

## Samfunnsdeltagelse, kulturliv og helse

### *Kulturell deltagelse og tilhørighet*



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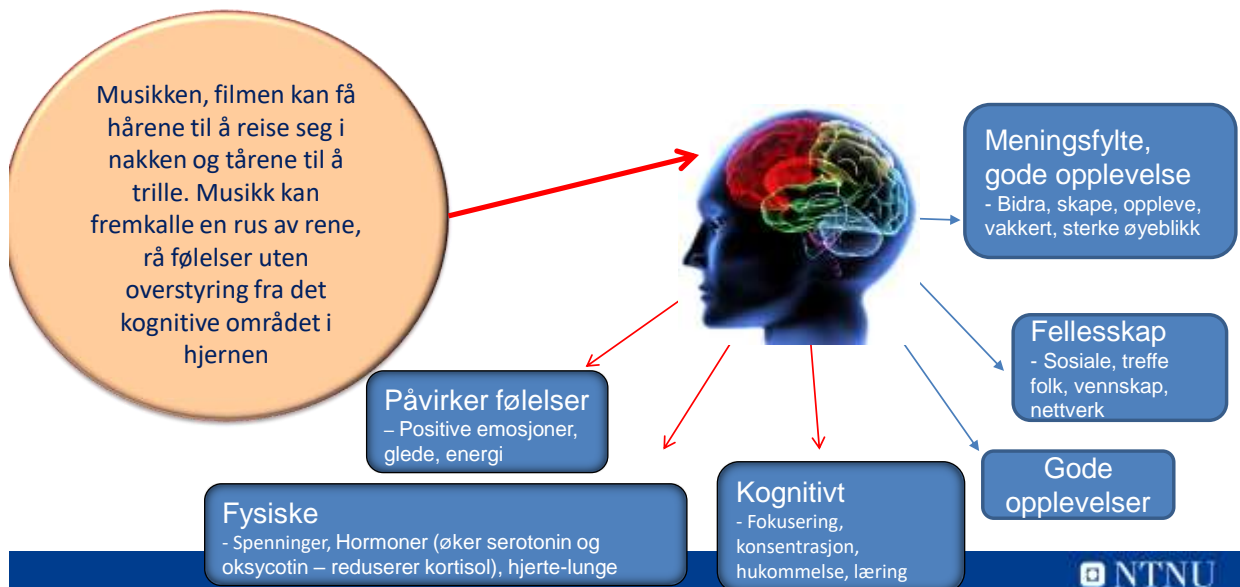
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## Kunst, kultur - Musikk påvirker hjerne, kropp og sinn



