

Creative Health: essential information for Hertfordshire’s cultural organisations working with children and young people

Collated by [Hertfordshire Public Health Evidence and Intelligence](#), June 2023.

Please share any resources you have found helpful, so we can expand this for other organisations and practitioners.

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1. What is Creative Health

There is a growing recognition that engaging with creativity, culture and heritage can help improve health outcomes.

- **Current resource:** Hertfordshire Public Health have just published a literature review of Creative Health - [JSNA Lite Bite for Creative Health](#). The summary collects evidence nationally and locally of the impact on health from cultural participation across life stages; in relation to recovery from the Covid-19 pandemic; and the implications for different sectors and stakeholders in the health and social care of our population – the Integrated Care Systems, the Voluntary Community Faith and Social Enterprise sector (VCFSE), public sector, cultural sector, social prescribing and workforce development. The document references that ‘the VCFSE sector provide the majority of art and cultural services which people are referred to in Social Prescribing schemes’. We hope this summary will be a helpful advocacy document for existing and emerging partnerships.
- **Current resource:** The [National Centre for Creative Health](#) is collating [evidence and resources](#) nationally and locally.
- **Future resource:** a national [Quality Framework for Creative Health](#) will be published in Autumn 2023. The [Culture Health and Wellbeing Alliance](#) is leading this.

2. Measuring your impact – arts and health evaluation advice and tools

Some starting points:

- [I want to evaluate my work... \(culturehealthandwellbeing.org.uk\)](#)
- [Evaluating what works for place-based arts and culture - What Works Wellbeing](#)
- [Arts and Health Evaluation: Navigating the Landscape](#)
This new resource provides a comprehensive mapping of what arts and health evaluation frameworks and toolkits exist, as well as provides general tips and advice. It is designed to support anyone interested in arts and health to navigate the landscape of evaluation. The resource is in five parts: what is evaluation in the context of arts and health; evaluation frameworks; evaluation toolkits; evaluation tools; analysing evaluation data and disseminating findings.

3. Understand your local health and wellbeing context and evidence

- **What our young people say about their own health: *Hertfordshire’s health and wellbeing survey for children and young people***

2022 was Hertfordshire's third annual survey, with 11,000 respondents, commissioned by the LA children's services – the headline information and a helpful summary film is here: <https://www.hertshealthevidence.org/yphws/yphws.aspx>. And **55%** of the young people who replied to the survey **said that they coped with their problems by listening to music** – it was the most popular answer for the third year in a row, above talking to friends or family.

- **Available health and wellbeing demographic data for Hertfordshire.**

There are key sources of health and wellbeing data that already collect and present it for YOU:

Herts Insight – this website is a good first stop for demographic data – topics include Wellbeing and Health, as well as Population, Housing and Transport, and more. The data sources are census and government statistics and are automatically updated to the latest information.

Herts Insight is maintained by HCC's Community Intelligence team.

- [What is Herts Insight and how to use it](#)
- Not sure where to start? Try the [About Hertfordshire Profile](#)
- Email Herts Insight at HertsInsight@hertfordshire.gov.uk

Herts Health Evidence – online data reports and summaries for insight and further analysis, plus evaluation support – provided by Hertfordshire Public Health Evidence and Intelligence (inc. we have delivered workshops with local groups about introduction to evaluation)

Our most popular resources include:

- [District health profiles for Herts and West Essex](#) (updated in August 2022), which we hope VCFSE colleagues know about. There are also [District health infographics for Herts and West Essex](#) from the same data.
- The [Young People's Health & Wellbeing Survey \(YPHWS\)](#) is a youth health and wellbeing survey which gathers self-reported information annually from those aged 11-19 in Hertfordshire. There were 11,000 responses in 2022 survey.

Hertfordshire's [Joint Strategic Needs Assessment \(JSNA\)](#) site includes health needs assessments for specific issues across the life course as well as working group recommendations from health and social care partnerships.

There are accessible and *JSNA on a page* versions of some topics available.

