual well-being	676	87%
Mental health	570	73%
Community well-being	463	60%
Quality of social relations	365	47%
Quality of services for specific groups	326	42%
Physical health	217	28%
Quality of spaces and built environments	179	23%
Work and workplace well-being	81	10%
Multiple-choice question; N=777; N/A= 3		

Note: created by the authors

Most of the initiatives (655 or 84%) have been identified as relevant for two to five of the pre-defined themes.

- **"Individual well-being"**, **"mental health"**, and **"community well-being"** are selected as relevant themes in 87% (676/777), 73% (570/777) and 60% (463/777) of the initiatives.
- **"Mental health"** themed initiatives most often correlate with **"Visual Arts"**, **"Music"** and **"Theatre, opera"** as cultural fields (in the database, they co-occur 275, 229 and 165 times respectively).
- **"Quality of spaces and built environments"** themed initiatives most often correlate with **"Visual Arts"**, **"Heritage"**, **"Music"** and **"Architecture"** as cultural fields (in the database, they co-occur 103, 54, 52, and 46 times respectively).

Target Groups of initiatives uploaded to database

Target Groups (6)	no. of responses	%
Not targeted to a specific group	413	53%
Adults	189	24%
Older people	172	22%
Youth (15-29)	170	22%
Children (7-14)	102	13%
Early Age (0-6)	43	6%
Multiple-choice question; N=777; N/A= 3		

Note: created by the authors

- 413 out of 777 initiatives (53%) are labeled as "not targeted to a specific age-group".
- Most initiatives (605 / 78%) are targeted towards mixed age-groups (more than one age-group was selected as representative during the data collection process).

Cultural Fields of initiatives uploaded to database

Cultural fields (15)	no. of responses	%
Other	381	49%
Visual Arts	284	36%
Music	222	28%
Theatre, Opera	189	24%
Dance	138	18%
Heritage	113	14%
Literature	112	14%
Multimedia, New Media, Digital	108	14%
Crafts	107	14%
Film, Video	90	12%
Museums	82	11%
Writing	68	9%
Design	67	9%
Architecture	65	8%
Libraries	7	1%
Multiple-choice question; N=780		

Note: created by the authors

- **Among the 15 options predefined in the data entry form, the most commonly occurring cultural fields are "Visual Arts"** (284 initiatives) followed by **"Music"** (222 initiatives) and **"Theatre, Opera"** (189 initiatives).
- **"Visual Arts"**, **"Music"** and **"Theatre, Opera"** remain the most commonly indicated cultural fields regardless of the thematic focus of the initiatives (except for initiatives dedicated to "Physical Health", where "Dance" was the second most common cultural field after "Visual Arts"; and initiatives dedicated to "Quality of spaces and built environments", where "Heritage" was the second most common cultural field after "Visual Arts"). It would be interesting to analyse more closely the predominance of these cultural fields across a variety of differently themed initiatives.
- It is worth noting that the data entry process did not allow for distinctions to be made in terms of the importance/centrality/predominance of a theme or a cultural field for any given initiative.

Geographic scope of initiatives uploaded to database

Scope (6)	no. of responses	
Local	373	48%
National	136	18%
Regional	109	14%
Transnational	61	8%
EU level	55	7%
International	36	5%
Single-choice question; N=770; N/A= 10		

Note: created by the authors

- Most of the initiatives (618 out of 770, or 80%) are either local, regional or national in scope. Local initiatives are the most common among these (48%, or 373 out of 770).
- 20% of the initiatives (152 out of 770) have Transnational, EU level, or International scope.

Budget of initiatives uploaded to the database

Budget range (Euro)	Median value within range	no. of responses	%
0 - 30.000	9000	42	26%
30.000 - 100.000	60000	28	17%
100.000 - 300.000	199801	44	27%
300.000 - 1.000.000	536368	17	10%
> 1.000.000	2.470.128	27	16%
> 1.000.000.000	55.100.000.000	6	4%
Open-ended question, ranges subsequently created by authors; N= 164; N/A= 616			

Note: created by the authors

The database contains **5 programmes** and **1 policy initiative** with budgets that **exceed €
1.000.000.000**. These initiatives are:

- The **„Recovery and Resilience Facility"** initiative was implemented by the European
  Commission in 2021, the main goal of which is to alleviate the economic and social impact of
  the Covid-19 pandemic. Designed as a temporary recovery instrument, it allows the Commission
  to raise funds to help Member States implement reforms and investments. Although the
  REGULATION (EU) 2021/241 OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 12
  February 2021 establishing the Recovery and Resilience Facility does not have explicit mentions
  about the link between culture and health, these two fields are mentioned as important elements
  in building resilient societies after the Covid-19 pandemic.
- Two of the five programmes are the **Creative Europe 2014-2020** and the **Creative Europe
  2021-2027** programmes. Creative Europe is providing the funds for a substantial amount of
  projects addressing the connection between culture and well-being or health.

