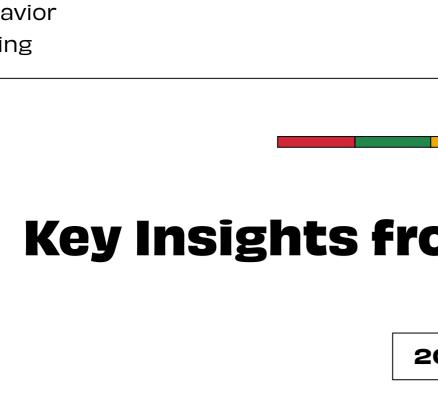
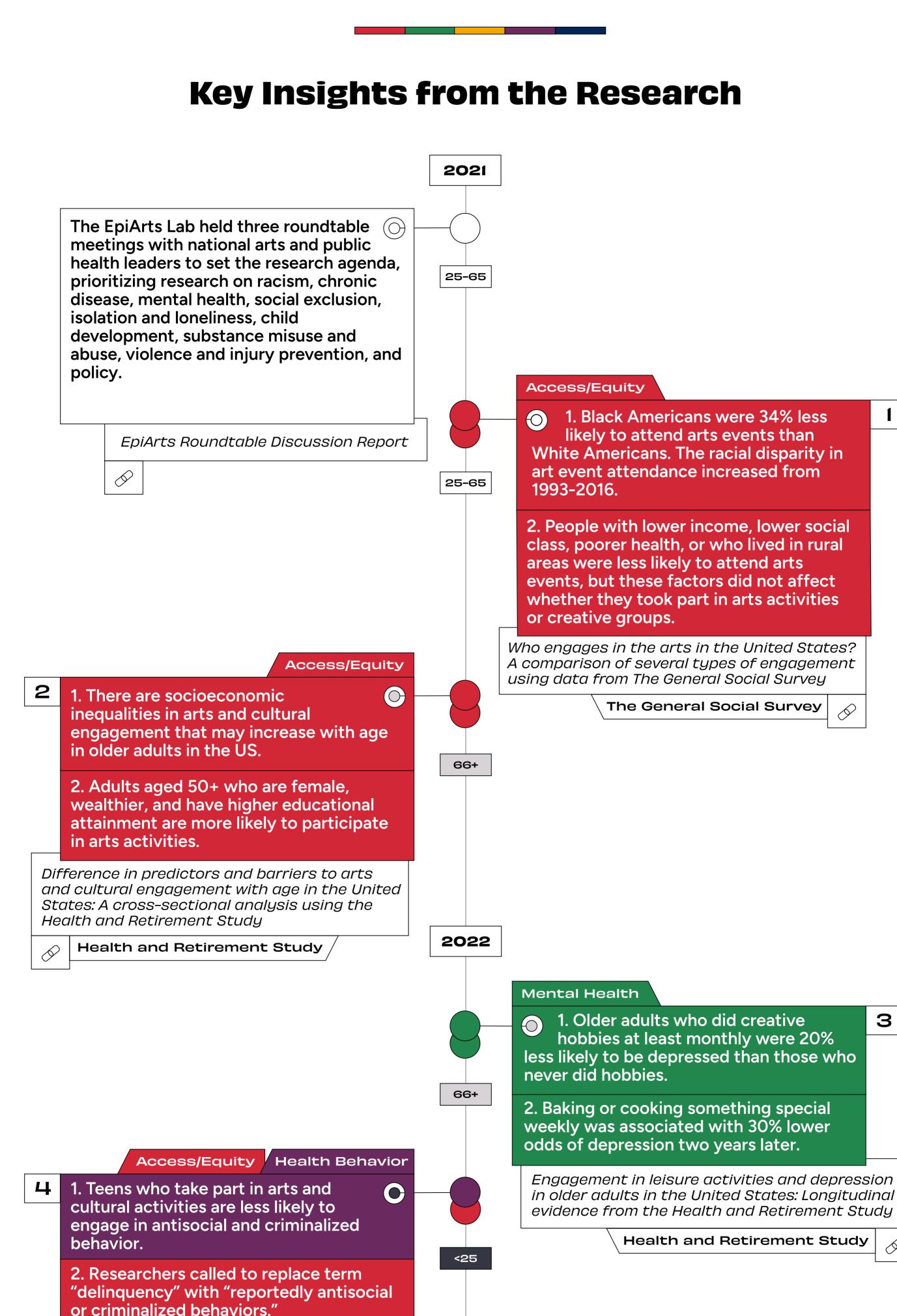


