

ARTS IMPACT REPORT 2020



Youth / Teens / Education
Lifelong Learning / Adults / Seniors
Health / Healing / Mental Wellness
Culture / Social Justice / Equality
Violence / Crime Prevention
Workforce / Economy
Neighborhoods / Community

ARTS WITH A PURPOSE Arts Impact Report 2020

How The Arts Impact Society

THIS REPORT

This report is a framework of the positive impact creative expression makes on a variety of communities. People commonly value the arts for entertainment, information, and, inspiration but too few perceive the arts as a means to deflect negative outcomes or as a catalyst to create positive change in individuals, communities and, overall social development. We need to find a way to expand the powerful impact of the arts to a broader scope so more people of all ages, economic and cultural corners will benefit.

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This report also magnifies the influences the arts have on equality and inclusivity and exhibits how **the arts are advancing positive outcomes for participants and consequently why the arts are a necessity in society.**

This report is a landscape of combined information from studies, articles, and statistics by national organizations including the National Endowment for the Arts, Americans For The Arts, the AFTA Explorer Fact Sheet, National Initiatives and Organizations for Arts & Health, Treatment & Recovery, Educational, Military, Juvenile, and Seniors. A listing of links to all contributing resources is found in the appendix of this report for further reading.



Cathy Morris
July 2020

THE CONCLUSION

THE ARTS CREATE POSITIVE CHANGE

The research is clear. The arts make every phase of life better and more fulfilling.

Decades of ongoing accumulating data demonstrate the benefits of art participants at all stages of life providing for overall better quality of life. It provides more than a sufficient amount of data to prove that arts experiences **impact everything from overall academic achievement to social and emotional development.** No matter what age, research has proven the arts develop neural systems that produce a broad spectrum of benefits ranging from fine motor skills to creativity and improved emotional balance.

Quite simply, the arts are invaluable to proper functioning as individuals and as a society.

This means that those of us who work in arts and culture are primary caretakers of an absolutely essential public value. We have a crucial role as facilitators, creators, nurturers, promoters and producers of arts experiences — ones that celebrate our similarities and differences, ones that connect people, address our emotions and stories, ignite precious human imagination, promote individual wellness and social awareness and deepen our ability to understand others unlike ourselves.

INDIVIDUAL WELLNESS

Children, teens, adults, and seniors all gain from an arts experience creating a positive impact on the individual and community.

Boosting brain function, physical and mental wellness the arts also impact conflict resolutions, critical response, and tolerance leading to self-esteem, higher morale, and pride.

SOCIAL AWARENESS / COMMUNITY

Collaboration and civic-minded behavior (volunteering, voting, altruism, and benevolence) are activated through regular experiences in the arts and self-expression within groups and communities.

INCLUSION & EQUALITY

The arts aide in developing empathy and a fuller understanding of other cultures, and viewpoints and contribute to moving a community towards positivity, health, vibrancy, equality, and inclusivity.

LEARNING & WORKING

To be successful in and out of school students need to learn a set of social and emotional competencies (cooperation, assertiveness, responsibility, empathy, and self-control) and a set of academic competencies (academic mindset, perseverance, learning strategies, and behaviors) all of which are enhanced and practiced through all of the arts disciplines.





ARTS IMPACT REPORT 2020 THE NUMBERS

YOUTH / TEENS / EDUCATION

Students With Access To the Arts Are:

2 times more likely to graduate from college.

3 times more likely to earn a bachelor's degree.

5 times less likely to drop out of school.

50 % more likely to work in a professional career.

33% more likely to have planned to earn a bachelor's.

15 % more likely to enroll in a four-year college.

2 times more likely to take part in intramural and interscholastic sports, as well as academic.

honor societies, and school yearbook or newspaper.

likely to score 100 points higher on SATs.

18% more likely to score in the top on English and math exams.

LIFELONG LEARNING / ADULTS / SENIORS

Adults Involved In Artistic Expression Showed:

45% Decrease in cognitive decline.

18% improvement in critical thinking.

63% reduction in risk of dementia.

\$43.3 Billion savings in reduced Dr visits.

- Effectiveness in older adults and patients who are diagnosed with Alzheimer's disease, Parkinson's disease, and other chronic degenerative diseases.

- People felt less lonely, had more friends, and felt better physically and mentally.

- Lower stress and anxiety.

- Relax and feel calmer and happier.

- Connect with yourself on a deep level, no matter what you are going through.

- Find meaning in life experiences.

- Cope with grief and loss.

- Form new connections with others.