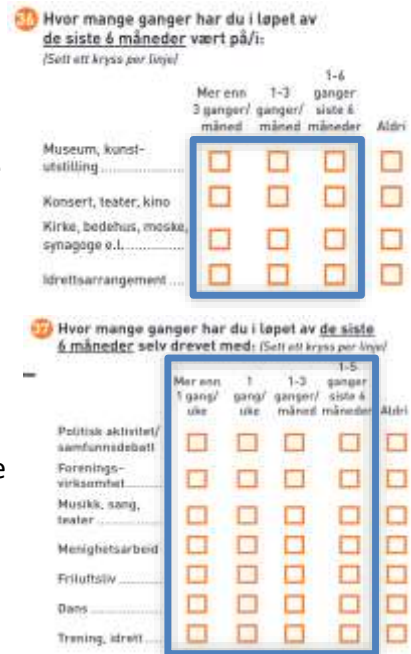
# Kulturdeltagelse – HUNT 4

N= 160 000



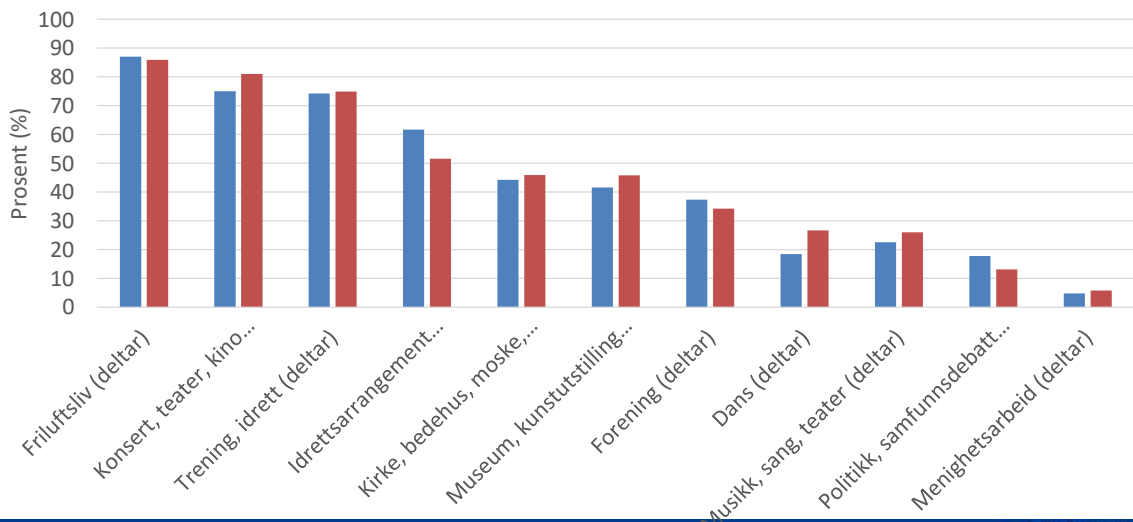
Besøk/opplevelse

«Aktiv» deltagelse



3

## Andelen som har vært på eller drevet med minst én aktivitet siste 6 måneder HUNT4 n=160.000



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■ Mann ■ Kvinner

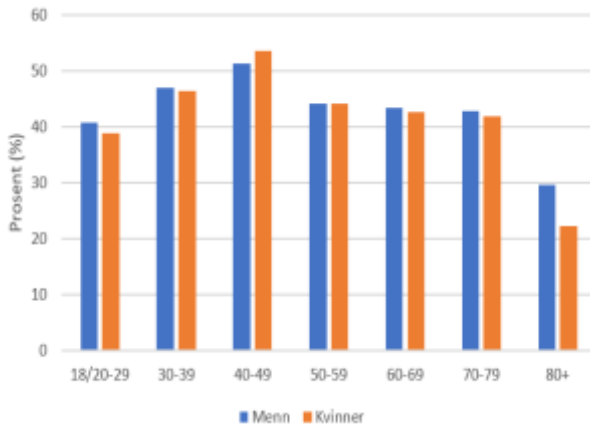


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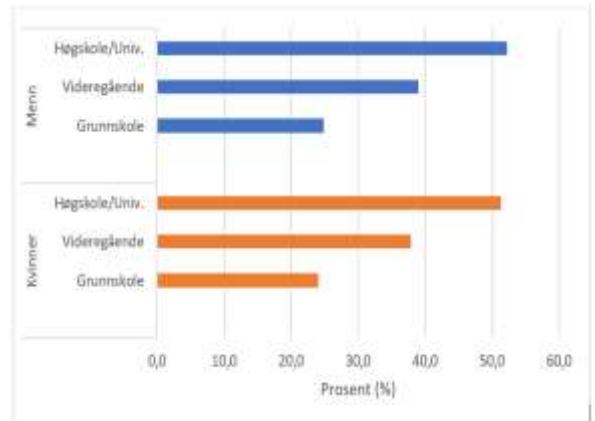
## Samlet 3 eller flere aktiviteter (opplevelser)

Vært på/i: Konsert/teater/kino, idrettsarrangement, arrangement i kirke/bedehus/moské/synagoge e.l., museum/kunstutstilling

Andel som deltar etter alder og kjønn i Trøndelag



Andel som deltar etter kjønn og utdanningsnivå i Trøndelag

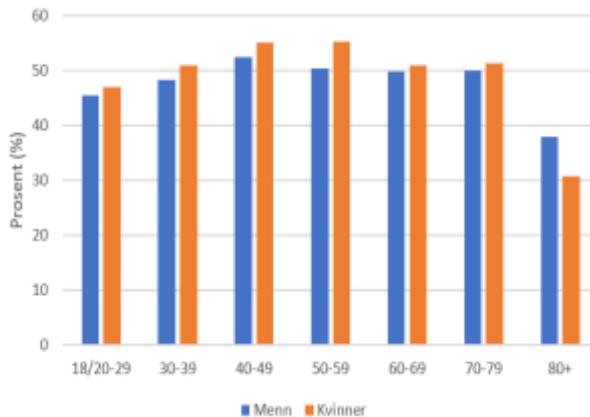


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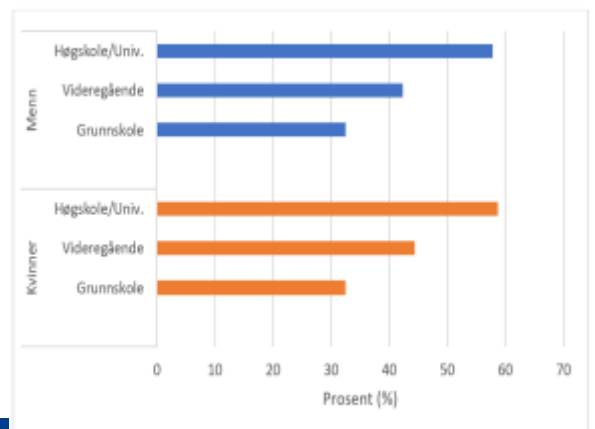
## Samlet 3 eller flere aktiviteter (deltar aktivt)

Deltar på: Politisk aktivitet/samfunnsdebatt, foreningsaktivitet, musikk, sang eller teater, menighetsarbeid, friluftsliv, Dans, trening/idrett

