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**Live concerts and museums help you live longer – 23rd December, 2019**

## **Level 0**

People who go to concerts live longer than those who don't. Researchers looked at 6,700 British people for 15 years to see how often they went out. The over-50s who went to concerts were 30 per cent less likely to die early. They could live longer by going to galleries, museums, musicals, and the opera, and have fun.

People need money to go to concerts. Over 40 per cent of the poorest people never experience art. The researchers said it is important to find new things that change our health. The arts could help things like mental health, ageing and loneliness. The UK will use the arts to improve people's health.

## **Level 1**

Researchers found that people who go to concerts live longer than those who don't. Experts looked at 6,700 British people for 15 years to see how often they went out and where they went. The over-50s who regularly went to concerts were 30 per cent less likely to die in the next 14 years. The over-50s could live longer by going to art galleries, concerts, museums, musicals, and the opera and theatre. Also, concertgoers could have more fun.

Researchers said people needed money to go to concerts. One wrote: "Over 40 per cent of people in the least wealthy group...never accessed cultural activities." They added: "Our results highlight the importance of continuing to explore new social factors that affect our health." The UK Health Secretary said the arts could improve things like mental health, ageing and loneliness. The UK will use the arts to improve people's wellbeing and health.

## **Level 2**

Researchers found that people who go to live concerts and museums live longer than those who do not. Experts from a London university looked at over 6,700 British people for 15 years. They examined how often the people went out and where they went. They found that over-50s who regularly went to concerts were around 30 per cent less likely to die in the next 14 years. The over-50s could lengthen their life by looking at "receptive arts". These include art galleries, concerts, museums, musicals, and the opera and theatre. In addition, concertgoers could have more fun.

The lead researcher said money was important in whether or not people went to concerts. She wrote: "Over 40 per cent of people in the least wealthy group reported that they never accessed cultural activities." The UK Health Secretary believes the research. He said arts and culture could improve things like mental health, ageing and loneliness. The UK's National Health Service will use the arts to improve people's wellbeing and health. The researchers said: "Our results highlight the importance of continuing to explore new social factors that affect our health."

## **Level 3**

Researchers have found that people who go to live concerts, shows and museums can live longer than those who do not. Experts from University College London looked at the lifestyles of over 6,700 British people for 15 years. They examined how often the people went out and what kinds of events they attended. They found that over-50s who regularly went to concerts and shows were around 30 per cent less likely to die over the next 14 years. The researchers said the over-50s could extend their life by engaging with the "receptive arts". These include art galleries, concerts, museums, musicals, the opera and the theatre. In addition to living longer, concertgoers could also have more fun.

Lead researcher Dr Daisy Fancourt said money played a big role in whether or not people went to concerts and engaged with the arts. She wrote: "Over 40 per cent of people in the least wealthy group reported that they never accessed cultural activities." The UK Health Secretary Matt Hancock believes there could be a lot of truth in the research. He said arts and culture could improve things like mental health, ageing and loneliness. He recently announced plans for the UK's National Health Service to use the arts to improve people's wellbeing and health. The researchers said: "Overall, our results highlight the importance of continuing to explore new social factors that affect our health."