The remaining three are similarly prominent EU funding programmes:

- The **Horizon Europe Programme (2021-2027)** – a multiannual funding programme for research
  and innovation.
- The **European Regional Development Fund (2014-2020)** – the goal of which was to strengthen
  economic and social cohesion in the European Union by correcting imbalances between its
  regions. The ERDF supported several types of activities, including investment in social, health,
  research, innovation, business and educational infrastructure.
- And the **Erasmus+ Programme of the EU (2014-2020)** - an EU Programme in the fields of
  education, training, youth and sport. Although the programmes does not explicitly mention the
  role of culture in well-being, in practice many funded projects addressed the issues of health and
  well-being with cultural and educational means.
- The database contains **27 initiatives** with budgets that **exceed € 1.000.000: 13 of them are
  projects, 8 are programmes and 6 are policies.**
- All of the projects with budgets that exceed € 1.000.000 are from organisations in EU member
  states: 8 are multi-country projects, while 5 are single-country projects from Italy, Belgium, Ireland,
  the Netherlands and Hungary.
- Two of these projects are nationally funded ("Take a look at the museum!" from Italy, and "Arts in
  Healthcare Institutions" in Belgium), while the 11 other projects rely on various European funds.
- Among the 8 programmes with budgets that exceed € 1.000.000, 5 are multi-country initiatives,
  2 are from Finland and one is from Romania. All of the programmes are financed from European
  sources except the two initiatives from Finland, which rely on national and private funds.
- 4 of the policy initiatives with budgets over € 1.000.000 are initiated from Belgium, while two are
  from France and Portugal.
- 5 policy initiatives are financed from EU funds, while the policy initiative from France is financed
  from the national budget.

Source of funding of initiatives uploaded to the database[1]

Source of funding (3)	no. of responses	%
Public (National, Regional, Local)	179	43%
European	143	34%
Private	94	23%
Open-ended question, categories subsequently created by authors; N= 416; N/A= 364		

Note: created by the authors

- Data on sources of funding was available for 416 initiatives.
- Among the 179 initiatives with public funding, 33 were from the United Kingdom, 17 from Finland, Spain, and France each, 15 from Sweden, and 12 from Denmark.
- Initiatives from Northern Europe (Finland, Sweden, and Denmark) make up 44 (24%) of the 179 publicly funded initiatives.
- Initiatives from Central and Eastern Europe (Poland, Estonia, Lithuania, Latvia, the Czech Republic, Romania, Slovakia, Croatia, and Slovenia) make up 33 (18%) of the 179 publicly funded initiatives.
- Initiatives from Italy, Spain and Portugal make up 26 (28%) of the 94 privately funded initiatives in our database.

Target groups of initiatives financed via EU sources / funding mechanisms

Target Group (6)	No. of responses	%
Not targeted to a specific group	66	46%
Youth (15-29)	50	35%
Adults	44	31%
Older people	35	24%
Children (7-14 years)	24	17%
Early age (0-6 years)	11	8%
Multiple-choice question; N=143		

Note: created by the authors

Cultural Fields of initiatives financed via EU sources / funding mechanisms

Cultural Field (15)	No.of responses	%
Other	80	56%
Visual Arts	62	43%
Heritage	52	36%
Music	52	36%
Theatre, Opera	52	36%
Dance	51	35%
Multimedia, New Media, Digital	42	29%
Film, Video	41	28%
Literature	40	28%
Crafts	40	28%
Architecture	33	23%
Museums	33	23%
Design	32	22%
Writing	32	22%
Libraries	2	1%
Multiple-choice question; N=143		

Note: created by the authors

Overview of Initiatives from the EU Uploaded to the Database

This section contains a short analysis about the database initiatives carried out at the level of the 27 European Union member states: Austria, Belgium, Bulgaria, Cyprus, the Czech Republic, Germany, Denmark, Estonia, Spain, Finland, France, Greece, Croatia, Hungary, Ireland, Italy, Lithuania, Luxembourg, Latvia, Malta, Netherlands, Poland, Portugal, Romania, Sweden, Slovenia, Slovakia.

