

## **Cultural Accessibility and Its Potential Impact on Well-being: A Spatial Analysis of Poland**

### **Abstract**

The impact of art, architecture, and aesthetics on well-being is multifaceted, involving both conscious engagement and unconscious exposure to cultural assets. This analysis explores the relationship between access to cultural heritage sites and well-being across Polish counties using publicly available data from Statistics Poland (GUS). We conducted a Bayesian regression analysis to examine associations between indicators of cultural engagement—such as the number of museums per county, museum visitors per 1,000 inhabitants, population density, and expenditures on heritage preservation—and long-term illness rates, used as a proxy for well-being. Results showed a positive association between the number of museums and illness rates, likely reflecting urbanization effects and associated health challenges in densely populated areas. Conversely, higher museum visitation rates per 1,000 inhabitants were linked to lower illness rates, suggesting protective health effects of active cultural engagement. These findings highlight the complex interplay between cultural engagement and public health, illustrating both the positive impacts of active participation and the challenges of urbanization. While the presence of cultural institutions correlates with urban health challenges, active engagement in culture may enhance well-being. Future research should incorporate individual-level data and spatial analyses to further clarify how proximity to cultural assets influences health outcomes.