



UCLG – MEXICO CITY – CULTURE 21

5th EDITION - INTERNATIONAL AWARD

DAISY FANCOURT



GOBIERNO DE LA
CIUDAD DE MÉXICO



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culture 21

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The work of Dr Daisy Fancourt has decisively contributed to prove the benefits of cultural activities for people's health. She is Associate Professor of Psychobiology & Epidemiology and Head of the Social Biobehavioural Research Group at University College London. She studied at Oxford University and King's College London before completing her PhD in psychoneuroimmunology. She is also Doctor in Philosophy by the University College London. Her research focuses on the effects of social factors on health, including social deficits (e.g. loneliness and social isolation) and sociocultural assets (e.g. community engagement, arts & cultural activities, and social prescribing). Dr Daisy Fancourt is also the Director of the World Health Organisation (WHO) Collaborating Centre on Arts and Health (www.artshealthcc.org) as well as a member of the WHO Technical Advisory Group on cultural and behavioural insights on health.

The report "[What is the evidence on the role of the arts in improving health and well-being? A scoping review](#)", based on the review of over 3000 studies was worldwide disseminated and

acclaimed. The report shows that arts and culture combine many different components that are beneficial to health, for example involving the imagination, sensory activation, cognitive stimulation and social interaction. These components can prompt psychological, physiological, social and behavioural response which are linked-in with the prevention, management and treatment of a range of different health conditions. With this report, the beneficial impact of cultural activities has a renewed scientific evidence base. The promoting of artistic and cultural engagement at the individual, local and national levels become essential in public policies for sustainable development.

