

Heritage and Cultural Identity

Work Program

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International Union of Architects
(UIA)

Heritage and Culture in Health and wellbeing

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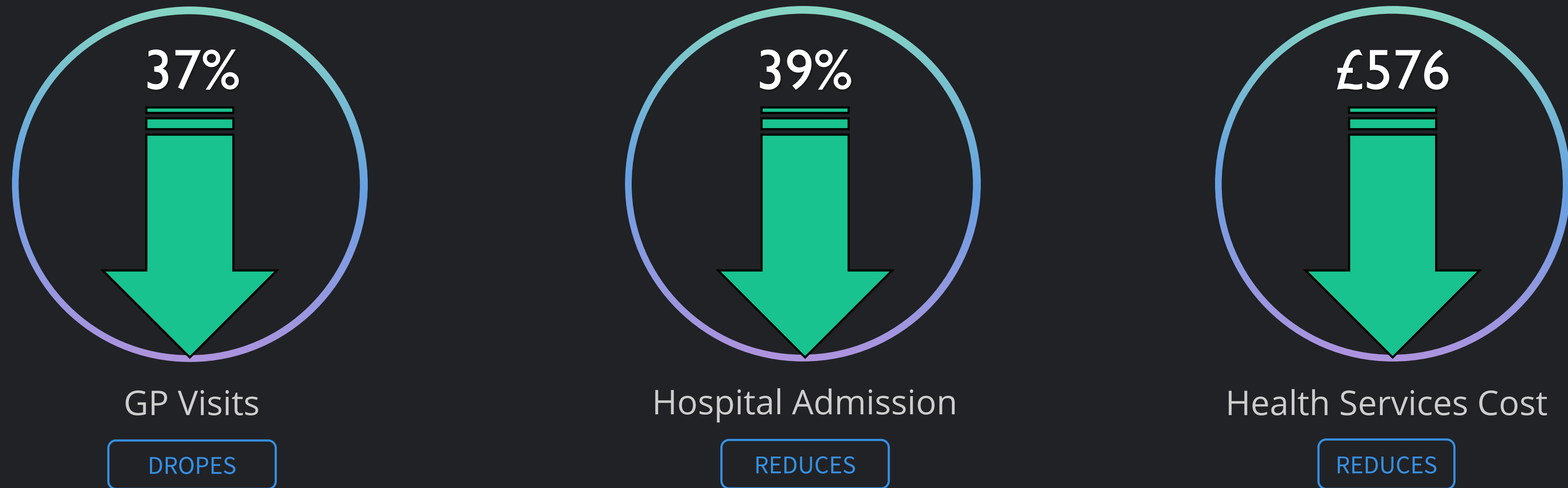
World Health
Organization (WHO)
defines health since 1948

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“State of complete **physical, mental** and **social wellbeing** and not merely the absence of disease or infirmity”

This definition is continued since 1948, and yet accepted by many

Cultural activities in health



according to UK Parliamentary report

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arts engagement was found to be associated with higher wellbeing and was valued at 1,084 per person per year.

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association was also found between frequent library use and reported wellbeing

In 2014, the London School of Economics (LSE) conducted research to explore the evidence of the wellbeing impacts of cultural engagement. This work gives us new evidence of the link between our policies and the social impacts of cultural engagement.

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Heritage can provide healing spaces and activities for people living with dementia and post-traumatic stress disorder (PTSD).

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The Museums on Prescription project by Professor Helen Chatterjee and her colleagues at University College London shows heritage could improve mental wellbeing and reduce depression of dementia and PTSD patients.

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Archaeology can reduce symptoms of anxiety, depression, and posttraumatic stress disorder, and gave a sense of self-purpose

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the project Operation Nightingale, established in 2012 by the UK Defence Infrastructure Organisation showcases the benefits of archaeology for the mental health of former soldiers.

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Health and wellbeing are
at the very top of public
policy concerns right now,
and the heritage sector
has a huge amount to
contribute

“Places look after **people** as much
as **people** look after **places**.”

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potential of cultural heritage as wellbeing producer seems to be recognized almost entirely on a theoretical level, and it is often excluded from long-term planning of public policies. As architect, we have responsibility to bring this theory in practice.



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Thank you