Andel som deltar etter alder og kjønn i Trøndelag

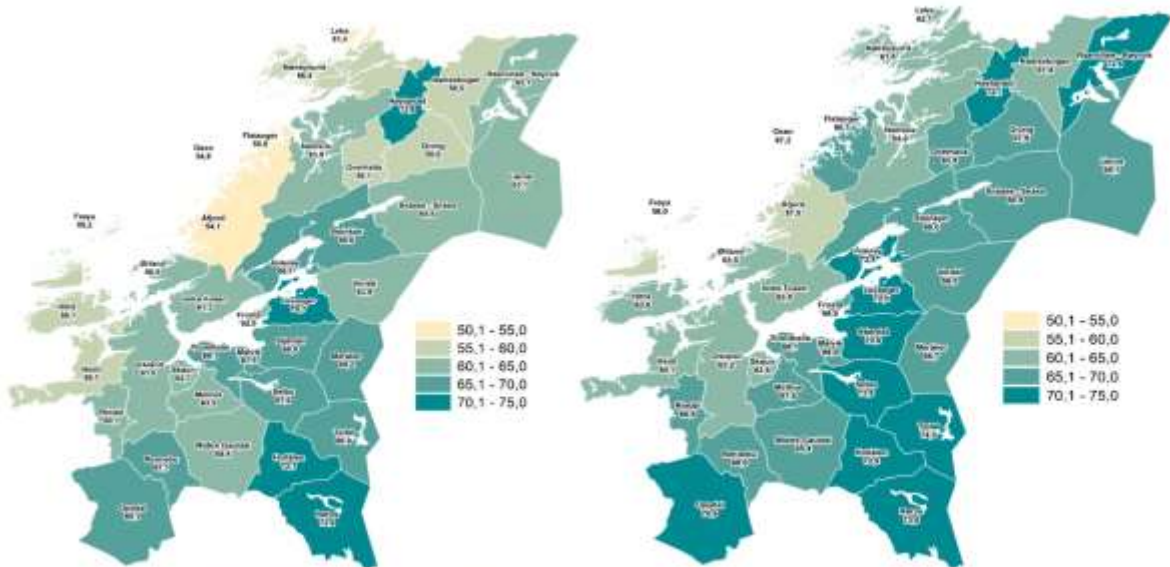


Andel som deltar etter kjønn og utdanningsnivå i Trøndelag



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## Deltar i aktivitet minst 2 ganger i uka



Figur 17 Andel innbyggere (%) som oppgir at de besøker og/eller deltar aktivt i en kulturaktivitet minst 2 ganger i uka. Menn (venstre) og kvinner (høyre).

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## UH1 – UH4

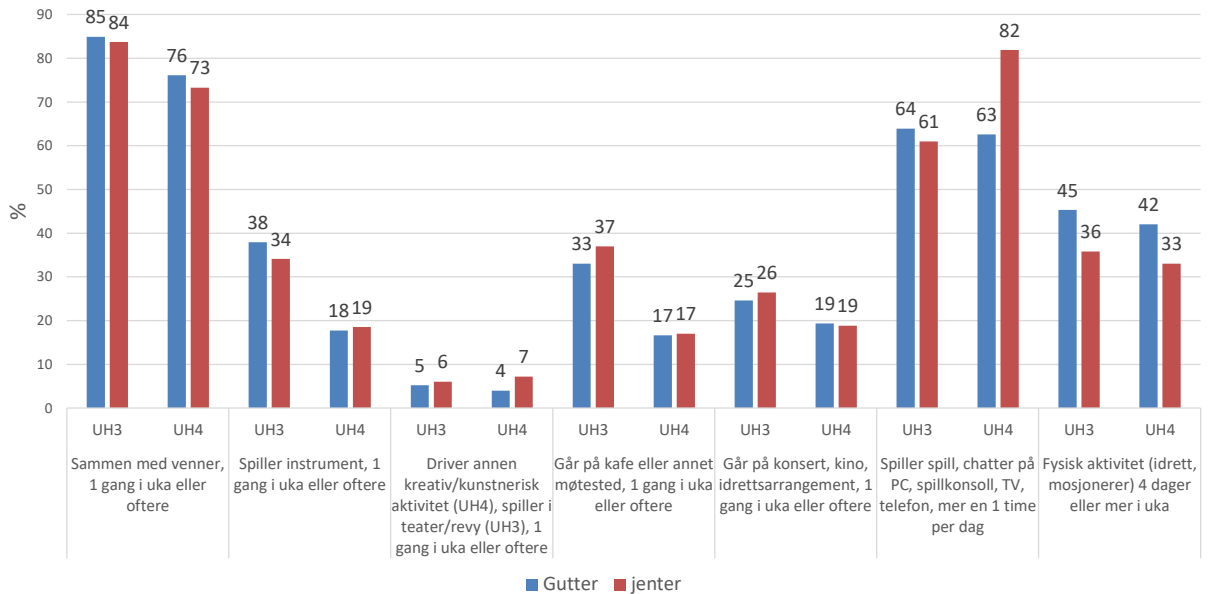
### 88. Hvor ofte gjorde du noen av disse aktivitetene i løpet av den siste uka?

Self-eti kryss for hver linje

	Ingen	1 gang	2-3 ganger	4 ganger eller flere
• Besøkte noen du kjente .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Fikk besøk hjemme .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Leste en bok, blad, tegneserie .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Hørte på musikk .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Spilte et instrument .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Var ute mer enn 2 timer av gangen med venner .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Var på møte eller trening i en forening eller et lag .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Drev med en annen hobby .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Gjorde lekser eller hjemmearbeid lenger enn 1 time .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Så på TV/DVD .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Spilte PC/TV spill .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Spilte, chattet eller surfet på internett .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Var på biblioteket .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Var på kino .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Var på kafe eller annet møtested for ungdom .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Spilte teater/revy .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Drev med film/foto .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Var på konsert .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Var tilskuer på idrettsarrangement .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Sang i kor .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Trend - ung-HUNT fritidsaktivitet



