

Impact of Education on Health and Wellbeing

A good quality education is the foundation of health and well-being. One study showed that an additional four years of education lowered mortality by 1.8%, reduced the risk of heart disease by 2.16%, and the risk of diabetes by 1.3%. Another, multiyear study revealed how interlinked education and health can be. It showed how a country can improve its overall health by focusing on appropriate indicators of education. Countries with higher education levels are more likely to have better population health. Among adult education levels, education above high school was the most critical indicator influencing healthcare.

The health benefits of education include:

- **Better jobs and higher earnings.** The building blocks of a healthy lifestyle. In the US, the median wage for college graduates is typically twice that of high school drop outs and one and a half times higher than high school graduates. A number of studies have suggested that income is one of the main reasons for the better health of people with an advanced education. This also has to do with the easier ability to pay for healthy foods and exercise facilities, better access to good health care, paid leave, and retirement benefits.
- **Improved social and psychological skills.** Most educational opportunities foster traits that are important for stress reduction, problem solving, and critical thinking. For example, conscientiousness, perseverance, a sense of personal control, flexibility, the capacity for negotiation, and the ability to form relationships and establish social networks increase with education.
- **Better health literacy.** Educated patients may be more able to understand their health needs, follow instructions, advocate for themselves and their families, and communicate effectively with healthcare providers. One example of this is the smoking rates in the US. Smoking is one of the riskiest behaviors that lead to poor health. In fact, 35 percent of adults who did not graduate from high school are smokers. That rate drops to 30 percent for high school graduates and just 13 percent for college graduates.
- **Longevity and quality of life.** An examination of the mortality rates of U.S. adults ages 45 through 64 shows that those with at least 17 years of education have a mortality rate that is 93 percent lower than those with 11 years of education or fewer. It should be noted that these rates are in reference to preventable causes of death, such as lung cancer, respiratory diseases, homicide and accidents. Additionally, better health leads to a better quality of life due to retained mobility and mental capacity as you age.

For additional information, please view:

<https://archpublichealth.biomedcentral.com/articles/10.1186/s13690-020-00402-5#citeas>