- The database currently contains **564 initiatives from 27 EU countries.**[2]

- **The average number of initiatives per EU country is 33.**

- At the time of this report, **Italy was the country with the largest number of inventoried initiatives among EU countries** (108 initiatives).

- Currently, **the countries with more than 50 initiatives recorded in the database are:** Italy (108 initiatives), Spain (74 initiatives), France (68 initiatives), Belgium (58 initiatives), Sweden (58 initiatives) and Finland (50 initiatives).

- The countries **with less than 20 initiatives identified are:** Hungary (19), Slovakia (19), Estonia (17), Slovenia (16), Cyprus (13), Malta (12), Bulgaria (10), Latvia (9) and Luxembourg (3).

Figure 1: *Distribution of initiatives uploaded to the database within EU member states, 2023*
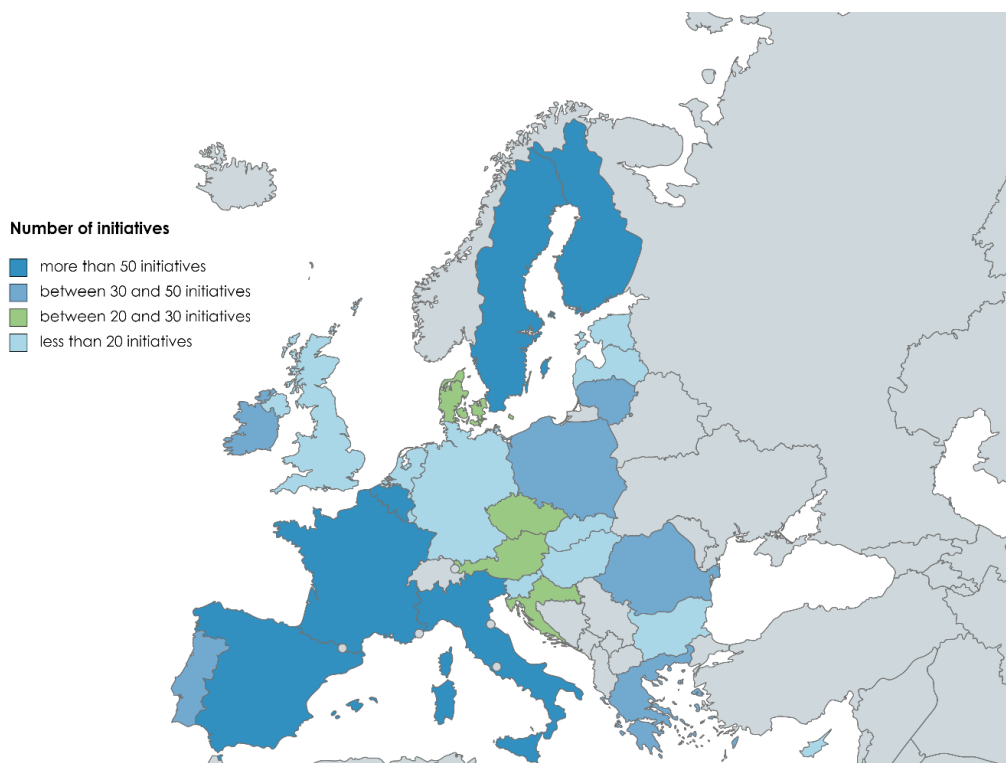
Note: created by the authors using www.mapchart.net

EU 27 - Types of initiatives uploaded to the database

Types (3)	No. of responses	%
Project/initiative	463	82%
Programme	76	13%
Policy	24	4%
Single-choice question; N (EU 27)=563; N/A= 1		

Note: created by the authors

EU 27 - Themes of initiatives uploaded to the database

Themes (8)	No. of responses	%
Individual well-being	471	84%
Mental health	416	74%
Community well-being	343	61%
Quality of social relations	276	49%
Quality of services for specific groups	222	40%
Physical health	175	31%
Quality of spaces and built environments	136	24%
Work and workplace well-being	66	12%
Multiple choice question; N (EU 27)=562; N/A= 2		

Note: created by the authors

EU 27 - Regional distribution of initiatives uploaded to the database

Regions	No. of responses	%
Southern Europe	133	24%
Western Europe	125	22%
Central and Eastern Europe	108	19%
Northern Europe	102	18%
Multi-country	96	17%
N (EU 27)=564		

