

Introduction to Dance and Health



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What is Health?

What is Public Health?

Current Health Priorities

- Almost a quarter of adults are obese.
- 16% of 2-15 year olds are obese
- Britain has the fastest growing obesity rate in the developed world
- Obesity levels in the UK have risen by 300% in 11 years
- Physical inactivity in England is estimated to cost £8.2 billion a year.

Risks of Obesity

- Coronary Heart Disease - single most common cause of death in the UK, accounting for 24% of premature deaths in men and 14% of premature deaths in women
- Type II Diabetes
- Cancer
- Mental Illness

- Estimates have shown that 37% of Coronary Heart Disease (CHD) deaths can be attributed to physical inactivity

Policies

- **Choosing Health**
 - Public Health White Paper - 2004
 - Choosing Health; Choosing Activity – 2005
- **Healthy Weight, Healthy Lives**
 - A Cross Government Strategy for England - 2008
- **Be active, be healthy: a plan for getting the nation moving 2009**

Physical Activity and Health Agenda

Imbalance between energy expenditure and energy intake. Aim - to reduce obesity through healthier lifestyles – healthy eating and physical activity

- CMO recommends: children and young people should achieve at least 60 minutes of moderate intensity physical activity each day
- For general health benefit, adults should achieve a total of at least 30 minutes a day of at least moderate intensity physical activity on 5 or more days of the week.

Activity Levels in England

- About two thirds of men and three-quarters of women report less than 30 minutes' moderate intensity activity a day on at least 5 days per week
- Seven in ten boys and 6 in 10 girls aged 2-15 achieve at least 60 minutes' physical activity each day of the week
- 2 in 10 boys and girls do less than 30 minutes' activity per day

Benefits of PA to Health

- Healthy growth and bone development
- Maintenance of healthy weight
- Avoidance of risk factors for coronary heart disease
- Social and emotional well-being.

