The Public Health Resonance Project



The Public Health Resonance Project amplifies the unique attributes and deep connections across regionally and culturally relevant physical activities for health promotion and community wellness, locally and globally.


ALOHA
no'ōla

Engaging in cultural forms of subsistence can...

Increase sense of cultural connectivity in diaspora
Ka'ula, L., Ellison, N. L. K., James, C., Oshiro, A., Ideue, K., Ka'ula, K., & Jackson, A. M. (2025). Growing kalo (taro) to promote culture and health in the Continental US. Frontiers in public health, 13, 1689052. https://doi.org/10.3389/fpubh.2025.1689052

Facilitate culturally mediated forms of wellness and health
Maudrie et al. "It Matters Who Defines It"—Defining Nutrition through American Indian, Alaska Native, and Native Hawaiian Worldviews.Current Developments in Nutrition

Provide culturally relevant and specific forms of physical activity
McKinley CE. "We were always doing something outside. ... I had a wonderful, wonderful life": U.S. Indigenous peoples' subsistence, physical activity, and the natural world. SSM Qual Res Health. 2022 Dec;2:100170. doi: 10.1016/j.ssmqr.2022.100170. Epub 2022 Sep 13. PMID: 36582621;

Walls, M.L., Brown, D.L., O'Keefe, V.M. et al. Measuring Indigenous Cultural Strengths: a Systematic Review of a Decade of Approaches. Prev Sci 27, 359–368 (2026). https://doi.org/10.1007/s11121-026-01903-5



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Ka'ula, L., Ellison, N. L. K., James, C., Oshiro, A., Ideue, K., Ka'ula, K., & Jackson, A. M. (2025). Growing kalo (taro) to promote culture and health in the Continental US. Frontiers in public health, 13, 1689052. https://doi.org/10.3389/fpubh.2025.1689052

Maudrie et al. "It Matters Who Defines It"—Defining Nutrition through American Indian, Alaska Native, and Native Hawaiian Worldviews.Current Developments in Nutrition

McKinley CE. "We were always doing something outside. ... I had a wonderful, wonderful life": U.S. Indigenous peoples' subsistence, physical activity, and the natural world. SSM Qual Res Health. 2022 Dec;2:100170. doi: 10.1016/j.ssmqr.2022.100170. Epub 2022 Sep 13. PMID: 36582621;

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Culturally and Regionally Relevant Physical Activity can...

Increase individual and community health, locally and globally
Sentell TL., Pirkle CM., Grout L., et al
Culturally and regionally relevant physical activity for public health promotion in a global context: nature of the evidence and definition development from a narrative review.
https://doi.org/10.1136/bmjph-2025-002572

Create opportunities for inter-generational knowledge exchange, enrichment, and wellness
Oetzel JG., Zhang Y, Nock S, et al
Enhancing health outcomes for Māori elders through an intergenerational cultural exchange and physical activity programme: a cross-sectional baseline study.
https://doi.org/10.3389/fpubh.2023.1307685

Provide deep meaning and holistic wellbeing across life course
Pirkle CM, Thompson MD, Rodericks R et al
Engagement in culturally-relevant physical activity (paddling, hula, surfing, and spearfishing) in the state of Hawai'i over the lifecourse.
https://doi.org/10.21203/rs.3.rs-8225534/v1

Thompson MD et al
"...it is not just a game": Connecting with Culture through Traditional Indigenous Games https://pubs.sciepub.com/education/2/11/3/

McKinley CE
"We were always doing something outside. ... I had a wonderful, wonderful life": U.S. Indigenous peoples' subsistence, physical activity, and the natural world.
https://pmc.ncbi.nlm.nih.gov/articles/PMC9797056/

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Culturally relevant dance can...