Note: created by the authors

The regions referred to as "Central and Eastern Europe", "Southern Europe", "Northern Europe", and "Western Europe" throughout this report consist of the following EU member states:

- Central and Eastern Europe: Bulgaria, the Czech Republic, Estonia, Croatia, Hungary, Lithuania, Latvia, Poland, Romania, Slovenia, Slovakia
- Southern Europe: Spain, Greece, Italy, Malta, Portugal,
- Northern Europe: Denmark, Finland, Sweden
- Western Europe: Austria, Belgium, Germany, France, Ireland, the Netherlands
- Multi-country: 96 initiatives which are collaborations between organisations from more than one country (regionally, Cyprus and Luxembourg are only represented in this category as our database contains no single-country initiatives from these countries)

EU 27 - Themes at regional and national level

EU 27 initiatives uploaded to the database - Regional distribution of themes

Themes (8)	No. of responses per region				
	Southern Europe	Western Europe	Central and Eastern Europe	Northern Europe	Multi-country
Individual well-being	106	93	91	96	85
Community well-being	105	66	48	47	77
Mental health	79	73	90	92	82
Quality of spaces and built environments	33	42	30	14	17
Quality of services for specific groups	51	43	39	40	49
Quality of social relations	71	73	37	37	58
Work and workplace well-being	21	21	10	4	10
Physical health	37	34	20	45	39
N (EU 27)=no. of initiatives recorded in database for each region	133	125	108	102	96

Note: created by the authors

EU 27 initiatives uploaded to the database - Country level distribution of themes

Countries	No. of responses per country								N (EU 27) = no. of initiatives recorded in database for each country
	Individual well-being	Community well-being	Mental health	Quality of spaces and built environments	Quality of services for specific groups	Quality of social relations	Work and workplace well-being	Physical health	
AT	20	17	20	6	8	11	2	8	23
BE	53	54	49	25	32	45	14	31	58
BG	10	7	9	6	5	5	1	4	10
CY	9	8	9	2	6	7	1	2	13
CZ	20	19	25	4	13	11	6	8	26
DE	31	26	26	7	15	21	4	16	36
DK	17	14	22	4	7	8	1	9	29
EE	9	6	17	3	5	8	1	1	17
ES	66	67	61	20	27	33	11	27	74
FI	49	35	41	13	29	30	4	26	50
FR	23	20	22	12	16	29	8	9	68
GR	30	26	28	4	13	13	3	6	34
HR	18	16	18	9	10	5	1	5	21
HU	16	15	15	3	9	9	1	8	19
IE	33	28	31	5	16	26	3	11	37
IT	53	54	49	25	32	45	14	31	108
LT	28	19	26	9	16	14	1	9	32
LU	3	3	3	1	1	2	0	2	3
LV	8	6	8	6	3	4	0	2	9
MT	7	7	8	1	8	1	2	7	12
NL	25	18	17	6	6	13	4	9	26
PL	33	22	29	11	11	19	1	14	35
PT	27	23	32	8	13	20	7	7	35
RO	33	22	26	6	11	16	3	11	36
SE	54	23	53	9	16	17	1	22	58
SI	12	14	14	6	7	6	1	9	16
SK	18	9	18	3	10	5	0	6	19

Note: created by the authors[3]

EU 27 - Target groups at regional and national level

EU 27 initiatives uploaded to the database - Regional distribution of age-based target groups

Target groups (6)	No. of responses per region				
	Southern Europe	Western Europe	Central and Eastern Europe	Northern Europe	Multi-country
Early age (0-6)	8	8	12	4	7
Children (7-14)	12	21	23	9	17
Youth (15-29)	23	24	34	18	37
Adults	45	25	32	19	34
Older people	35	28	24	21	27
Not targeted to a specific group	72	72	48	59	33
N (EU 27) = no. of initiatives recorded in database for each region	133	125	108	102	96

Note: created by the authors[4]

EU 27 initiatives uploaded to the database - Country level distribution of age-based target groups