Dance Forms

Ballet

Street
Dance

Creative
Dance

Tea Dances

Ballroom Dance

Contemporary
Dance

Dance Aerobics

Jazz

Dance
Movement
Therapy



Dance Participants

Under 5's

Older people

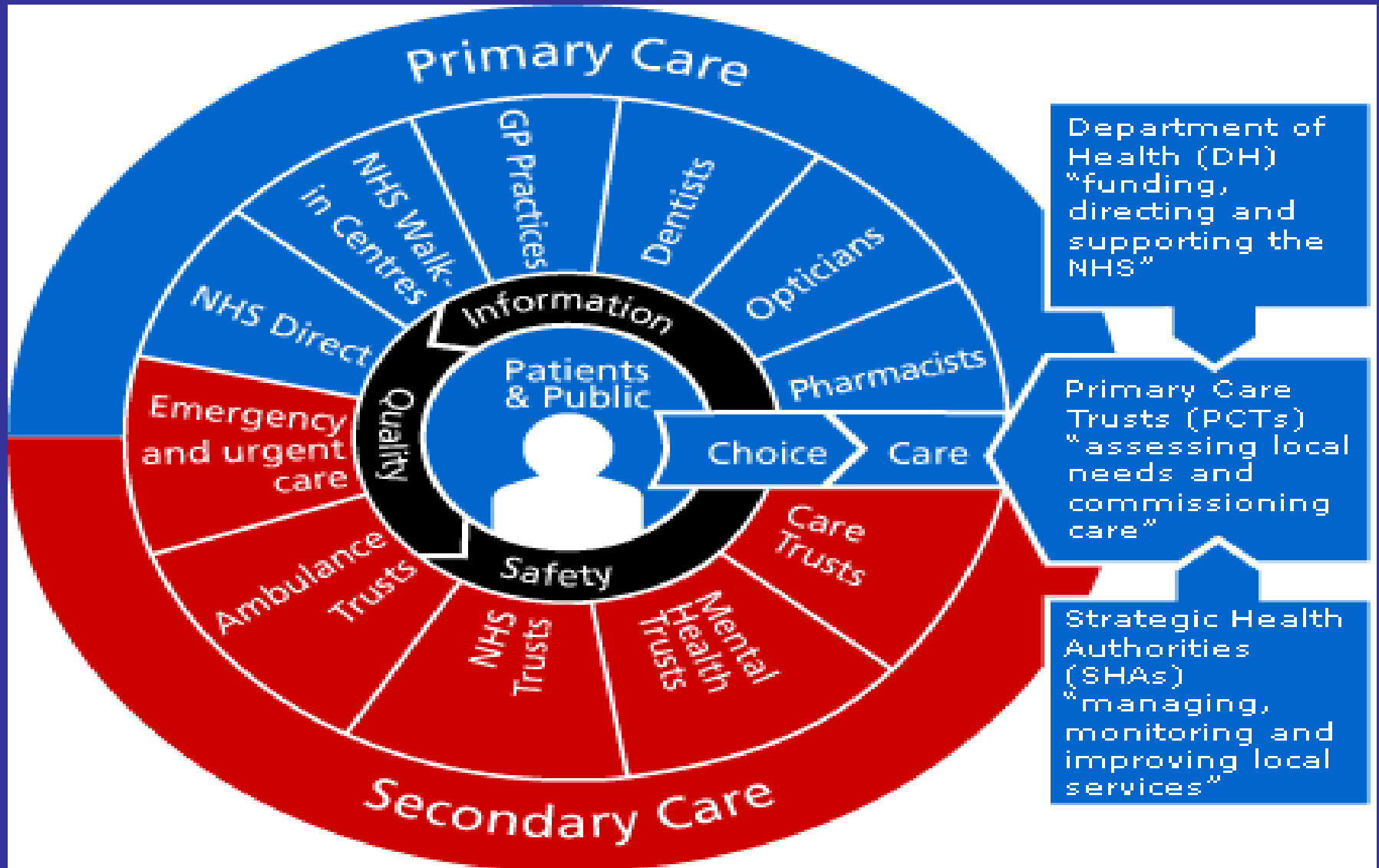
People with
disabilities

Young people

Adults

Children

How the NHS works



Wider Partnerships

- Healthy Schools
- School and Sports Partnership
- Extended Services
- Social services
- Children's Centres/Sure Start
- Local Authority - Community Regeneration
- Local Authority – Sports and Leisure

Review of Effects of Dance Interventions on the Health and Well Being of Children and Young People

Search Strategy- published quantitative research listed on key databases

Inclusion Criteria

- Research on the effects of dance interventions on - Physical health and psychological, social or emotional health

Dance interventions for:

- Ages 5 – 21 years
- Any dance form except DMT & video dance games
- In school, after school and community settings but not including professional or elite settings

Study Design Inclusion criteria:

Randomised and non randomised Controlled Trials, Case-control studies, Cohort studies, Cross sectional studies

Showed evidence of health improvements :

- Physical – cardiovascular fitness, muscle strength, improved bone mass content, reduced obesity, flexibility
- Psychological - reduced anxiety levels, enhanced self esteem and self concept. improved body attitude and physical self perceptions
- Some evidence of dance participation increasing the likelihood of bulimic behaviours

- Dance Aerobics and Dance Movement Therapy had significantly more studies undertaken than other dance forms
- Review recommends:
- More research into the health benefits of other popular dance forms
- More research in UK setting
- Studies on longer term effects of dance interventions
- More quantitative research using robust methodologies – ideally randomised controlled trials

Health Inequalities and Dance

Dance Action Zone Leeds Model



Starting where children and young people are at to improve health and wellbeing through dance in disadvantaged areas of Leeds.

DAZL Activity Strands



- Core Youth Dance Groups
- Engaging Inactive Children's Project
- After School Dance Projects
- Youth Dance Leadership Training Course

NICE - Promotion of Physical Activity in Children

- Adolescent girls (aged 10+)
- Children from lower socio-economic groups
- Children from black and minority ethnic groups
- Overweight and obese children

DAZL 3 YEAR PLAN