A partnership between the University of Florida Center for Arts in Medicine and Social Biobehavioral Research Group at University College London.

Color Index Health Outcome Population Access / Equity Older Adults





Arts and cultural engagement, reportedly antisocial or criminalized behaviors, and

National Longitudinal Study of

of adolescents

potential mediators in two longitudinal cohorts

Adolescent to Adult Health & National

Education Longitudinal Study of 1988

During the COVID-19 pandemic in the

Who engaged in home-based arts activities

sectional analysis of data from 4,731 adults

during the COVID-19 pandemic? A cross-

United Kingdom COVID-19

US, there were fewer inequalities in

at-home arts engagement than we

generally find in arts activities.

in the United States

Social Study

0

8

satisfaction.

United States (preprint)

US Health and Retirement Study

Creative leisure activities, mental health, and wellbeing during five months of the COVID-19

2. People with lower income, lower social class, poorer health, or who lived in rural areas were less likely to attend arts

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

3

5

7

9

11

13

15

Health Behavior Healthy Aging

■ Youth/Young Adults Wellbeing ☐ General Mental Health

Associations between extracurricular arts activities, school-based arts engagement, and Wellbeing subsequent externalizing behaviors in the Early Childhood Longitudinal Study **Engaging in art activities predicts** Early Childhood Longitudinal Study future flourishing in young people, particularly social wellbeing. The more <25 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* **Healthy Aging**

Wellbeing

analysis

Mental Health

graders.

66+

25-65

2023

<25

Access/Equity

 \bigcirc

Participating in community art groups

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

1. At the individual level, students who

school in 5th grade—like dance, music, or

2. At the school level, schools that offered

more weekly arts classes tended to report

support one year later compared to those

inpatient care and shorter hospital stays.

Reviewing 87 studies from 13

countries, researchers identified 347

Associations of Social, Cultural, and Community Engagement With Health Care Utilization in the

who didn't do any of these activities.

fewer behavior challenges among 8th

art lessons—showed fewer behavior

challenges by 8th grade.

took part in arts activities outside of

Health and Retirement Study

was associated with enhanced

in life, and perceived mastery.

positive affect, life satisfaction, purpose

Panel Study of Income Dynamics For older adults, doing 1-3 hours of arts activities per week helps to prevent cognitive decline, with similar 66+ benefits to exercising for 1 hour per week. Participatory and receptive arts engagement in older adults: Associations with cognition over a seven-year period Wisconsin Longitudinal Study **Healthy Aging** Doing receptive arts may be

specifically associated with higher odds of good physical functioning four years later. 66+ Receptive and participatory arts engagement and healthy aging: Evidence from the Health and Retirement Study Health and Retirement Study Wellbeing Young people who engaged in one or more school-based arts activities had 28% higher odds of reporting high social

Cross-sectional and longitudinal associations between arts engagement, loneliness, and social support in adolescence National Longitudinal Study Mental Health of Adolescent to Adult Health 12 For Americans living through the \bigcirc COVID-19 pandemic, time spent doing arts/crafts, gardening, and doing DIY projects were associated with higher life

<25

pandemic: A fixed effects analysis of data from 3.725 US adults United Kingdom COVID-19 **Health Behavior** Social Study For older adults, social, cultural, and community engagement, like arts, crafts, sports, volunteering, and social groups, were associated with reduced 66+

25-65

influenced by similar factors in Japan and the US, such as gender, education, and social contact, with Japan also 66+ uniquely affected by employment status and neighborhood cohesion. Predictors of arts engagement in older adults in Japan: novel findings from a national study Wellbeing and cross-cultural comparisons with the

health and health system outcomes—mostly & Japan Gerontological related to mental health, lifestyle, and **Evaluation Study** 25-65 patient experience—informing a Core Outcomes Set to strengthen the precision and quality in social prescribing. of the evidence from 13 countries to identify key common outcomes **Healthy Aging**

For adults aged 65+, having a hobby was associated with fewer depressive symptoms, and higher levels of self-reported health, happiness and life 66+ satisfaction.