Countries EU 27	No. of responses per country						N (EU 27)= no. of initiatives recorded in database for each country
	Early age (0-6)	Children (7-14)	Youth (15-29)	Adults	Older people	Not targeted. to a specific group	
AT	3	5	6	6	8	10	23
BE	7	12	19	17	12	34	58
BG	1	2	4	3	3	4	10
CY	1	2	6	4	2	4	13
CZ	5	8	11	12	8	7	26
DE	2	5	9	11	12	15	36
DK	0	1	7	11	4	17	29
EE	0	3	10	9	4	5	17
ES	8	14	26	22	10	38	74
FI	4	7	9	4	10	30	50
FR	3	10	13	14	15	35	68
GR	2	2	11	14	5	13	34
HR	5	7	7	4	6	8	21
HU	3	5	7	8	6	5	19
IE	0	4	12	9	7	16	37
IT	3	7	22	44	34	47	108
LT	3	4	3	5	10	20	32
LU	0	0	1	0	0	2	3
LV	0	2	5	2	1	4	9
MT	2	3	3	1	2	6	12
NL	1	2	3	7	10	14	26
PL	4	5	13	11	13	13	35
PT	1	2	11	16	11	16	35
RO	4	12	14	7	6	13	36
SE	2	6	11	11	14	32	58
SI	3	5	4	2	4	9	16
SK	3	4	3	3	4	10	19

Note: created by the authors

EU 27 - Cultural fields at regional and national level

EU 27 initiatives uploaded to the database - Regional distribution of cultural fields

Cultural Field (15)	No. of responses per region				
	Southern Europe	Western Europe	Central and Eastern Europe	Northern Europe	Multi-country
Other	60	85	36	47	52
Visual Arts	56	53	49	31	35
Music	27	46	30	26	26
Theatre, Opera	30	36	34	26	25
Dance	16	34	13	20	27
Film, Video	10	30	11	7	17
Multimedia, New Media, Digital	18	29	10	12	15
Crafts	10	28	18	13	20
Writing	11	26	6	7	8
Literature	13	27	10	17	16
Libraries	1	1	0	2	1
Architecture	11	22	6	6	14
Heritage	21	29	5	5	26
Design	14	24	8	2	14
Museums	15	24	4	6	13
N (EU 27) = no. of initiatives recorded in database for each region	133	125	108	102	96

Note: created by the authors

- "Heritage" is a more prevalent cultural field in initiatives from Southern and Western Europe than in those from Central and Eastern and Northern Europe

- Similarly, initiatives involved with "Museums" and "Architecture" are more prevalent in Southern and Western Europe than in Central and Eastern and Northern Europe

Figure 2: Treemaps representing the distribution of cultural fields within the four geographical regions of the EU (CE Europe, S Europe, N Europe, W Europe) considering the initiatives uploaded to the database, 2023. The category „other" is not represented in the treemaps.
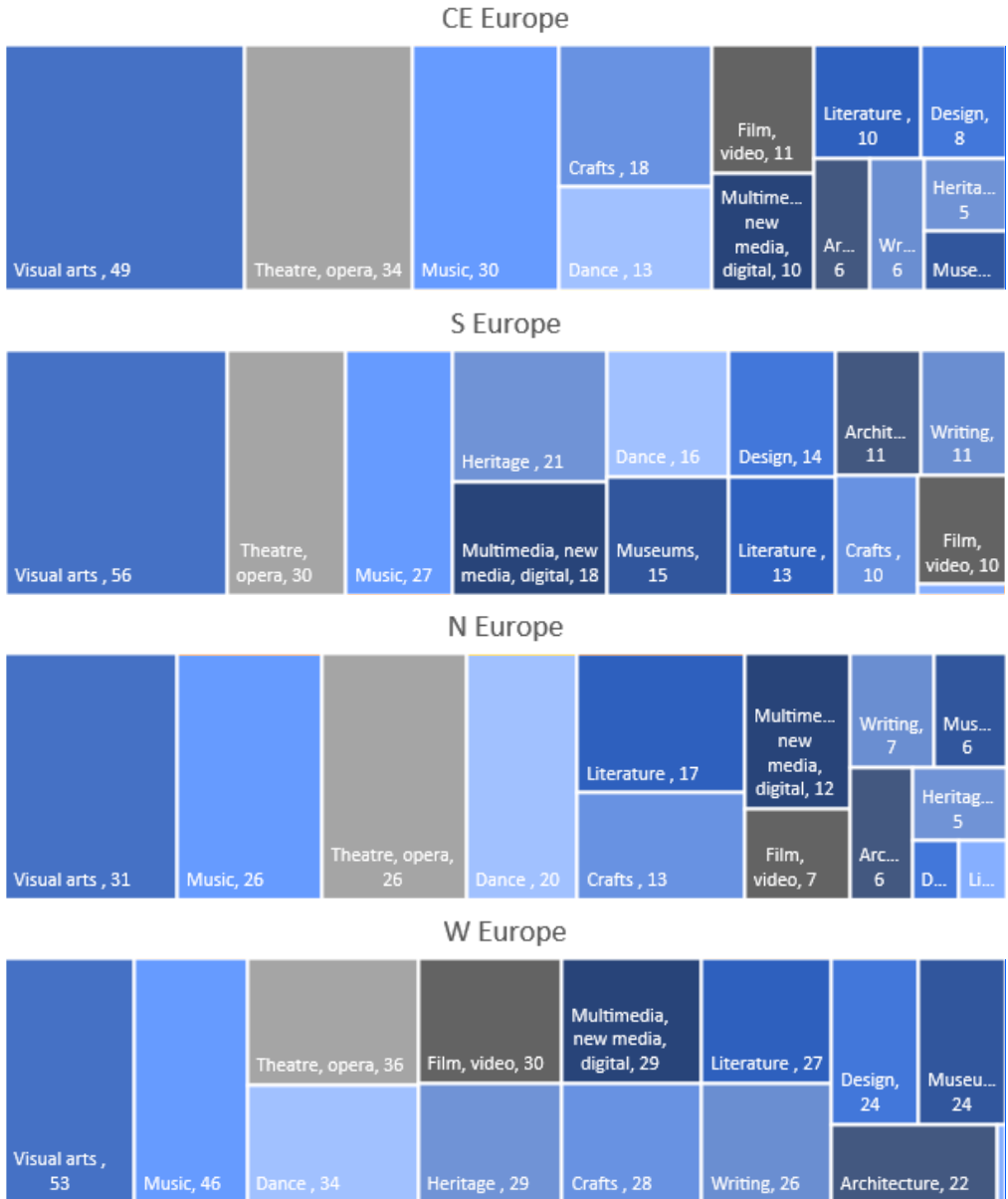
Note: created by the authors