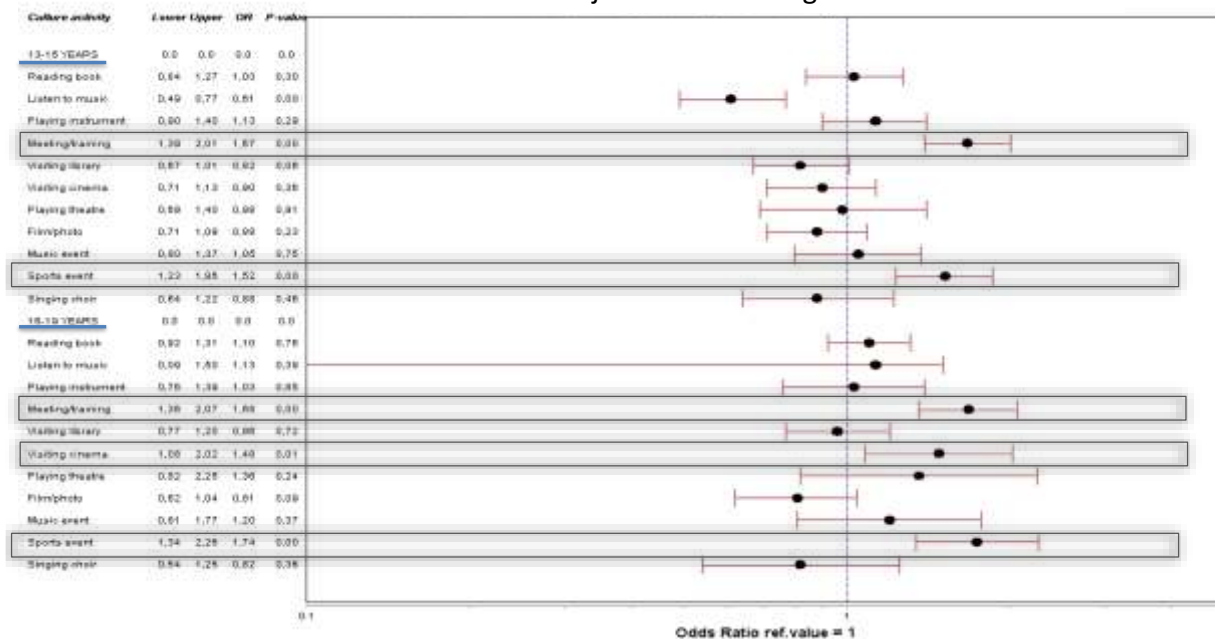
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Sammenhengen mellom kultur deltagelse og selvopplevd helse, livskvalitet, tilfredshet og symptomer på angst og depresjon



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## God livskvalitet blant jenter 13-15 år og 16-19 år



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## Oppsummert

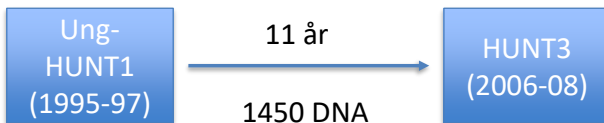
- Både deltagelse på møter eller trening i en organisasjon eller klubb, og publikum på idrettsarrangementer var positivt assosiert god selvopplevd helse, tilfredshet, god selvfølelse og lavere nivå av angst- og depresjons symptomer.
- Kjønn og alder forskjeller (13–15 år versus 16–19 år) for flere aktiviteter
- Jenter i alderen 16–19 år så ut til å ha mest nytte av å være kulturaktive. Omfanget av deltagelse så ut til å ha betydning. De som hadde hyppig deltagelse i kulturelle aktiviteter rapporterte bedre helseresultater sammenlignet med «inaktive» ungdommer.

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Målet med denne studien var å undersøke sammenhengene mellom deltakelse i kulturelle og sosiale fritidsaktiviteter i ungdomsårene og kroppsfett i tidlig voksen alder.

De ønsket også å studere om kulturelle eller sosiale fritidsaktiviteter vil moderere den kumulative effekten av 12 genvarianter for fedme på ulike mål på fedme og overvekt i voksen alder



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Cooper et al. BMC Public Health 2013, 13:880  
<http://www.biomedcentral.com/1471-2458/13/880>



## RESEARCH ARTICLE

Open Access

## Leisure time activities in adolescence in the presence of susceptibility genes for obesity: risk or resilience against overweight in adulthood? The HUNT study

Klaerum Cuppers<sup>1,2</sup>, Karin De Ridder<sup>2,3</sup>, Kristi Kvaloy<sup>1</sup>, Margreth Sjøe Knudsen<sup>4</sup>, Steinar Holstad<sup>1,5</sup>, Jostein Holmen<sup>1</sup> and Toril Lingaas Holmen<sup>1</sup>\*

**Abstract**

**Background:** Environment, health behaviors, and genetic background are important in the development of obesity. Adolescents spend substantial part of daily leisure time on cultural and social activities, but knowledge about the effects of participation in such activities on weight is limited.

**Methods:** A number of 1450 adolescents from the Norwegian HUNT study (1995-97) were followed up in 2006-08 as young adults. Phenotypic data on lifestyle and anthropometric measures were assessed using questionnaires and standardized clinical examinations. Genotypic information on 12 established obesity-susceptibility loci were available for analyses. Generalized estimating equations were used to examine the associations between cultural and social activities in adolescence and adiposity measures in young adulthood. In addition, interaction effects of a genetic predisposition score by leisure time activities were tested.

**Results:** In girls, participation in cultural activities was negatively associated with waist circumference (WC) ( $\beta = -0.04$  SD), ( $CI$  -0.08 to -0.01) and with waist-hip ratio (WHR) ( $\beta = -0.04$ ), ( $95\%CI$  -0.11 to -0.01). However, participation in social activities was positively associated with WC ( $\beta = 0.04$ ), ( $CI$  0.00 to 0.08) in girls and with WHR ( $\beta = 0.027$ ), ( $CI$  0.00 to 0.05) in boys. The effect of the obesity-susceptibility genetic variants on anthropometric measures was lower in adolescents with high participation in cultural activities compared to adolescents with low participation.

