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RECEIVED 14 September 2023
ACCEPTED 31 October 2023
PUBLISHED 30 November 2023

CITATION
Davies CR, Budgeon CA, Murray K,
Hunter M and Knuiman M (2023) The art of
aging well: a study of the relationship between
recreational arts engagement, general health
and mental wellbeing in cohort of Australian
older adults.
Front. Public Health 11:1288760.
doi: 10.3389/fpubh.2023.1288760

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The art of aging well: a study of the relationship between recreational arts engagement, general health and mental wellbeing in cohort of Australian older adults

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Introduction: Evidence of the benefits of arts engagement to community wellbeing has been mounting since the 1990s. However, large scale, quantitative, epidemiological studies of the ‘arts–healthy aging’ relationship, or the types of arts older adults voluntarily choose to engage in as part of their everyday life, for enjoyment, entertainment or as a hobby (vs. therapy or interventions) are limited. The aims of this study were to describe older adult recreational arts engagement via the Busselton Healthy Ageing Study (BHAS) cohort, and to determine if there was an association between arts engagement, general health and mental wellbeing.

Methods: Overall, 2,843 older adults (born 1946–1964) from the BHAS cohort ($n = 5,107$) who had completed a supplementary arts survey ($n = 3,055$, 60%) and had data on required variables were included in this study (93% of those eligible). The dependent variable was general health (SF12) and subjective mental wellbeing (Warwick-Edinburgh Mental Wellbeing Scale, WEMWBS). The independent variable was hours engaged in recreational arts in the last 12 months. A descriptive analysis followed by a linear regression analysis was conducted.

Results: The prevalence of recreational arts engagement in the last 12 months was 85% (mean = 132 h/year). Older adults engaged in the arts in a number of ways including attending events (79%), actively participating/making art (40%), as an arts society/club/organization member (20%), by learning about the arts (13%) or by volunteering/working in the arts (non-professional, 11%). When general health was assessed via the SF12, the average physical component score (PCS) was 50.1 (SD 8.9) and the average mental component score (MCS) was 53.6 (SD 8.3). When mental wellbeing was assessed, the average WEMWBS score was 54.9 (SD = 8.6). After adjustment for 12 demographic and lifestyle covariates, it was found that older adults who engaged in any recreational arts in the last 12 months had significantly higher WEMWBS scores and higher SF12 physical component scores than those who did not engage in the arts (0 h/year).

Discussion: Evidence of an arts–health relationship was found in this study. The suitability of the arts as a population based, healthy aging strategy to influence the mental wellbeing and general health of older adults should be investigated further.

Aging Well Australian Adaptation

John Spoehr



Aging Well Australian Adaptation:

