



The long-term public health impact of arts & cultural engagement



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Cultural engagement as a multi-modal intervention

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Connecting cultural engagement to health outcomes

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PSYCHOLOGICAL

e.g. enhanced self-efficacy, coping and emotional regulation

PHYSIOLOGICAL

e.g. lower stress hormone response, enhanced immune function and higher cardiovascular reactivity

BEHAVIOURAL

e.g. exercise, healthy diet, acceptance of care and adherence to prescribed treatments, help-seeking behaviours and low alcohol/smoking/ drugs consumption Prevention

Management

Treatment

Health promotion

Overview of research at UCL

Research questions



Research methods

Methodologies		
Basic science	Applied science	Population science
Surveys Lab studies Qualitative studies	RCTs / interventions Process / implementation studies Qualitative studies	Cohort studies Natural experiments

Research outcomes

Individual	Organisational	Policy
Enhanced engagement	More open, targeted programmes	Security of provision & access equality
Radio and TV programmes	Research days for community organisations	Report to government / SACs
BBC Get Creative Festival	Work with Arts Councils	All Party Parliamentary Group
Public engagement events	Social prescribing with NHS	Consultancy to WHO









Physical Mental health health

Cognition



Physical health

Cognition

Mental

health



Does cultural engagement in older age reduce the risk of developing depression?

Results



Frequency of cultural engagement



Fancourt, D., Tymoszuk, U. (2018). Cultural engagement and incident depression in older adults: evidence from the English Longitudinal Study of Ageing. British Journal of Psychiatry

Results



Depression incidence rates per 100 person-years



n=616 cases detected in follow-up



Does SES explain the association between cultural engagement and depression?

Methods



Propensity score matching analysis

	Pre-matching N=8,780	Post-matching N=4,726 (2,363 pairs)
Age	<.001	.53
Sex	.003	.72
Employment status	<.001	.85
Educational attainment	<.001	.55
Occupational status	<.001	.83
Wealth	<.001	.48

Fancourt, D., Steptoe, A. (under review). Cultural engagement and mental health: is socio-economic status an explanatory factor?

Methods

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Propensity score matching analysis



Fancourt, D., Steptoe, A. (under review). Cultural engagement and mental health: is socio-economic status an explanatory factor?

Results



Depression prevalence over 10 years by cultural engagement in matched pairs Proportion of sample experiencing depression over 10 year period 60 OR 0.77 95% CI 0.68-0.87 50 40 30 20 10 0 Cultural engagement every few Infrequent cultural engagement months or more

N=4,726 (2,363 pairs)

Results



Depression <u>incidence</u> over 10 years by cultural engagement in matched pairs



N=3,184 (1,592 pairs)



How does arts engagement and depression vary over time?



Hobbies and depression

	Depressive symptoms (continuous) Coef (95% CI)	Depression (CES-D≥4) OR (95% CI)	
HAVING A HOBBY AMONGST ALL OLDER ADULTS			
Having a hobby, unadjusted	-0.16 (-0.22 to -0.11)	0.77 (0.68 to 0.88)	
Having a hobby, adjusted	-0.15 (-0.20 to -0.09)	0.79 (0.69 to 0.90)	
Observations	35,290	10,334ª	
Individual observations	8,222	1,990	
Average number (min-max)	4.3 (1-7)	5.2 (2-7)	

Fancourt, D., de Oliveria, C. (under review). Association between having a hobby and depression: support for social prescribing?



Hobbies and depression

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SENSITIVITY ANALYSIS:			
HAVING A HOBBY AMONGST OLDER ADULTS WITH DEPRESSION AT BASELINE			
	Depressive symptoms	Recovery from depression	
	(continuous) Coef (95% CI)	(CES-D≥4) OR (95% CI)	
Having a hobby, unadjusted	-0.62 (-0.95 to -0.30)	2.03 (1.34 to 3.08)	
Having a hobby, adjusted	-0.63 (-0.95 to -0.31)	2.11 (1.37 to 3.23)	
Excluding participants with			
depression at baseline			
Total observations	1,613	1,134	
Individual observations	490	242	
Average number (min-max)	3.3 (1-7)	4.7 (2-7)	

Fancourt, D., de Oliveria, C. (under review). Association between having a hobby and depression: support for social prescribing?



How do emotional responses to creative activities vary in those with and without depression?



Fancourt, D. & Kali, H. (under review). Differential effects of depression on the use of emotion regulation strategies when engaging in artistic creative activities: a propensity score analysis



Does engagement with the arts in primary school affect self-esteem?





Mak, H & Fancourt, D. (2019). Arts engagement and self-esteem in children: results from a propensity matching analysis of the Millennium Cohort Study. Annals of the New York Academy of Sciences



Mak, H & Fancourt, D. (2019). Arts engagement and self-esteem in children: results from a propensity matching analysis of the Millennium Cohort Study. Annals of the New York Academy of Sciences





Mak, H & Fancourt, D. (2019). Arts engagement and self-esteem in children: results from a propensity matching analysis of the Millennium Cohort Study. Annals of the New York Academy of Sciences



Does engagement with creative activities in primary school affect social and behavioural adjustment at the onset of adolescence?





Childhood adjustment at age 7



Maladjustment



ativity Marked creativity



Maladjustment









Does reading reduce behavioural problems in pre-adolescent children?