Example Hertfordshire JSNA documents include:

- [Autism Spectrum Disorder \(Feb 2023\)](#)
- [Body Positivity \(March 2022\)](#)
- [Cancer \(March 2020\)](#)
- [Children Looked After \(June 2021\)](#)
- [Diabetes \(July 2022\)](#)
- [Food Poverty \(August 2021\)](#)
- [Overweight and Obesity \(Nov 2021\)](#)
- [SEND 0-25 \(December 2022\)](#)

Did you know [Hertfordshire JSNAs](#) include appendices on protected characteristics, to help specify the 'needs' of specific groups in our communities and to help write Equality Impact Assessments?

If you want to find more yourself:

Fingertips is a large public health data collection (developed by the Office for Health Improvement & Disparities). Data is organised into themed profiles. Fingertips profiles are a rich source of indicators across a range of health and wellbeing themes. They are designed to support Joint Strategic Needs Assessment (JSNA) and commissioning to improve health and wellbeing and reduce inequalities. With these profiles you can:

- browse indicators at different geographical levels
- benchmark against the regional or England average
- export data to use locally
- [Guidance on how to use Fingertips is here](#)

[Local Health](#) is another government site that includes quality assured small area health-related data visualised in maps, charts, area profiles, and reports.

- You can create maps overlaid with local health data to add in your reports and share with colleagues.
- [Guidance on how to use Local Health is here](#)

- **Your local health sector and partners**

- Each district in Hertfordshire has a [Healthy Hub](#) - **Healthy Hubs Hertfordshire** are your free one-stop shop for health and wellbeing information, advice and support.
 - See how the Hubs are working, and how you could get involved in this [special edition of Public Health eNews](#)
 - [Find your local Healthy Hub here](#)
- Understand the system: In 2022, the Integrated Care System reorganised partners in the health and care sector, including the NHS, local authorities and the Voluntary and community sector. Here is a helpful explanation of the changes: [How does the NHS in England work and how is it changing \(Kings Fund, Summer 2022\)](#)
- [Social prescribing](#) – originally a system for referring older people from GPs surgeries to community activities rather than prescribing medication – now, there are developments to expand social prescribing referrals to include young people – it might be worth knowing about as a potential referral route to you or your partners. Your Healthy Hub or other local GP can put you in touch with your local social prescribing network.

4. Quick wins

1. Sign up to receive newsletters from related organisations
 - [National Centre for Creative Health](#)
 - [The Culture Health and Wellbeing Alliance](#)
 - [Hertfordshire Public Health's monthly eNews](#) – to be added to the mailing list, please contact phnews@hertfordshire.gov.uk
2. [Find your local Healthy Hub here](#)

5. Advocacy documents

[The Commission on Culture and Local Government final report](#) – this is an advocacy document for working with local authority cultural services around health and wellbeing.

Are you aware of the LGA's [The Commission on Culture and Local Government final report](#), which shows addressing health inequalities as one of the four cornerstones of the local government funded cultural sector (Access and Inclusion; Creative Growth; Cultural education and pathways to creative employment; Health and Wellbeing).

Four areas of ambition for culture, which all places should consider as they strive to deliver the best for their communities, and economies

- **Access and inclusion.** Locally accessible and inclusive cultural infrastructure for all, addressing the structural inequalities exacerbated by the pandemic.

- **Creative growth.** Removal of barriers to growth of creative industry clusters and micro-clusters to support the development of the creative sector as an engine of post-pandemic growth.
- **Cultural education and pathways to creative employment.** Access for all in all places to a high-quality cultural education and routes into the burgeoning creative industries from schools through to further and higher education and employment.
- **Health and wellbeing.** A strategic approach to health and wellbeing in place that recognises the preventative and health benefits of culture in supporting our national recovery

To do this, local areas will need:

Capacity and resilience in place. A levelling up of capacity for culture within place, targeting regional inequalities and enabling local authorities to develop and deliver meaningful place-led strategies for culture.

Leadership and power. A power shift towards place-led approaches that enable a greater diversity of communities, cultural providers and practitioners to shape local decision making.

Funding. A coherent and transparent approach to funding culture in a place that supports the delivery of place-led strategies and addresses the immediate financial fragility of the sector triggered by the pandemic and cost of living crisis.

Evidence. A coordinated approach to developing an effective evidence base for culture and place in order to measure value and shape future investment.

6. Adding to this document

If you have useful resources or advice to add to this, please send them to Nick Denham at Hertfordshire Public Health Evidence and Intelligence – nick.denham1@hertfordshire.gov.uk