Australia's Health 2012, 2012 Dwelling in the Age of Climate Change Elaine Kelly, 2018-03-07 Assesses Irish republicanism's strategic process of moderation from violence to peace and power **Shakespearean Spaces in Australian Literary Adaptations for Children and Young Adults** Michael Marokakis, 2022-07-29 Shakespearean Spaces in Australian Literary Adaptations for Children and Young Adults offers a comprehensive examination of Shakespearean adaptations written by Australian authors for children and Young Adults The 20 year period crossing the late twentieth and early twenty first centuries came to represent a diverse and productive era of adapting Shakespeare in Australian literature As an analysis of Australian and international marketplaces physical and imaginative spaces and the body as a site of meaning this book reveals how the texts are ideologically bound to and disseminate Shakespearean cultural capital in contemporary ways Combining current research in children's literature and Bourdieu's theory of cultural capital deepens the critical awareness of the status of Australian literature while illuminating a corpus of literature underrepresented by the pre-existing concentration on adaptations from other parts of the world Of particular interest is how these adaptations merge Shakespearean worlds with the spaces inhabited by young people such as the classroom the stage the imagination and the gendered body The readership of this book would be academics researchers and students of children's literature studies and Shakespeare studies particularly those interested in Shakespearean cultural theory transnational adaptation and literary appropriation High school educators and pre-service teachers would also find this book valuable as they look to broaden and strengthen their use of adaptations to engage students in Shakespeare studies *Adapting to Online and Blended Learning in Higher Education* David Kember, Robert A. Ellis, Si Fan, Allison Trimble, 2023-05-19 Higher education has undergone a massive transformation in teaching and learning in a very short period of time since the onset of Covid 19 Students teachers and universities have had to adopt online and blended learning often with little or no experience or models of good practice to draw upon It is clear that blended and online learning are here to stay This book draws on research from universities that have adopted online and blended learning to facilitate the expansion and diversification of their intake which resulted in considerable experience and expertise in online and blended teaching The book describes a model tested with qualitative and quantitative data which shows how teachers can support the retention and success of online and blended learners with four high quality pedagogical elements bite sized videos of interest and relevance learning materials that are well organised and provide a clear learning roadmap discussion forums which are set up and moderated so as to result in lively student student and student teacher interaction and online teachers being approachable and responsive to communication with individual students through email phone and online communication platforms This model is explained and profusely illustrated with examples from the teaching of award winning teachers This book introduces the concept of a spectrum from traditional to contemporary models of admission and course delivery in higher education It explains how universities which have adopted a

contemporary model with high levels of blended and online learning have been able to expand their intake and markedly diversify the student body It discusses how to support the retention and success of online and blended learners Student support services are examined from the perspectives of service providers and online and blended learners and the case is made for support services being aligned with student needs The book has a discussion of university management systems which utilise feedback at all levels to improve alignment between support service provision and student needs **Applied Studies in Climate Adaptation** Jean P. Palutikof, Sarah L. Boulter, Jon Barnett, David Rissik, 2014-12-31 The book advances knowledge about climate change adaptation practices through a series of case studies It presents important evidence about adaptation practices in agriculture businesses the coastal zone community services disaster management ecosystems indigenous populations and settlements and infrastructure In addition to 38 case studies across these sectors the book contains horizon scoping essays from international experts in adaptation research including Hallie Eakin Susanne Moser Jonathon Overpeck Bill Solecki and Gary Yohe Australia's social ecological systems have a long history of adapting to climate variability and change and in recent decades has been a world leader in implementing and researching adaptation making this book of universal relevance to all those working to adapt our environment and societies to climate change *Population Ageing and Australia's Future* Hal Kendig, Peter McDonald, John Piggott, 2016-10-21 This volume provides evidence from many of Australia's leading scholars from a range of social science disciplines to support policies that address challenges presented by Australia's ageing population It builds on presentations made to the 2014 Symposium of the Academy of the Social Sciences in Australia The material is in four parts Perspectives on Ageing Population Ageing Global regional and Australian perspectives Improving Health and Wellbeing Responses by Government and Families Individuals The Academy of the Social Sciences in Australia sees this volume as a major contribution to improving our understanding of Australia's population ageing Social science research in this area truly underpins our ability as a nation to manage such demographic change and its consequences for the economy and society Such knowledge helps ensure that our citizens can live even better lives Glenn Withers President ASSA It is fantastic that Australians are living longer and healthier lives but we need to address these demographic changes The Hon Joe Hockey MP 2015 Intergenerational Report *South Australia: State of Transformation* John Spoehr, 2018-11-14 South Australia and the world is entering a time of transformational change social economic industrial and environmental As a new government takes the reins it has the power to shape the future of our state and its citizens at a crucial moment The automotive industry has closed but maritime shipbuilding projects are booming Automation and artificial intelligence technologies are on the rise and with them both fears of jobs lost and the promise of increased productivity and wellbeing Which way will we go In this insightful collection of essays some of South Australia's leading policy thinkers consider our future in the context of jobs our economy and its drivers industrial relations law and order the environment education health including ageing and aged care and more Adaptation of Immigrants W.A.