**Conclusions:** This study suggests that the effects of cultural activities on body fat are different from the effects of participation in social activities. The protective influence of cultural activities in female adolescents against overweight in adulthood and their moderating effect on obesity-susceptibility genes suggest that such cultural activities may be useful in public health messages against obesity.

**Keywords:** Leisure time activities, Adolescents, Adults, Obesity, Overweight, Obesity-susceptibility loci, Genetic predisposition score



## Kulturell aktivitet



Ungdomsårene



Voksenlivet

**Modifiserer genetisk risiko for fedme assosiasjonen?**

- Kulturell aktivitet beskytter mot overvekt i voksen alder hos jenter
- Og moderer den genetiske effekten på overvekt både hos jenter og gutter



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HEALTHY ONLINE FIRST, PUBLISHED ON MAY 23, 2011 AS 10.1126/jach.2010.113571

**Patterns of receptive and creative cultural activities and their association with perceived health, anxiety, depression and satisfaction with life among adults: the HUNT study, Norway**

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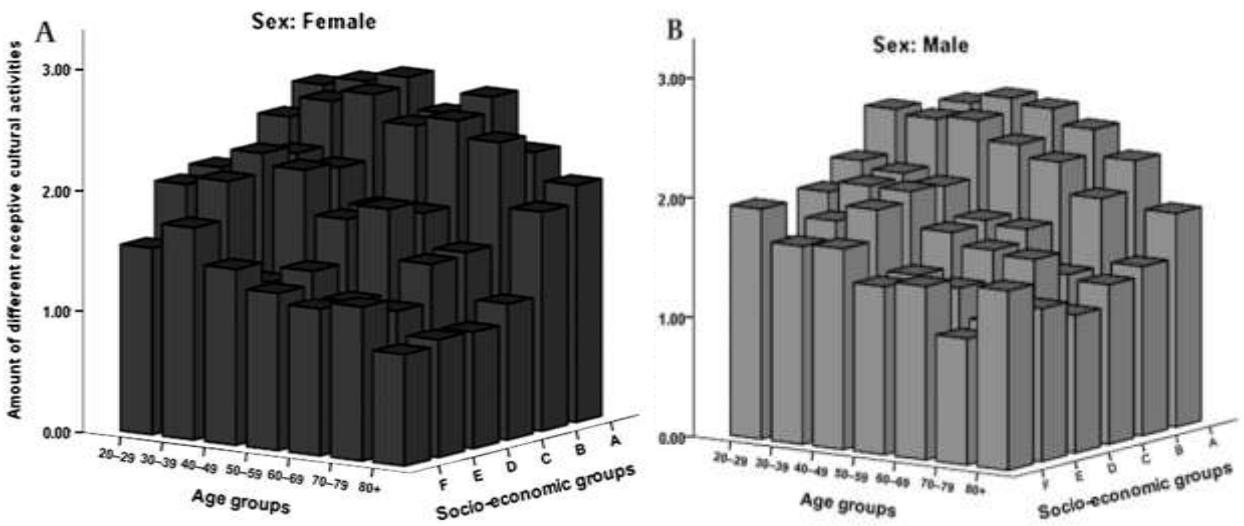
**ABSTRACT**  
**Background:** Cultural participation has been used both in governmental health policies and in medical theories, based on the assumption that cultural activities will improve health. Fewer population studies and a human perspective study have shown that religious, social and cultural activities predict improved mental state. The aim of this study was to analyze the association between cultural activity and perceived health, anxiety, depression and satisfaction with life in both genders.  
**Methods:** The study is based on the third population-based Nord-Trøndelag Health Study (HUNT-2006), including 50 757 adult participants from Nord-Trøndelag County, Norway. Data on cultural activities, both receptive and creative, perceived health, anxiety, depression and satisfaction with life were collected by computerized questionnaires.  
**Results:** The logistic regression models, adjusted for relevant confounders, show that participation in receptive and creative cultural activities was significantly associated with good health, good satisfaction with life, less anxiety and depression scores in both genders. Especially in men, attending receptive, rather than creative, cultural activities were more strongly associated with all health-related outcomes. Statistically significant associations between several single receptive, creative cultural activities and the health-related outcome variables were revealed.  
**Conclusion:** The population-based study suggests gender-dependent associations between cultural participation and perceived health, anxiety, depression and satisfaction with life. The results support hypotheses on the effect of cultural activities in health promotion and healthcare, but further longitudinal and experimental studies are warranted to establish a reliable cause-effect relationship.

