

Exploring the impact of arts and cultural engagement on population health outcomes in the United States through epidemiological analyses of US cohort studies.

A partnership between the University of Florida Center for Arts in Medicine and Social Biobehavioral Research Group at University College London.

Color Index	
<b>Health Outcome</b>	<b>Population</b>
■ Access / Equity	□ Older Adults
■ Wellbeing	■ Youth/Young Adults
■ Mental Health	□ General
■ Health Behavior	
■ Healthy Aging	

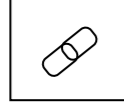


## Key Insights from the Research

2021

**The EpiArts Lab held three roundtable meetings with national arts and public health leaders to set the research agenda, prioritizing research on racism, chronic disease, mental health, social exclusion, isolation and loneliness, child development, substance misuse and abuse, violence and injury prevention, and policy.**

*EpiArts Roundtable Discussion Report*



**1. Black Americans were 34% less likely to attend arts events than White Americans. The racial disparity in art event attendance increased from 1993 - 2016.**

**2. Attendance at arts events was lower in participants with lower income and social class, poorer health, and those living in less urban areas, but these factors were not associated with participation in arts activities or creative groups.**

*Who engages in the arts in the United States? A comparison of several types of engagement using data from The General Social Survey*



**1. There are socioeconomic inequalities in arts and cultural engagement that may increase with age in older adults in the US.**

**2. Adults aged 50+ who are female, wealthier, and have higher educational attainment are more likely to participate in arts activities.**

*Difference in predictors and barriers to arts and cultural engagement with age in the United States: A cross-sectional analysis using the Health and Retirement Study*



2022

**1. Older adults who did creative hobbies at least monthly were 20% less likely to be depressed than those who never did hobbies.**

**2. Baking or cooking something special weekly was associated with 30% lower odds of depression two years later.**

*Engagement in leisure activities and depression in older adults in the United States: Longitudinal evidence from the Health and Retirement Study*



**1. Youth who take part in arts and cultural activities are less likely to engage in antisocial and criminalized behavior.**

**2. Researchers called to replace term "delinquency" with "reportedly antisocial or criminalized behaviors."**

*Arts and cultural engagement, reportedly antisocial or criminalized behaviors, and potential mediators in two longitudinal cohorts of adolescents*



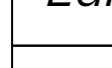
**Participating in community art groups was associated with enhanced positive affect, life satisfaction, purpose in life, and perceived mastery.**

*Associations between participation in community arts group and aspects of wellbeing in older adults in the United States: A propensity score matching analysis*



**At the individual level, engaging in a greater number of extracurricular arts activities was associated with fewer externalizing behaviors, although there was no association for school-based arts engagement.**

*Associations between extracurricular arts activities, school-based arts engagement, and subsequent externalizing behaviors in the Early Childhood Longitudinal Study*



**Engaging in art activities predicts future flourishing in young people, particularly social wellbeing. The more time spent on these activities, the greater the increase in flourishing.**

*Longitudinal Associations Between Arts Engagement and Flourishing in Young Adults: A Fixed Effects Analysis of the Panel Study of Income Dynamics*



**Young people who engaged in one or more school-based arts activities had 28% higher odds of reporting high social support one year later compared to those who didn't do any of these activities.**

*Cross-sectional and longitudinal associations between arts engagement, loneliness, and social support in adolescence*



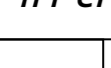
**For older adults, doing 1-3 hours of arts activities per week helps to prevent cognitive decline, with similar benefits to exercising for 1 hour per week.**

*Participatory and receptive arts engagement in older adults: Associations with cognition over a seven-year period*



**During the COVID-19 pandemic in the US, there were fewer inequalities in at-home arts engagement than we generally find in arts activities.**

*Who engaged in home-based arts activities during the COVID-19 pandemic? A cross-sectional analysis of data from 4,731 adults in the United States*



**Doing receptive arts may be specifically associated with higher odds of good physical functioning four years later.**

*Receptive and participatory arts engagement and healthy aging: Evidence from the Health and Retirement Study*



**Early in adolescence, doing hobbies was associated with lower odds of binge drinking and marijuana use, but this association had reversed later in adolescence.**

*The changing relationship between hobby engagement and substance use in young people: latent growth modelling of the Add Health cohort*



2023

**For Americans living through the COVID-19 pandemic, time spent doing arts/crafts, gardening, and doing DIY projects were associated with higher life satisfaction.**

*Creative leisure activities, mental health, and wellbeing during five months of the COVID-19 pandemic: A fixed effects analysis of data from 3,725 US adults*



**For older adults, social, cultural, and community engagement, like arts, crafts, sports, volunteering, and social groups, were associated with reduced inpatient care and shorter hospital stays.**

*Associations of Social, Cultural, and Community Engagement With Health Care Utilization in the US Health and Retirement Study*



**There is a bidirectional association between self-perceptions of aging and participation in community, cognitive, creative, and physical activities in these activities was a stronger predictor of perceptions of aging than the reverse direction.**

*Leisure engagement and self-perceptions of aging: Longitudinal analysis of perceptions and lagged relationships*



2024

**Creative and physical leisure activities may influence key aging metrics, help reduce age-related health decline, and keep older adults longer.**

*Leisure engagement in older age is related to objective and subjective experiences of aging*



Designed by Serene Cheon