Scott,R. Scott,2013-10-22 This volume surveys studies conducted in the major immigrant receiving nations over the past several decades to ascertain the main established correlates of immigrant adjustment It also reports findings from an original longitudinal study of immigrants to Australia from several European countries Among the questions addressed are What is the usual course of immigrants reactions to their new country How do these reactions differ depending on their focus of concern self family friends job etc Are subjective reactions satisfaction with various aspects of their lives paralleled by objective measures of role performance adequacy of adaptation in the eyes of other people How are these reactions associated with other characteristics of the immigrants personality family relations demographic and background characteristics

Inclusive Growth in Australia John Buchanan,2020-07-16 Inclusive Growth in Australia overturns two decades of assumptions that social policy is wasteful and a source of dependency It reflects a global resurgence of the understanding that an active and effective social policy regime is vital not only for a flourishing society but also for a strong economy It explains this new paradigm of inclusive growth and shows how it can be implemented in Australia Inclusive growth dismantles the idea that social development will automatically trickle down from untrammelled market based growth Rather growth must be managed so that it is employment centred broad based across sectors and with a social security system promoting sustainability and equality of opportunity The editors argue that productivity is nearly everything when it comes to raising living standards So while social policies will be about goals other than the economy they must demonstrate their compatibility with an economic growth strategy With contributions from leading national and international experts in the field including Marian Baird Grant Belchamber Gerald Burke Saul Eslake Roy Green and Peter Whiteford Inclusive Growth in Australia shows that welfare state spending is as much an economic investment as a measure of social protection Written for policy makers industry and NGOs as well as students Inclusive Growth in Australia locates Australian economic and social policy within the most important emergent themes shaping international debate

Adaptations Deborah Cartmell,Imelda Whelehan,2022 Adaptations Critical and Primary Sources is a three volume reference resource that brings together over 80 landmark texts in adaptation studies Volume One covers the history of adaptation studies by plotting the prehistory of the field beginning with Vachel Lindsay s classic Art of the Moving Picture 1915 through Virginia Woolf s classic essay on sThe Cinema through to some of the most important critical and theoretical interventions up until the 1990s when the area really emerges as a critical force in the academy Volume Two collects essays from the last 25 years showing how the scholarly legacy laid out in Volume One still has a profound impact on adaptation studies today while charting the process of critical and theoretical maturation This volume shows how adaptations studies has outgrown its contested place in the gap of film and literary studies and how its interventions transcend disciplinary perspectives across the arts and humanities Volume Three covers key case studies such as Christine Geraghty s take on adapting Westerns Ian Inglis understanding of the transformation of music into movies and Eckart Voigts concept on Jane Austen and participatory culture 0With topics ranging

from the limitations of the novel to adapting stage to screen contributions from a wide range of international scholars film critics and novelists combine to make Adaptations Critical and Primary Sources an original overview of critical debates today Cartmell and Whelehan introduce each excerpt and offer a critical overview of the collected work the rationale for its inclusion and suggestions for further reading

Climate Change Adaptation for Health and Social Services Rae Walker,Wendy Mason,2015-09 Climate Change Adaptation for Health and Social Services addresses concerns from the health and community services sector including local government about how to respond to climate change and its impacts on communities What should an intervention framework for the community based health and social services sector contain and how can it complement an organisation s core values role and work programs What current direct and indirect impacts of climate change are most relevant to organisations and the communities they serve Which population groups are most vulnerable to climate change and what are the impacts on them Above all what can be done to reduce the current risks from climate change to clients communities and organisations Written by expert researchers and practitioners this book presents existing research innovative practice and useful tools to support organisations taking practical steps towards adaptation to the impacts of climate change on people It examines the evidence of climate change impacts on six of the most vulnerable population groups people with disability older people women and children Aboriginal people rural people and people from culturally and linguistically diverse backgrounds as well as discussing effective interventions Other key issues covered include health and social impacts of climate change adaptation mitigation climate change communication organisational adaptation and a case study of innovation illustrating some of the book s themes Accessible informative and incorporating extensive evidence and experience Climate Change Adaptation for Health and Social Services is relevant for anyone within the health and community services sector concerned about climate change and its impacts on their community