Improve cardiorespiratory function and body composition
Duarte et al
Effect of 12-week rehearsal on cardiorespiratory fitness and body composition in Brazilian samba dancers
https://doi.org/10.31744/einstein_journal/2023AO0321

Improve functional mobility for individuals with neurodegenerative conditions
Dos Santos Delabary et al
Can Samba and Forró Brazilian rhythmic dance be more effective than walking in improving functional mobility and spatiotemporal gait parameters in patients with Parkinson's disease?
https://doi.org/10.1186/s12883-020-01878-y

Promote social interaction and relieve stress
Liu et al
Effect of Latin dance on physical and mental health: a systematic review.
https://doi.org/10.1186/s12889-023-16221-6

Horton E & Robledo CG
Baby Steps Toward Connection: A Heuristic Inquiry of Postpartum Mothers' Experience With a Latin Dance Group Counseling Intervention.
https://doi.org/10.1177/10664807231198867

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Culturally relevant dance can...

Provide social support and physical activity for cancer survivors
Bantum E et al
Hula as a physical activity and social support intervention for sustained activity in female breast and gynecologic cancer survivors.
https://doi.org/10.3389/fpsyg.2023.1190532

Reduce hypertension and cardiovascular disease
Kaholokula JK, Look M, Mabellos T et al
A Cultural Dance Program Improves Hypertension Control and Cardiovascular Disease Risk in Native Hawaiians: A Randomized Controlled Trial.
https://doi.org/10.1093/abm/kaaa127

Enhance cultural connectivity and emotional embodiment
Hollands T, Sutton D, Wright-St et al
Māori mental health consumers' sensory experience of Kapa Haka and its utility to occupational therapy practice

Support health as the full integration of physical, mental, emotional, and spiritual well-being
Look MA, Maskarinec GG, de Silva M et al
Kumu hula perspectives on health

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Winter sports and games can...

Pass down ecological and environmental knowledge

Lidström I, Svanberg I, & Ståhlberg S.
Traditional sports and games among the Sâmi people in Northern Fennoscandia (Sápmi): an ethnobiological perspective. https://doi.org/10.1186/s13002-022-00517-9

Foster inter-cultural exchange and connectivity

Fuchs J
What future model for international sports events? The case of the arctic winter games
https://doi.org/10.1080/14729679.2020.1838934

Support resilience in climate change

Berkes F & Jolly D
Adapting to Climate Change: Social-Ecological Resilience in a Canadian Western Arctic Community. http://www.jstor.org/stable/26271828

Richards, J.
Modelling the impact of climate change on cultural practices: the future of fen skating (1981–2079).https://doi.org/10.1007/s10113-024-02218-3

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Outrigger Canoe Paddling...

Is a culturally resonant physical activity
Schmid S et al.
Culturally relevant physical activity in Hawai'i: outrigger canoeing across an adapted social-ecological model https://doi.org/10.1093/heapro/daaf130

Fosters a deeper connection to the land, including Blue spaces
Mikraszewicz, K., & Richmond, C.
Paddling the Biigtig: Mino biimadisiwin practiced through canoeing https://doi.org/10.1016/j.socscimed.2019.112548

Is a powerful way to maintain continuity to traditional cultural practices and language
Severinsen C & Reweti A.
Waiora: Connecting People, Well-Being, and Environment Through Waka Ama in Aotearoa New Zealand https://doi.org/10.1177/1524839920978156

Kanemasu Y
"Paddling Our Sea of Islands: Fiji Outrigger Canoe Racing (Va'a) as Living Culture", Towards a Pacific Island Sociology of Sport: Seeking New Horizons

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Gardening and Growing can...

Promote food sovereignty in Indigenous communities

Hoover E
"You Can't Say You're Sovereign if You Can't Feed Yourself" Defining and Enacting Food Sovereignty in American Indian Community Gardening
https://doi.org/10.17953/aicrj.41.3.hoover

Connect to land and pass down traditional ecological knowledge

Pearce T et al
Inuit Traditional Ecological Knowledge (TEK), Subsistence Hunting and Adaptation to Climate Change in the Canadian Arctic
https://doi.org/10.14430/arctic4475

Ka'ula L. et al
Growing kalo (taro) to promote culture and health in the Continental US
https://doi.org/10.3389/fpubh.2025.1689052

Strengthen relationships and sense of community

Chung-Do J et al.
MALAMA: Cultivating Food Sovereignty through Backyard Aquaponics with Native Hawaiian Families https://doi.org/10.3390/genealogy8030101

Soga M et al.
Gardening is beneficial for health: A meta-analysis. https://doi.org/10.1016/j.pmedr.2016.11.007

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Engaging with green spaces can...