- Shift your focus away from pain or stressful thoughts to activities that are soothing, enjoyable and fun.

- Decreased use of medical interventions covered by Medicare among the aging.

AT RISK YOUTH / VIOLENCE / CRIME PREVENTION

Arts Experiences Account For:

15-30% fewer parole violations among incarcerated participants in the arts.

75% fewer disciplinary infractions.

25-39% improvement in social skills, conflict resolution, critical response, and career readiness. among incarcerated youth participants in the arts.

25% fewer incidents neighborhoods with arts participation report.

18% less serious crime.

14% fewer reports of abuse and neglect.

25 % lower rates of juvenile delinquency incidents.

50% more likely to be involved in non-arts neighborhood activities.

HEALTH / HEALING / MENTAL WELLNESS

Arts Participants Experience:

66% improvement in Depression.

83% decrease in stress levels.

14% decrease in cases of child abuse and neglect.

5% decrease in obesity.

85% patients say art is therapeutic in healing.

45% decline in cognitive decline.

18% increase in critical thinking.

50% of hospitals have arts programs.

43% of caregivers believe the arts help.

-Reduced lengths of hospital stays.

-Decreased need for multiple medical visits.

-Reduced reports of pain and anxiety related to illness and invasive treatment.

-Increased self-esteem and reductions in stress.

-Reduced healthcare-related infection rates.

-Decreased need for use of sedatives during medical procedures.

-Reduced levels of depression and improvements in quality of life.

CULTURE / SOCIAL JUSTICE / EQUALITY

Among Arts Participants:

73 % agree that the arts “helps me understand other cultures better.”

69 % believe the arts “lift me up beyond everyday experiences.”

73 % feel the arts give them “pure pleasure to experience and participate in.”

81 % say the arts are a “positive experience in a troubled world.”

40% are more likely to have friends from different racial groups.

20% are more likely to vote.

20% felt differently about their rights and the rights of others.

63% became more aware of remedying local challenges.

57% believe immigrants improve the food, music and arts in the United States.

WORKFORCE / ECONOMY

The Arts Contribute:

4.7 Million via Arts Jobs.

4.3% to the U.S. Economy.

50% of Executive credit the arts as a desired skills for employment.

Creativity ranked 1 of 3 desired skills for employment.

68% of tourism is for cultural arts.

75% of Millennials who say they would take a pay cut to work for a responsible company.

50% reduction in employee turnover when employees are engaged in corporate social responsibility CSR programs.

NEIGHBORHOOD AND COMMUNITY

Among Arts Participants:

80% travel to another neighborhood to participate in the arts.

40% feel more positive about a neighborhood that hosts arts activities.

85% believe the arts strengthen community ties i.e.

9 out of 10 say arts increase connection to the community.

50% are more active in their community.

86% increase in community involvement.