Spiritual Growth and Care in the Fourth Age of Life Elizabeth MacKinlay,2006-02-08 This book explores the spiritual dimension of ageing and investigates the role of pastoral and spiritual care in helping the frail elderly cope with end of life issues Focusing on the experience of nursing home residents and anecdotes gathered in interviews MacKinlay sensitively presents the struggles facing older people in need of care

Murray-Darling Basin, Australia Barry Hart,Neil Byron,Nick Bond,Carmel Pollino,Michael Stewardson,2020-10-23 Murray Darling Basin Australia Its Future Management is a much needed text for water resources managers water catchment estuarine and coastal scientists and aquatic ecologists The book first provides a summary of the Murray Darling River system its hydrology water related ecological assets land uses particularly irrigation and its rural and regional communities and management within the Basin including catchments and natural resources water resources irrigation environment and monitoring and evaluation Additionally the recent major water reforms in the Basin are discussed with a focus particularly on the development and implementation of the Basin Plan Murray Darling Basin Australia Its Future Management then provides an analysis of the next set of policy and institutional reforms environmental social

cultural and economic needed to ensure the Basin is managed as an integrated system including its water resources catchment and estuary capable of adapting to future changes Six major challenges facing the Basin are identified and discussed particularly within the context of predicted changes to the climate leading to an increased frequency of drought and a hotter and dryer future Finally a road map or blueprint to achieve more integrated management of the Basin is provided together with some key lessons of relevance to others involved in the management of multijurisdictional river Basins Provides a consolidated account of the Murray Darling Basin system an area of global relevance to those interested in rebalancing river systems where the water resources have been over allocated Offers a detailed analysis of the current system and its management with a focus on water and ecosystem management Discusses a number of key challenges particularly those related to climate change facing future reforms to the Murray Darling Basin Plan Provides a blueprint for changes needed to ensure the Basin is managed as an integrated whole from catchment to coast *Climate Change*

Adaptation in North America Walter Leal Filho, Jesse M. Keenan, 2017-05-27 This edited book responds to the need for a better understanding of how climate change affects North America and for the identification of processes methods and tools that may help countries and communities to develop a more robust adaptive capacity It showcases successful examples of how to manage the social economic and environmental complexities posed by climate change The book attempts to synthesize various branches of resilience and adaptation scholarship into a cohesive text that highlights field research and best practices that are shaping policy and practice in a wide geography from the coastal conditions of the Caribbean to the thawing landscape of the Arctic Circle **World Report on Ageing and Health** World Health Organization, 2015-10-22 The WHO World report on ageing and health is not for the book shelf it is a living breathing testament to all older people who have fought for their voice to be heard at all levels of government across disciplines and sectors Mr Bjarne Hastrup President International Federation on Ageing and CEO DaneAge This report outlines a framework for action to foster Healthy Ageing built around the new concept of functional ability This will require a transformation of health systems away from disease based curative models and towards the provision of older person centred and integrated care It will require the development sometimes from nothing of comprehensive systems of long term care It will require a coordinated response from many other sectors and multiple levels of government And it will need to draw on better ways of measuring and monitoring the health and functioning of older populations These actions are likely to be a sound investment in society s future A future that gives older people the freedom to live lives that previous generations might never have imagined The World report on ageing and health responds to these challenges by recommending equally profound changes in the way health policies for ageing populations are formulated and services are provided As the foundation for its recommendations the report looks at what the latest evidence has to say about the ageing process noting that many common perceptions and assumptions about older people are based on outdated stereotypes The report s recommendations are anchored in the evidence comprehensive and

forward looking yet eminently practical Throughout examples of experiences from different countries are used to illustrate how specific problems can be addressed through innovation solutions Topics explored range from strategies to deliver comprehensive and person centred services to older populations to policies that enable older people to live in comfort and safety to ways to correct the problems and injustices inherent in current systems for long term care **Universal Design**

