Music and Public Health

Music in the everyday life of adult Danes and its relationship with health

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HEALTH MUSICING: A THEORETICAL MODEL

Inspirered by G. Ansdell (2001) and Ken Wilber et al. (2013)

Study objectives

To examine…

→ the everyday use of music in Denmark

→ the association between playing musical instruments/singing daily and various health outcomes

→ to what extent Danes believe that music activities and music experiences can help to stay healthy

Data from The Danish Health and Morbidity Survey 2013
14,000 respondents (adult Danes). 100 questions, incl. 8 questions on music behavior and beliefs.
Results and conclusions

→ A clear association between daily singing/playing and health and health-related quality of life was found. (There were important differences related to age, gender, and education)

→ Adult Danes use music for many purposes in everyday life,

→ There is a remarkable awareness among Danes that musicking can play an important role as health promoter

→ It is not possible to determine causal relationships due to the cross-sectional design of the present study
Perspectives – new research

Themes to explore further:
→ Gender (and age) differences
→ Music listening as health resource
→ The influence of musical background

Prophylactic studies to develop:
→ Individual and group music listening
→ Choral singing for clinical groups
→ Lay strategies in music for health
→ ’Music by prescription’
Thanks for your attention!

Music is what you need

So play!