Reduce incidence of stroke, hypertension, asthma, and coronary heart disease

Twohig-Bennett C & Jones A
The health benefits of the great outdoors: A systematic review and meta-analysis of greenspace exposure and health outcomes.
https://doi.org/10.1016/j.envres.2018.06.030

Increase well-being and reduces stress

Barton J, Hine R, & Pretty J
The health benefits of walking in green spaces of high natural and heritage value.
https://doi.org/10.1080/19438150903378425

Hamza M et al
Access to natural green spaces and their associations with psychological wellbeing for South Asian people in the UK: A systematic literature review
https://doi.org/10.1016/j.socscimed.2024.117265

Promote meaningful relationships with the natural environment

Manika, N., Dhyani, S.
Rampant Urbanization, Loss of Green Spaces, Depleting Foraging Wisdom for Nutrition, Health, and Protecting Urban Greenscapes: Lessons from Populous Uttar Pradesh, India.
https://doi.org/10.1007/978-981-97-0345-6_6

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Culturally relevant dance can...

Improve balance, strength, and fitness in elderly populations
Douka S et al
Traditional Dance Improves the Physical Fitness and Well-Being of the Elderly.
https://doi.org/10.3389/fnagi.2019.00075

Provide rehabilitative intervention for stroke
Fernandes JB et al
Adapted Portuguese folk dance intervention for subacute rehabilitation post-stroke: study protocol
doi: 10.3389/fpubh.2023.1200093

Reduce motor and non-motor symptoms of Parkinson's Disease
Solla P, Cugusi L, Bertoli M, et al.
Sardinian Folk Dance for Individuals with Parkinson's Disease: A Randomized Controlled Pilot Trial
doi:10.1089/acm.2018.0413

Increase sense of belonging and community in adolescents
Jochum E, Egholm D, Oliveira AS, & Jacobsen SL
The effects of folk-dance in schools on physical and mental health for at-risk adolescents: a pilot intervention study. doi: 10.3389/fspor.2024.1434661

Bring Joy
Zygmont A et al.
Uplifted by Dancing Community: From Physical Activity to Well-Being
doi: 10.3390/ijerph20043535

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https://www.youtube.com/@PublicHealthResonanceProject

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Culturally relevant dance can...

Increase sense of community and reduce loneliness
Kawase S & Eguchi K
Impact of group dancing during Japanese festivals on people's sense of community. https://doi.org/10.3389/fpsyg.2025.1469066

Increase enjoyment and self-determination in people experiencing cognitive decline
Sanprakhon P et al
Effects of traditional Thai folk dance combined with cognitive stimulation program on behavior and cognition among older adults with cognitive decline: A randomized controlled trial.
https://doi.org/10.1016/j.tjpad.2025.100066

Be culturally relevant forms of dance movement therapy, promoting musculoskeletal health and neuro-plasticity
Mao Q, Mastnak W, & Guan R.
Chinese ethnic dance therapy: cultural anthropology and health science perspectives on Tujia ethnic dances
https://doi.org/10.3389/fpsyg.2025.1561150

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Engaging with blue spaces can...

Reduce risk for cardiovascular disease and mental fatigue

Georgiou M et al
Mechanisms of Impact of Blue Spaces on Human Health: A Systematic Literature Review and Meta-Analysis.
https://doi.org/10.3390/ijerph18052486

Maintain balance and coordination

Gargano, V., & Tremblay-Éthier, R. A.
Waves of well-being: exploring surfing's multidimensional health benefits and key influencing factors. https://doi.org/10.1080/14927713.2025.2539694

Carolo DM., Dudley D, Queiroga AC, & Martins J
Integrating Physical Literacy Into Blue Physical Activity Promotion, Drowning Prevention and Aquatic Education.
https://doi.org/10.1080/00336297.2026.2655226

Holistically support community health and engagement with the ocean

Leonard, K. et al.
Two-eyed seeing: Embracing the power of Indigenous knowledge for a healthy and sustainable Ocean https://doi.org/10.1371/journal.pbio.3001876

Onken, R., Cosgriff, M., & Wheaton, B.
'Between the flags': women's participation in surf lifesaving sport in Aotearoa New Zealand
https://doi.org/10.1080/13573322.2024.2366265

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Engaging in blue and green spaces can...