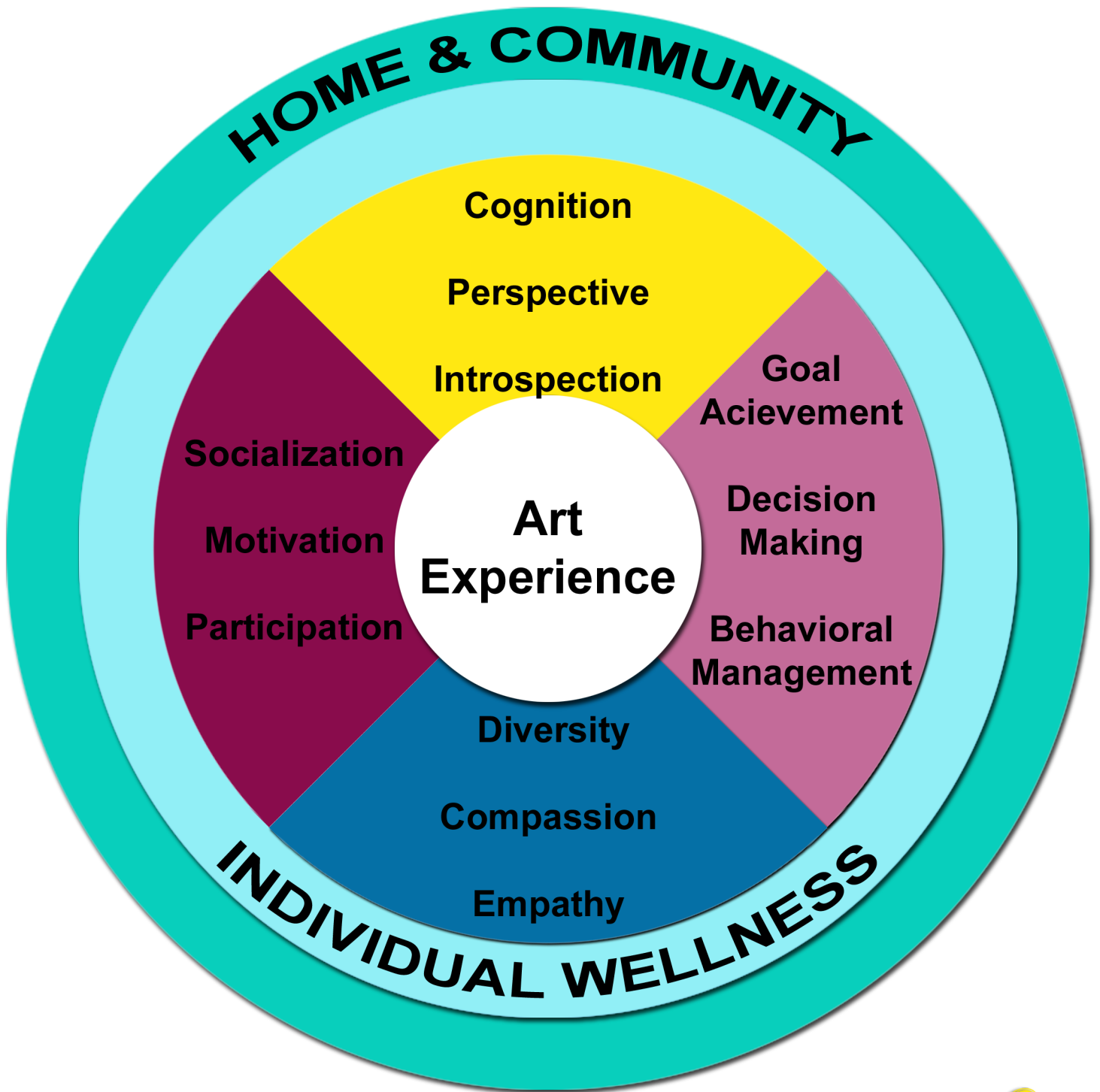
20% increase in community satisfaction.

2x as likely to volunteer.

50% more likely to participate in non arts community activities.

72 percent believe “the arts unify our communities regardless of age, race, and ethnicity.”

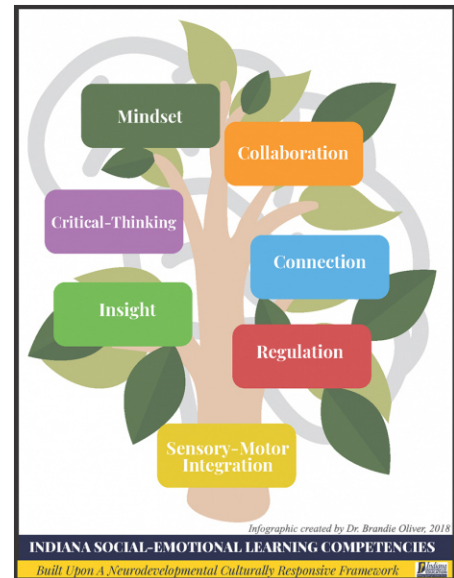
Arts Impact



ABOUT SOCIAL & EMOTIONAL LEARNING

Social-Emotional Learning (SEL) is a key skill needed to make clearheaded decisions and manage emotions throughout life. What is SEL?

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, make responsible decisions individually and as a society.



ABOUT ACES, ADVERSE CHILDHOOD EXPERIENCES

An overwhelming amount of research demonstrates that cumulative adversity is a root cause of health challenges. ACE'S refers to the 10 categories of stressful or traumatic events: physical, emotional or sexual abuse, household dysfunction, incarceration, substance abuse, parental separation or divorce, violence, low income, resulting in poor childhood and adult mental health, behavioral, and social outcomes.

62% of adults have experienced at least one ACE'S category

15% have experienced four or more ACE'S categories

The higher the ACE'S score the more likely struggle with mental health issues including depression, PTSD, sleep and eating disorders, and a high risk sexual, behavioral, and substance abuse and is associated with four times the risk of incarceration.

In children high levels of stress response to ongoing adversity change and compromise growth and development. Referred to as Toxic Stress Response other determinants of TSR include discrimination, economic hardship, food, and housing insecurity. The intervention has demonstrated improvements in school violence, suspensions, expulsion, and achievement gaps. Dr. Nadine Burke Harris Surgeon General of California Trauma-Informed Care 2019