2014: Three Days of Creativity and Diversity Per-Olof Hedvall,Andreas Larsson,Kirsten Rassmus-Gröhn,Bitte Rydeman,2014-05-15 Universal Design Design for All and Inclusive Design are all aimed at dismantling physical and social barriers to inclusion in all areas of life Engagement in universal design is on the increase worldwide as practitioners and researchers explore creative and desirable solutions to shape the future of universal design products and practices This book is a collection of the papers presented at UD2014 the International Conference on Universal Design held in Lund Sweden in June 2014 The conference offered a creative and diverse meeting place for all participants to exchange knowledge experiences and ideas and to build global connections and creative networks for future work on universal design The themes of UD2014 span many aspects of societal life and the papers included here cover areas as diverse as architecture public transport educational and play environments housing universal workspaces and the Internet of things as well as designs and adaptations for assistive technology The book clearly demonstrates the breadth of universal design and its ongoing adoption in societies all over the world and will be of interest to anyone whose work involves building a more inclusive environment for all **Adapting Agriculture to Climate Change** Chris Stokes,Mark Howden,2010 A fundamental resource for

preparing Australia s primary industries for the challenges and opportunities of climate change for primary industry professionals land managers policy makers researchers and students **Climate Change Adaptation Plan for Australian Birds** Stephen Garnett,Donald Franklin,2014-05-30 This is the first climate change adaptation plan produced for a national faunal group anywhere in the world It outlines the nature of threats related to climate change for the Australian bird taxa most likely to be affected by climate change and provides recommendations on what might be done to assist them and approximate costs of doing so It also features an analysis of how climate change will affect all Australian birds explains why some species are likely to be more exposed or sensitive to it than others and explores the theory and practice of conservation management under the realities of a changing climate Species profiles include maps showing current core habitat and modelled climatic suitability based on historical records as well as maps showing projected climatic suitability in 2085 in relation to current core habitat Climate Change Adaptation Plan for Australian Birds is an important reference for policy makers conservation scientists land managers climate change adaptation biologists as well as bird watchers and advocacy groups **The Handbook of Salutogenesis** Maurice B. Mittelmark,Georg F. Bauer,Lenneke Vaandrager,Jürgen M.

Pelikan,Shifra Sagy,Monica Eriksson,Bengt Lindström,Claudia Meier Magistretti,2022-01-01 This open access book is a thorough update and expansion of the 2017 edition of The Handbook of Salutogenesis responding to the rapidly growing

salutogenesis research and application arena Revised and updated from the first edition are background and historical chapters that trace the development of the salutogenic model of health and flesh out the central concepts most notably generalized resistance resources and the sense of coherence that differentiate salutogenesis from pathogenesis From there experts describe a range of real world applications within and outside health contexts Many new chapters emphasize intervention research findings Readers will find numerous practical examples of how to implement salutogenesis to enhance the health and well being of families infants and young children adolescents unemployed young people pre retirement adults and older people A dedicated section addresses how salutogenesis helps tackle vulnerability with chapters on at risk children migrants prisoners emergency workers and disaster stricken communities Wide ranging coverage includes new topics beyond health like intergroup conflict politics and policy making and architecture The book also focuses on applying salutogenesis in birth and neonatal care clinics hospitals and primary care schools and universities workplaces and towns and cities A special section focuses on developments in salutogenesis methods and theory With its comprehensive coverage The Handbook of Salutogenesis 2nd Edition is the standard reference for researchers practitioners and health policy makers who wish to have a thorough grounding in the topic It is also written to support post graduate education courses and self study in public health nursing psychology medicine and social sciences

Musculoskeletal Adaptations to Training and Sports Performance: Connecting Theory and Practice Daniel Marinho, 2022-03-25

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