Mak, H & Fancourt, D. (under review). The effect of reading for enjoyment on children's behavioural and psychological adjustment: A propensity score matching analysis of a population based cohort study





Mak, H & Fancourt, D. (under review). The effect of reading for enjoyment on children's behavioural and psychological adjustment: A propensity score matching analysis of a population based cohort study



Does arts engagement in primary school encourage healthy behaviours in adolescence?







Physical Mental health health

Cognition



Can cultural engagement reduce cognitive decline in older age?





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Fancourt, D., Steptoe, A., Cadar, D. (2018). Cultural engagement and cognitive reserve: museum attendance is inversely associated with dementia incidence over a 10-year period. British Journal of Psychiatry





Fancourt D., & Steptoe A. (2019). Television viewing and cognitive decline in older age: findings from the English Longitudinal Study of Ageing. Scientific Reports, 9(2851).



Is visiting museums and galleries protective against the development of dementia?



Museums and dementia development



Fancourt, D., Steptoe, A., Cadar, D. (2018). Cultural engagement and cognitive reserve: museum attendance is inversely associated with dementia incidence over a 10-year period. British Journal of Psychiatry



Museums and dementia incidence (competing risks)





Museums and dementia incidence (competing risks)





Physical health Mental health Cognition



Is cultural engagement protective against age-related disability?



What is disability?

Activities of Daily Living





Toileting

Getting Dressed

Instrumental Activities of Daily Living



Fancourt & Steptoe (under review) A comparison of physical and social risk-reducing factors for the development of disability in older adults: a population-based cohort study



Disability incidence rate per 1,000 person-months



Fancourt & Steptoe (under review) A comparison of physical and social risk-reducing factors for the development of disability in older adults: a population-based cohort study



Disability incidence rate per 1,000 person-months



Fancourt & Steptoe (under review) A comparison of physical and social risk-reducing factors for the development of disability in older adults: a population-based cohort study



Is cultural engagement protective against the development of chronic pain?



Cultural engagement and chronic pain



Fancourt, D., Steptoe, A. (2018). Physical and psychosocial factors in the prevention of chronic pain in older age.. The Journal of Pain : official journal of the American Pain Society



Cultural engagement and chronic pain

Moderate-Severe Chronic Pain (generalised)



Fancourt, D., Steptoe, A. (2018). Physical and psychosocial factors in the prevention of chronic pain in older age.. The Journal of Pain : official journal of the American Pain Society



Is cultural engagement protective against frailty?



Cultural engagement and frailty





Cultural engagement and frailty



Rogers N and Fancourt D (2019) Cultural engagement and frailty among older adults: findings from the English Longitudinal Study of Ageing. Journal of Gerontology Series B.



Cultural engagement and frailty

Average 10-year frailty trajectories by cultural engagement



Rogers N and Fancourt D (2019) Cultural engagement and frailty among older adults: findings from the English Longitudinal Study of Ageing. Journal of Gerontology Series B.



Is cultural engagement protective against premature mortality?

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Fancourt D & Steptoe A (under review) Arts engagement and mortality: 14-year follow-up analyses of the English Longitudinal Study of Ageing using linked mortality data

Cox proportional hazards models showing associations between cultural engagement and 12-year mortality calculating the percentage of protective association mediated by specific confounding factors

Mediator	Adjusted hazard ratio (95% CI)	Р	PPAM ¹
Basic model (age, sex)	0.68 (0.64-0.73)	<.001	
+ education, occupational status & employment status	0.69 (0.65-0.74)	<.001	1.5%
+ wealth	0.72 (0.67-0.77)	<.001	4.3%
+ cancer, lung disease, CVD or other chronic condition	0.72 (0.68-0.77)	<.001	0%
+ depression	0.73 (0.69-0.79)	<.001	1.4%
+ cognition	0.76 (0.71-0.82)	<.001	4.1%
+ sensory impairment (hearing and eyesight)	0.76 (0.71-0.82)	<.001	0%
+ sedentary behaviours	0.78 (0.72-0.83)	<.001	2.6%
+ other health behaviours (drinking & smoking)	0.79 (0.74-0.85)	<.001	1.3%
+ loneliness, isolation, living status and marital status	0.79 (0.74-0.85)	<.001	0%
+ social, civic and hobby engagement	0.81 (0.76-0.87)	<.001	2.5%
= all			19.1%

Fancourt D & Steptoe A (under review) Arts engagement and mortality: 14-year follow-up analyses of the English Longitudinal Study of Ageing using linked mortality data



Physical Mental health health

Cognition





World Health Organization

WO Report Ofter for Earsys 5. WIO Classoning Center for Skoet Hadth Halanis at the University of York present

Global Health Histories Seminar 105

8 May 2018 | 12:30-14:00 CEST|

| Live broadcast: http://www.euro.who.htt/ghh | Twitter: #GKHistories |



Daisy Fancourt Return Assect Astro Natur of Spanning & North Circle University College London





HEALTH EVIDENCE NETWORK SYNTHESIS REPORT 50

A resource for developing an evidence synthesis report for policy-making

Leena Eklund Kartison | Ryoko Takahashi

Cultural Contexts of Health: The role of the arts in improving health and well-being in the WHO European Region

COMING MAY 2019







The long-term public health impact of arts & cultural engagement



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