EU 27 initiatives uploaded to the database - Country level distribution of Cultural Fields

Countries	No. of responses per country															N (EU 27) = no. of initiatives recorded in database for each country
	Other	Visual arts	Music	Theatre, opera	Dance	Film, video	Multimedia, new media, digital	Crafts	Writing	Literature	Libraries	Architecture	Heritage	Design	Museums	
AT	11	7	7	3	5	1	2	3	1	2	0	3	4	3	1	23
BE	42	26	28	27	26	25	24	24	23	24	0	26	32	24	24	58
BG	4	4	1	3	2	1	2	3	1	1	0	4	2	3	1	10
CY	9	5	4	2	2	3	1	2	1	3	0	3	4	2	1	13
CZ	13	5	8	9	6	3	2	4	2	2	0	2	3	2	1	26
DE	17	11	13	9	13	4	5	5	3	7	1	3	6	3	5	36
DK	12	10	9	6	6	4	5	4	5	9	0	3	4	4	3	29
EE	6	6	5	6	3	2	2	2	1	2	0	3	2	3	1	17
ES	32	34	18	11	13	9	8	8	5	10	1	9	11	10	13	74
FI	36	20	14	15	15	7	8	8	6	5	0	7	8	6	3	50
FR	48	25	19	16	17	15	9	12	10	9	0	8	9	11	6	68
GR	17	17	9	7	8	5	5	4	2	7	1	3	8	2	3	34
HR	10	7	3	5	3	4	5	2	1	5	1	3	3	2	1	21
HU	13	4	4	6	5	1	2	2	1	4	0	2	3	2	1	19
IE	26	10	9	9	5	4	4	5	2	5	0	3	5	2	4	37
IT	57	29	25	25	19	9	13	9	7	10	1	13	34	13	10	108
LT	24	14	4	5	5	2	3	5	3	3	0	2	4	4	5	32
LU	2	1	1	1	2	1	1	1	1	1	0	1	1	1	1	3
LV	4	8	3	4	3	3	4	5	2	2	0	3	2	3	1	9
MT	3	3	2	7	3	1	2	4	1	1	0	1	1	1	1	12
NL	13	11	6	5	9	2	5	5	2	2	0	5	8	4	6	26
PL	8	19	10	11	8	10	8	9	3	6	0	9	6	10	2	35
PT	17	15	13	13	10	5	9	5	3	5	0	4	8	5	6	35
RO	15	16	14	12	11	3	2	7	5	7	0	5	5	4	3	36
SE	21	17	13	16	12	6	9	12	3	11	2	4	4	3	5	58
SI	11	2	2	3	3	3	3	1	1	2	0	4	3	3	1	16
SK	12	3	3	9	3	4	3	2	2	2	0	2	2	2	2	19

