

Hello everyone,

CI Music Hour Recap 11/9

Last week, we welcomed Dr. Aaron Colverson. Dr. Colverson is an ethnomusicologist with a specialty in neuropsychology. He currently studies rhythm perception, learning, and performance in the healthy aging population at the University of California, San Francisco. Dr. Colverson presented his dissertation work to the group which looked at the relationship between these three topics. The study involved participants from 18 to 89 years of age all of whom had beginner levels of musical experience. In order to test rhythmic accuracy, participants in his study listened to a series of thirty progressively more complicated rhythms and clapped them back to the researcher. Participants also completed a variety of tasks which tested their cognitive performance. Researchers finally measured levels of an inhibitory neurotransmitter in the brain, called gamma-aminobutyric acid, in order to understand the brain's response to different rhythm-based tasks.

Results demonstrated that the majority of younger folks performed with higher levels of accuracy on the rhythm tasks, although some older folks performed at similar levels to younger participants. Data also showed a positive relationship between those scoring higher on certain cognitive tasks and those scoring with more accuracy on rhythm based tasks. These individuals also tended to be in the younger age range, although some older folks fell into this category as well. Finally, data showed that as levels of the gamma-aminobutyric acid neurotransmitter increased in the brain, levels of accuracy of rhythm perception increased. Dr. Colverson is excited to continue exploring the social aspect of rhythm based musical activities in future research.

If you would like to watch the presentation, you can do so [here](#). You can also check out this [additional resource](#) to learn more about music and the brain.

Dr. Colverson also shared some additional resources with the group, which you can find below in his message:

Here are some links to work by the University of Florida, Center for Arts in Medicine. I think folks may find these interesting for general awareness. Overall, the takeaway story is that arts participation and public health is of significant interest right now, particularly since [this publication](#) came out by the World Health Organization. Because of this interest, more opportunities are arising for academics, health practitioners, artists, and advocates to collaborate at these intersections.

1. *COVID arts response (Performing Public Health and vaccine confidence)*

- a. <https://arts.ufl.edu/sites/creating-healthy-communities/covid-19-arts-response/unique-precarities/>
 - i. *This project may be of particular interest to participants to yesterday's call. It showcases lived experiences of those with disabilities as assets, particularly during the social distancing requirements of the COVID-19 pandemic.*
 - b. <https://arts.ufl.edu/sites/creating-healthy-communities/covid-19-arts-response/overview/>
 - i. *I love this project! It showcases uses of the arts to improve vaccine confidence during the COVID-19 pandemic.*
2. Arts and public health work (creating healthy communities & ONOP)
- a. <https://arts.ufl.edu/sites/creating-healthy-communities/resources/white-paper/>
 - i. *This resource accounts for cross-sector collaboration between the arts, public health, and community development sectors. It highlights the process and findings from a white paper in the midst of these intersections.*
 - b. <https://www.onenationoneproject.com/>
 - i. *Also love this project! It is the home link to a spin-off (if you will) from the above initiative. One of its goals is to advocate for greater integration of [social prescribing](#) in the USA through community-based participatory research.*
3. EpiArts lab (arts, aging, and well-being research)
- a. <https://arts.ufl.edu/academics/center-for-arts-in-medicine/researchandpublications/epi-arts-lab/overview/>
 - i. *This is a collaboration with University College London, demonstrating relationships between health and well-being outcomes, and arts participation at the public level. It uses epidemiological methods to account for these relationships, emulating studies already conducted in the United Kingdom.*
 - ii. *Many of its publications highlight health and well-being outcomes for older adults, which may be of particular importance to this group.*