Hobby engagement and mental wellbeing among people aged 65 years and older in 16 countries 2024

66+

66+

25-65

<25

2025

25-65

25-65

25-65

25-65

25-65

Designed by Serene Cheon, Natalie Rella, and Kate Cameron

Wellbeing

Wellbeing

Access/Equity

Healthy Aging

Health Behavior

Wellbeing

Wellbeing

 (\bigcirc)

Creative and physical leisure activities

reduce age- related health decline, and

keep older adults independent longer.

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

Health and Retirement Study

Early in adolescence, doing hobbies

was associated with lower odds of

association had reversed later in

The changing relationship between hobby

Social prescribing in the U.S. is taking

shape through diverse, innovative

highlights lessons and offers

models nationwide. This publication

recommendations for building a robust,

equitable ecosystem- positioning arts,

Only 5% of Americans sampled

engaged in arts activities on an

average day, spending nearly 2 hours

(50%) and at home (60%), and social

to 41% in 2021, rebounding to 49% by

Phenotyping arts engagement using 20

years of the American Time Use Survey

American Time Use Survey

creating. Most engaged creatively alone

participation dropped from 57% in 2003

Center for ARTS IN MEDICINE

Bloomberg

Philanthropies

NATIONAL #ARTS

Social prescribing in the USA: emerging

learning and opportunities. The Lancet

culture, and nature as key assets in

future health and health policy.

Public Health

2023.

the Add Health Cohort

adolescence.

binge drinking and marijuana use, but this

engagement and substance use in young people: latent growth modelling of the Add Health cohort

0

20

may influence key aging metrics, help

Wellbeing

There is a bidirectional association

engagement in these activities was a

Loneliness is linked to higher

engagement, like participating in

reduce inflammation.

levels of inflammation, while social

community activities and hobbies, may

The reciprocal associations between

and inflammation: Longitudinal evidence

of phenotypic and genotypic depression

Access/Equity

with the steepest drops among Black

communities, and only 2% of parents

report reading with their young children.

Americans, lower-income, and rural

In the U.S., reading for pleasure has

declined by 40% in the last 20 years,

The decline in reading for pleasure over 20

American Time Use Survey

Arts organization member ship varies

around the world from fewer than 1 in

30 people in Egypt to more than half the

population in Kenya. Factors like income,

pointing to barriers that limit access.

organization membership: an epidemiological

analysis of 73,825 adults from 51 countries

Global inequalities in arts, music or educational

76% of U.S. adults say they'd follow a

doctor's prescription to engage in the

Likelihood of following a physician prescription to engage in the arts: rates and predictors in a representative sample of US adults (preprint)

Americans Speak Out About

arts—like dancing, singing in a choir, or

the Arts Survey

the social

biobehavioural

research group

joining a book club, for their health.

education, and age shape who participates,

World Values Survey

years of the American Time Use Survey

comparing venous blood samples and dried

blood spots and mapping the modifying role

Health and Retirement Study

& English Longitudinal Study

social deficits, social engagement,

of Ageing

than the reverse direction.

lagged relationships

Healthy Aging

between self-perceptions of aging

and participation in community, cognitive,

creative, and physical activities, although

stronger predictor of perceptions of aging

Leisure engagement and self-perceptions of aging: Longitudinal analysis of concurrent and

Health and Retirement Study

19

21

25

23

Social prescribing outcomes: a mapping review

US Health and Retirement Study Health and Retirement Study Access/Equity Arts engagement in older adults is