Note: created by the authors[5]

EU 27 initiatives uploaded in database - Geographical Scope

Scope (6)	No. of responses	%
Local	236	42%
National	106	19%
Regional	76	14%
Transnational	57	10%
EU level	54	10%
International	31	6%
Single-choice question; N (EU27)= 560; N/A= 4		

Note: created by the authors

EU 27 initiatives uploaded to the database - Regional distribution of budget data

Budget data available for 152 EU initiatives

Budget (Euro)	No. of responses per region				
	Southern Europe	Western Europe	Central and Eastern Europe	Northern Europe	Multi-country
0 - 30.000	13	12	2	1	8
30.000 - 100.000	1	11	6	1	8
100.000 - 300.000	0	1	6	3	32
300.000 - 1.000.000	1	2	3	5	6
> 1.000.000	2	2	2	8	13
> 1.000.000.000	0	0	0	3	0
N = no. of initiatives in database	17	28	19	21	67
Open-ended question, ranges subsequently created by authors; N (EU 27)= 152; N/A= 412					

- The cluster with the most numerous initiatives from the database consists of multi-country projects with budgets between € 100.000 and € 300.000 (multi-country initiatives are collaborations between organisations from multiple countries).
- One third of the individual initiatives with budgets between € 0 - 30.000 are from countries in Central and Eastern Europe, while one third of the initiatives that have budgets higher than € 1.000.000 are from countries in Western Europe.

EU 27 initiatives uploaded in the database - Regional distribution of sources of funding

Source of funding	No. of responses per region				
	Southern Europe	Western Europe	Central and Eastern Europe	Northern Europe	Multi-country
Public/local	31	22	33	44	3
Private	27	11	16	5	9
European	7	26	13	9	80
Open-ended question, categories subsequently created by authors; N (EU 27)= 336; N/A= 228					

Note: created by the authors

Overview of Initiatives from the United Kingdom Uploaded to the Database

- **154 initiatives from the United Kingdom are recorded in the database, 134 of which are single-country initiatives**

UK initiatives uploaded in the database - Timeframe

Most initiatives emerged between 2013 and 2019.

Start year	No. of responses
<2000	5
2000 - 2006	6
2007 - 2012	11
2013 - 2019	88
2020 - 2023	40
Open-ended question, ranges created subsequently by author; N (UK)= 150; N/A= 4	

Note: created by the authors

UK initiatives uploaded in the database - Types of initiatives

Most initiatives are project-type initiatives.

Types	No. of responses	%
Project/initiative	138	90%
Programme	14	9%
Policy	2	1%
Single choice question; N (UK)=154		

Note: created by the authors

UK initiatives uploaded to the database - Themes

Most common themes: individual well-being, mental health, community well-being.

Theme (8)	No. of responses	%
Individual well-being	142	92%
Mental health	101	66%
Community well-being	91	59%
Quality of services for specific groups	91	59%
Quality of social relations	76	49%
Quality of spaces and built environments	25	16%
Physical health	22	14%
Work and workplace well-being	5	3%
Multiple choice question; N (UK)=154		

Note: created by the authors

UK initiatives uploaded to the database - Age-based Target Groups

Age based Target groups (6)	no. of responses	%
Early age (0-6 years)	2	1%
Children (7-14 years)	13	8%
Youth (15-29)	29	19%
Adults	34	22%
Older people	32	21%
Not targeted to a specific group	76	49%
Multiple choice question; N (UK)=154		

Note: created by the authors

UK initiatives uploaded in the database - Cultural Fields

Cultural fields (15)	no. of responses	%
Other	74	48%
Music	55	36%
Visual arts	33	21%
Heritage	23	15%
Theatre, opera	20	13%
Dance	19	12%
Literature	18	12%
Crafts	15	10%
Museums	14	9%
Multimedia, new media, digital	13	8%
Film, video	12	8%
Writing	5	3%
Architecture	2	1%
Libraries	1	1%
Design	1	1%
Multiple choice question; N (UK)=154		

Note: created by the authors

UK initiatives uploaded to the database - Geographical Scope

Scope	No. of responses	%
Local	87	57%
Regional	28	18%
National	16	10%
Transnational	12	8%
International	7	5%
EU level	3	2%
Total no. of initiatives	153	100%
Single choice question; N (UK)=153; N/A= 1		