In an review on the beneficial effects of art therapies, Thorpe<sup>7</sup> summarized the terms creative cultural activities. In creative cultural activities, the individuals are actively engaging in a creative process, typically singing, playing an instrument or painting. Creative cultural activities include also social activities such as clubs, people work and various physical challenging cultural activities. On the other hand, according to the study of Lopez,<sup>13</sup> receptive cultural activities might be activities where the individuals are enjoying some kind of impressions or experiences without self-doing. Typically, receptive cultural activities are reading newspapers, an exhibition, concert or theater. Thus, in the present study, cultural activity is divided into receptive and creative activity.  
 Only a few studies have included both receptive physical activity in the concept of culture. It has earlier been used as a confounder.<sup>7</sup> According to the General Social Survey in 1990,<sup>14</sup> we choose to define physical leisure-time activities as the general study as cultural activities.  
 The concept of health in our definition. Research has mostly focused on the relationship between physical activity and other cultural activities and perceived health,<sup>15</sup> whereas<sup>16</sup> and even<sup>17</sup> in accordance with Victor's definition of health,<sup>18</sup> it might also be important to explore the associations between cultural activities and anxiety and depression, and between cultural activities and satisfaction with life (SWL).  
 Despite the positive associations between cultural activity and health in some studies, there are still many gaps in the knowledge of cultural activity and its impact on health.<sup>19, 20</sup>  
 In this large population-based Nord-Trøndelag Health Study (HUNT), we aim to explore and test the

En av de første studiene undersøkte forholdet mellom **deltakelse** i mottakelige og kreative kulturelle aktiviteter, og selvopplevd helse, angst og depresjon og livskvalitet

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### Sammenhengen mellom deltagelse og sosioøkonomi



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## Sammenhengen mellom kultur deltagelse og god selvrapportert helse, god livskvalitet, lav score på angst og depresjon

	<b>Female OR (95% CI)</b>	<b>Male OR (95% CI)</b>
<b>Good health</b>		
Index receptive cultural activities	1.03 (1.01 to 1.06)	1.09 (1.06 to 1.12)
Index creative cultural activities	1.05 (1.03 to 1.07)	1.07 (1.05 to 1.09)
<b>Good satisfaction with life</b>		
Index receptive cultural activities	1.08 (1.05 to 1.11)	1.14 (1.10 to 1.18)
Index creative cultural activities	1.06 (1.04 to 1.07)	1.04 (1.02 to 1.06)
<b>Low anxiety</b>		
Index receptive cultural activities	1.09 (1.05 to 1.12)	1.13 (1.09 to 1.17)
Index creative cultural activities	1.06 (1.04 to 1.07)	1.06 (1.04 to 1.08)
<b>Low depression</b>		
Index receptive cultural activities	1.10 (1.06 to 1.13)	1.12 (1.08 to 1.16)
Index creative cultural activities	1.05 (1.04 to 1.07)	1.07 (1.06 to 1.09)

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### Original research

## Cultural participation and all-cause mortality, with possible gender differences: an 8-year follow-up in the HUNT Study, Norway

B I Løkken<sup>1,2</sup> D Meroni,<sup>3</sup> E R Sund,<sup>1,2,4</sup> S Krokstad,<sup>2,4,5</sup> V Ranga<sup>1,2,3</sup>

**ABSTRACT**  
**Background:** Cultural activities can promote health and longevity, but longitudinal studies involving a broad spectrum of participants are scarce. This study investigated the gender-specific association between all causes of mortality and participation in single types of cultural activities, amount and participation frequency.  
**Methods:** We used cohort data from the Nord-Trøndelag Health Study (HUNT Study), Norway (2004–2008), resulting in 35 952 participants, aged 20 and above. Cultural participation in receptive and creative activities was measured. HRs were reported for partially and fully adjusted models.  
**Results:** A total of 1903 participants died during the median 8-year follow-up. Mortality risk was higher for men-participants in any receptive or creative activities, except sport event attendees. Gender association was also evaluated, among them, we found similar results as above except for parish work, while women increased their longevity only through creative activity participation. When a number of receptive activities was associated with all-cause mortality, reduced risk occurred with attendance in 2 or 3–4 activities (21% and 31% respectively). Risk was reduced through creative activities, with participation in 3–5 activities (32%). Gender-specific analyses showed a clear gradient of protective effect in creative activity participation for men, 22%, 44% and 64% reduction with 1, 2 or 3–5 activities, respectively, and a 26%, 35% and 44% reduction for women.  
**Conclusion:** Frequently attending at least one cultural activity influenced longevity. Creative activities lowered mortality in both genders, while receptive activity benefits were mostly found for men. Thus, promoting and facilitating engaged cultural lifestyles are vital for longevity.

However, some interventional studies were conducted with patients in clinical contexts involving small samples, which limits generalization for scaling up of the evidence towards public health purposes.<sup>1–3</sup> Epidemiological research, on the other hand, can explore how cultural participation positively affects population health by preventing morbidity and mortality and improving quality of life and well-being. Most of the research to date were cross-sectional, which cannot support causality.<sup>4</sup> While evidence from longitudinal studies has grown in the past decade, these investigations have been characterized by fragmented approaches that focus on the health benefits of specific cultural activities, such as attending church and religious services<sup>5–7</sup> as well as longitudinal studies on physical activity, exercise and sport participation.<sup>8</sup> However, a person's cultural lifestyle as a whole has rarely been examined in the same sample.<sup>9–11</sup> Furthermore, some longitudinal studies involved only one gender, and few studies referred to the gender difference between cultural participation and its impact on health.<sup>12</sup> The female and male exhibit different choices of behaviour and decisions about time allocation,<sup>13</sup> considering gender in these studies is crucial.