Reduce risk factors for chronic disease
Nieuwenhuijsen MJ et al
Positive health effects of the natural outdoor environment in typical populations in different regions in Europe (PHENOTYPE): a study programme protocol
https://doi.org/10.1136/bmjopen-2014-004951

Improve emotional well-being and can potentially improve long-term mental health outcomes
Hinde S, Bojke L., & Coventry P
The Cost Effectiveness of Ecotherapy as a Healthcare Intervention, Separating the Wood from the Trees https://doi.org/10.3390/ijerph182111599

Reduce stress and promote a sense of community
Hamza M et al
Access to natural green spaces and their associations with psychological wellbeing for South Asian people in the UK: A systematic literature review
https://doi.org/10.1016/j.socscimed.2024.117265

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Culturally relevant dance can...

Provide moderate and intensive forms of exercise that are relevant to communities of origin
Heil DP, Angosta AD, Zhu W, & Alforque-Tan R
The Energy Expenditure of Tinikling: A Culturally Relevant Filipino Dance
https://doi.org/10.70252/FJUG5462

Support cultural wellbeing and movement across a diaspora
Christensen JF, Khorsandi S, Wald-Fuhrmann M. Iranian classical dance as a subject for empirical research: An elusive genre. PMID: 38319099

Be a culturally responsive way to reduce pain, manage chronic pain, and improve emotional well-being
Hickman, B. et al.,
Dance for Chronic Pain Conditions: A Systematic Review.
https://doi.org/10.1093/pm/pnac092

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The Energy Expenditure of Tinikling: A Culturally Relevant Filipino Dance
https://doi.org/10.70252/FJUG5462

Be meaningful interventions for elderly populations, with less risk of injury than other standard forms of physical activity
Douka S, Zilidou VI, Lilou O, & Manou V
Traditional Dance Improves the Physical Fitness and Well-Being of the Elderly.
Frontiers in aging neuroscience https://doi.org/10.3389/fnagi.2019.00075

Be a culturally responsive way to reduce pain, manage chronic pain, and improve emotional well-being
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Uplifted by Dancing Community: From Physical Activity to Well-Being
doi: 10.3390/ijerph20043535

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Engaging in blue and green spaces can...

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Positive health effects of the natural outdoor environment in typical populations in different regions in Europe (PHENOTYPE): a study programme protocol
https://doi.org/10.1136/bmjopen-2014-004951

Improve emotional well-being and long-term mental health outcomes
Hinde S, Bojke L, & Coventry P
The Cost Effectiveness of Ecotherapy as a Healthcare Intervention, Separating the Wood from the Trees https://doi.org/10.3390/ijerph182111599

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Being outdoors can...

Reduce risk factors for chronic disease

Nieuwenhuijsen MJ et al
Positive health effects of the natural outdoor environment in typical populations in different regions in Europe (PHENOTYPE): a study programme protocol
https://doi.org/10.1136/bmjopen-2014-004951

Improve emotional well-being and long-term mental health outcomes

Hinde, S., Bojke, L., & Coventry P
The Cost Effectiveness of Ecotherapy as a Healthcare Intervention, Separating the Wood from the Trees https://doi.org/10.3390/ijerph182111599

Gladwell VF., Brown DK., Wood C et al
The great outdoors: how a green exercise environment can benefit all.
https://doi.org/10.1186/2046-7648-2-3

Reduces stress and promotes a sense of community

Hamza M et al
Access to natural green spaces and their associations with psychological wellbeing for South Asian people in the UK: A systematic literature review
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