Note: created by the authors

UK initiatives uploaded in the database - Budget

Budget range	No. of responses
0 - 30.000	6
30.000 - 100.000	1
100.000 - 300.000	10
> 1.000.000	3
Open-ended question, ranges subsequently created by authors; N (UK)=20; N/A=134	

Note: created by the authors

UK initiatives uploaded to the database - Sources of funding

Public (local, regional, national)	Private	European
33	17	19
Open-ended question, categories subsequently created by authors; N (UK)=69; N/A=85		

Note: created by the authors

Conclusions

The results emphasized in this report are not exhaustive and present the findings of the analysis on the 780 initiatives collected in the mapping process to CultureForHealth mapping database, during March 2022-March 2023. The data analysed in this report was not collected using representative sampling methods. Findings from this report cannot be generalized or used to make inferences about wider populations or phenomena. The main findings of this report are emphasized below:

- Italy, Spain, France, Belgium, Sweden and Finland are currently the European Union members with the largest number of initiatives in the database that bring together culture, health and well-being.

- An upsurge in the number of initiatives related to culture and well-being is visible between 2013 and 2019. The database contains 54 initiatives with the word "pandemic" in their short description, 44 of which were launched between 2020-2023.

- In the database, 2021 is the year in which the largest number of culture and well-being related initiatives were implemented.

- The most common areas of thematic focus are „individual well-being", „mental health", and „community well-being". A closer analysis of these distributions within each country might reveal interesting national variations.

- Initiatives that target "mental health" occur more often in Central-Eastern and Northern regions of the EU.

- Youth (15-29 year-olds) and adult populations are the demographics most commonly targeted by culture and well-being initiatives.

- Initiatives uploaded to the database that target younger demographics (infants, children and youth up until 29 years old) are more common in CE Europe. Initiatives that target adults and older people have a larger representation in the Southern region of the EU.

- In general, the most common cultural fields employed by initiatives are the visual arts, music, theatre & opera, dance and heritage.

- "Heritage", "Museums" and "Architecture" are cultural fields more prevalently employed in initiatives from the Southern and Western regions of the EU.

Further analysis of the social, economic and cultural circumstances that shape the culture and well-being landscape of initiatives and policies[6] in each country may reveal complex models and specificities.

Discussion

The most prevalent themes (individual well-being, collective well-being, and mental health) and the most commonly occurring cultural fields (visual arts, music, theatre and opera) are distributed more or less evenly within every country. This may indicate the existence of an implementation model specific to culture and health-care projects which disregards national or local contexts: regardless of the specific social / cultural / health characteristics of a population, "individual well-being", "collective well-being" and "mental health" will likely be the most common themes in culture & health projects, and will most probably be implemented by means of visual arts, music, theatre and opera. However, the impulse to propose generalising hypotheses may be due to the fact that the type of data collected through this project makes invisible most of the nuances and specificities of the initiatives.

It is possible that the circumstances make "heritage" a more predominant theme among culture and health initiatives in the southern and western regions of the EU. For example, a long history of heritage conservation policies and a strong link between cultural identity and historical legacy might be some of the reasons why more culture and health initiatives are engaged with this theme in these regions.

A useful approach to generate a more explanatory framework would be to contextualise the data with regards to larger historical trends or paradigm shifts in medicine/ culture (such as the task-shifting moment in mental health care through the WHO Mental Health Gap Action Programme in 2010, or the Arts on Prescription programme in the UK).

Annexes

Annex 1 - EU Funded Projects relating to culture's contribution to health and wellbeing from the CultureForHealth database - a private document.

Endnotes

1 "Public" includes initiatives with access to public funding at all levels (local, municipal, county-level, regional, national etc.)
"European" refers to initiatives that accessed EU funds via programmes such as Erasmus+, Creative Europe, European Capital of Culture, Horizon etc., including those co-financed by local/national/regional authorities or private entities;
"Private" includes initiatives financed through independent mechanisms within the private-sector, such as donations, partnerships, direct funding (corporations, private companies, banks, museums, foundations, NGOs), crowdfunding, etc.
2 When viewing data at a regional level, initiatives which are collaborations between organisations from more than one state were grouped under the label „multi-country". This helps avoid counting data for the same initiative multiple times.
3 There are 96 initiatives that are coordinated by organisations from more than one country, which is why in the tables representing country level distributions the sum of initiatives exceeds N EU27.
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6 Searching on "policy in the CultureForHealth database or https://map.sbbresearch.org/ prepared by the University College London - WHO collaboration centre