Taking part in cultural activities can be 'passive' (ie, receptive mode—sports events, concerts, theatre and so on) or 'active' (ie, creative mode—playing musical instruments, creative activities and so on).<sup>14</sup> Active participation modes are commonly studied in relation to population health, but studies are rarely examined together and investigated simultaneously. The Nord-Trøndelag Health Study (HUNT Study) in Norway provides a rare opportunity to profile parti-

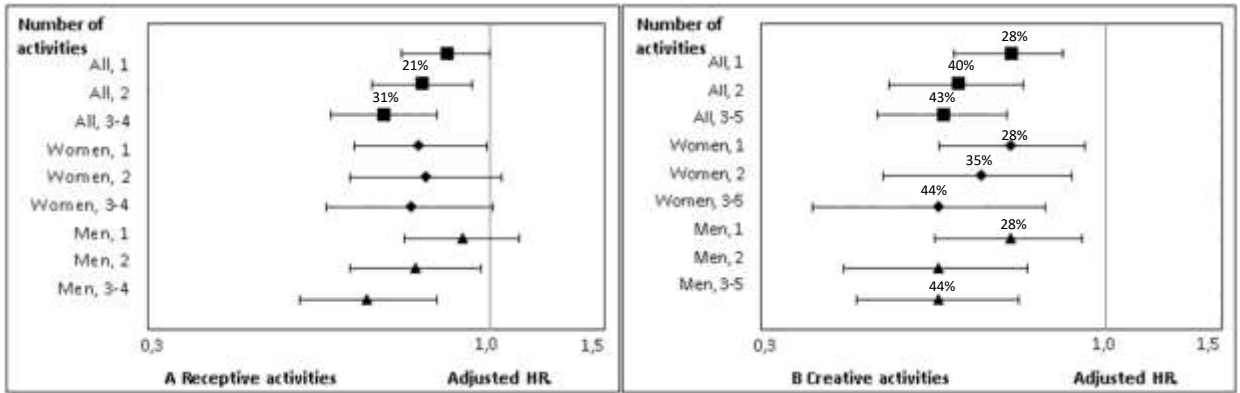
Hovedmålet med denne studien var å identifisere om kulturell deltagelse beskytter mot for tidlig død (all-cause)

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Antall aktiviteter (1, 2, 3–4) av “receptive” (A) og (1, 2, 3–5) “kreative” aktiviteter (B)

Justerte HRs for dødelighet.



Besøk/opplevelse

«aktiv» deltagelse

\*Adjusted for age, gender, occupation, marital status, LLI, BMI, PA, alcohol consumption and smoking.

Ref. B I Løkken et al. J Epidemiol Community Health doi:10.1136/jech-2019-213313



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PLOS ONE

Association of engagement in cultural activities with cause-specific mortality determined through an eight-year follow-up: The HUNT Study, Norway

Børste I. Løkken<sup>1,2</sup>, Sanna Mørseth<sup>3</sup>, Søren K. Sund<sup>4</sup>, Øyvind Rønnekleiv<sup>4,5</sup>, Edgar Selmer<sup>1,2,4</sup>

**1** HUNT Research Centre, Norwegian School of Management BI, Oslo, Norway, **2** HUNT Research Centre, Department of Public Health and Community Medicine, Norwegian University of Science and Technology (NTNU), Trondheim, Norway, **3** Norwegian University of Health and Education, Oslo, Norway, **4** Norwegian University of Health and Education, Oslo, Norway, **5** Norwegian University of Health and Education, Oslo, Norway

Abstract

Participation in cultural activities may protect against disease-specific mortality, however, there is limited knowledge regarding this association. The present study examines the association between participation in a range of receptive and creative cultural activities and risk of cardiovascular disease- and cancer-related mortality. We also assessed whether participation in such activities and its benefits by gender have on this association. We followed 20,462 participants of the HUNT Trøndelag Health Study (HUNT) of Cardiovascular Disease and Cancer Mortality from 2006–08 to 2014. One proportional hazards regression was used to estimate the size of specific mortality based on baseline cultural participation. During the eight-year follow-up, there were 382 cardiovascular disease- and 752 cancer-related deaths among the sample (202 and 168 person-years). Risk of cardiovascular disease mortality was higher among non-participants in receptive/cultural activities (22%) and/or/creative activities (22%), respectively, as well as non-attenders of all activities (28%). People who engaged in music, singing, and theatre had a 27% reduced risk of cancer-related mortality when compared to non-participants. Among women, participating in associative/cultural meetings reduced the risk of cardiovascular disease mortality by 38%. Men who participated in music, singing, and theatre had a 22% reduced risk of cancer mortality. Overall, a reduced risk of cardiovascular disease mortality was associated with engaging in creative activities on weekly basis in less than two hours per week. For both genders, participating in creative activities less than once a week reduced cardiovascular disease mortality risk by 42% and 33%, respectively. For the overall sample, participating 1–5 times per week in combined receptive and creative activities reduced cancer-related mortality by 26%. Participating frequently in both receptive and creative activities/cultural activities was associated with lower rates of CVD and cancer-related mortality. Our data suggest that, to counteract the public health burden of cardiovascular disease- and cancer-

Denne studien undersøker sammenhengen mellom kulturdeltagelse risiko for kardiovaskulær og kreftrelatert dødelighet.

(n = 40,214). The HUNT3 Study (2006–08).



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## Sammenheng mellom CVD- og kreftrelatert dødelighet og ukentlig deltakelsesfrekvens i besøk/opplevelse (reseptive), «aktive» (kreative) og begge kombinerte

Frequency/wk.			0.5-<1	1-<2	≥2*
CVD	Combined	All	0.92 (0.66-1.29)	0.71 (0.55-1.01)	0.72 (0.52-1.01)
		Men	1.03 (0.65-1.63)	0.78 (0.51-1.19)	0.76 (0.48-1.19)
		Women	0.79 (0.48-1.29)	0.68 (0.43-1.07)	0.67 (0.41-1.11)
	Receptive	All	0.82 (0.63-1.07)	0.92 (0.69-1.22)	0.85 (0.33-2.15)
		Men	0.77 (0.54-1.09)	0.84 (0.58-1.22)	0.69 (0.18-2.56)
		Women	0.88 (0.59-1.31)	1.05 (0.67-1.65)	1.43 (0.38-5.32)
	Creative	All	0.64 (0.46-0.89)	0.74 (0.57-0.96)	0.90 (0.56-1.44)
		Men	0.60 (0.39-0.93)	0.77 (0.55-1.08)	0.80 (0.43-1.51)
		Women	0.67 (0.41-1.09)	0.68 (0.45-1.03)	0.96 (0.47-1.96)
Cancer	Combined	All	0.90 (0.65-1.23)	0.78 (0.59-1.04)	0.71 (0.53-0.97)
		Men	0.94 (0.62-1.42)	0.77 (0.53-1.12)	0.70 (0.47-1.04)
		Women	0.85 (0.52-1.40)	0.80 (0.52-1.25)	0.74 (0.46-1.18)
	Receptive	All	0.81 (0.64-1.01)	0.86 (0.67-1.11)	1.15 (0.56-2.41)
		Men	0.83 (0.62-1.12)	0.87 (0.63-1.20)	1.18 (0.46-3.01)
		Women	0.79 (0.55-1.12)	0.85 (0.58-1.26)	1.07 (0.33-3.47)
	Creative	All	0.80 (0.62-1.05)	0.74 (0.59-0.93)	0.66 (0.43-1.02)
		Men	0.78 (0.55-1.11)	0.75 (0.56-1.02)	0.74 (0.43-1.27)
		Women	0.84 (0.56-1.27)	0.71 (0.49-1.02)	0.58 (0.29-1.17)

## Sammenhengen mellom engasjement i kulturaktiviteter og fastlegekonsultasjoner

Denne studien avdekket at engasjement i kulturaktiviteter reduserte frekvensen av fastlegekonsultasjoner blant menn som deltok sammenlignet med var kulturell aktiv.

Frequency/wk		Never/seldom*	0.5-<1	1-<2	≥2**
Receptive	All	1.00	1.00 (0.97-1.03)	0.94 (0.91-0.97)	0.95 (0.86-1.06)
	Men	1.00	0.96 (0.92-1.00)	0.90 (0.86-0.94)	0.97 (0.83-1.14)
	Women	1.00	1.01 (0.97-1.05)	0.95 (0.92-0.99)	0.92 (0.80-1.06)
Creative	All	1.00	0.96 (0.92-0.99)	0.93 (0.90-0.96)	0.93 (0.89-0.98)
	Men	1.00	0.90 (0.86-0.95)	0.89 (0.85-0.93)	0.87 (0.82-0.93)
	Women	1.00	1.00 (0.95-1.05)	0.95 (0.92-0.99)	0.98 (0.92-1.04)
Total	All	1.00	0.98 (0.93-1.03)	0.96 (0.92-1.00)	0.92 (0.87-0.96)
	Men	1.00	0.92 (0.85-0.99)	0.87 (0.82-0.93)	0.83 (0.77-0.88)
	Women	1.00	1.03 (0.97-1.10)	1.02 (0.97-1.09)	0.98 (0.92-1.04)

# Oppsummert



- De mest brukte arenaene for deltakelse er friluftsliv, besøk på konsert, kino og teater, samt idrettsaktiviteter. For de fleste arenaer og aktivitetstyper øker deltakelsen med økende alder opp til 40-59 år og flater deretter ut eller faller noe.
- Det er gjennomgående sterke forskjeller i samfunnsdeltakelse knyttet til innbyggernes utdanningsnivå, hvor høyere utdanning er forbundet med høyere grad av deltakelse. Dette mønsteret ser vi både for deltakelseshyppighet og antall arenaer en person deltar på, men også for de aller fleste enkeltaktiviteter.
- Det er store forskjeller i samfunnsdeltakelse mellom kommuner og mellom levekårssoner i byer. I noen grad er det også forskjeller i hvilke typer arenaer for samfunnsdeltakelse som er vanligst mellom kommuner.
- Kulturell aktivitet i ungdomsårene beskytter mot overvekt hos jenter, og moderer den genetiske effekten på fedme
- Kultur deltagelse reduserer risikoen for tidlig død, utvikling av hjerte- og karsykdom, og i bruk av helsetjenester (færre besøk hos fastlege). I tillegg har de som deltar en økt sannsynlighet for god selvopplevd helse og minsket sannsynlighet for angst og depresjon sammenlignet med dem som ikke deltar.

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# Konklusjon

- I lys av det økende kunnskapsgrunnlaget om samfunnsdeltagelse, kulturliv og helse, er dette ett grunnlag for å støtte et økt samarbeid mellom helse og kultursektor for å realisere kulturens potensiale for bedre folkehelse og livskvalitet.

- I tillegg kan det å tilrettelegge for samfunnsdeltagelse og kultur engasjement spesielt hos menn, redusere bruken av primærhelsetjenester og være nyttig i folkehelsestrategier mot fedme.

- For å fremme god helse og livskvalitet, er kulturdeltagelse ett viktig bidrag for:

ABC for mental sunnhet; Gjøre noe aktivt (A), sammen med andre (B) og noe meningsfylt både for deg og andre (C).

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