

What does education have to do with health?



A GOOD EDUCATION CAN LAY THE FOUNDATION FOR A HEALTHY LIFE

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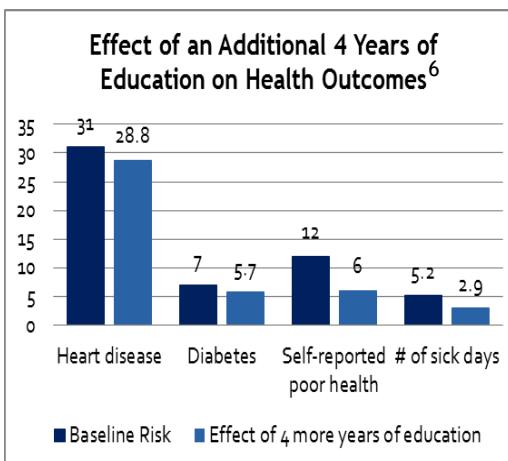
Education and Health are Related

Usually we don't think about how staying in school affects health, but the truth is, people with higher levels of education are more likely to be healthier. It's completing high school that actually makes the biggest difference when it comes to health.¹

What's the link?

The impact of education on health goes beyond what people learn in the classroom because health is impacted by *every corner* of a person's life. People with more education are more likely to live in safer neighborhoods where they have access to healthy foods, good schools and green space for exercise; to be employed in a well-paying job; and to have strong relationships, all of which impact how well and how long people live.²

FAST FACTS: EDUCATION AND HEALTH



Additional education results in lower rates of heart disease, diabetes, self-reported poor health, and numbers of sick days.³

Increases in wages and job security are linked to having a high school degree.⁴

Improved graduation rates would have saved 8 times as many lives as medical advances from 1996 to 2002.⁵



Education leads to a well-paying job...

- People who drop out of school are more likely to be unemployed or hold lower-paying jobs. In addition, those who do not have a high school diploma are the most likely to lose their jobs.
- People who complete high school are more likely to be paid well and to receive benefits from their job.
- A well-paying job allows people to live in safer neighborhoods that have more opportunities and resources.⁷

Education reduces stress...

- People with less education are not only more likely to be

lower paid, but they tend to experience greater stress in part because they have fewer resources like money and access to services.

- Stressful experiences have been linked to many negative health outcomes.⁸

Education builds sense of control and relationships...

- Education is linked to confidence, ability to solve problems and feeling of control over the decisions that impact one's life. This sense of control is linked to better health outcomes.
- More education helps people develop friendships and supportive

relationships, which tend to lead to healthier, longer, less stressful lives.⁹

Education teaches us how to be healthy...

- Education increases knowledge and skills. The more education, the more likely people will be able to seek out and understand health information.¹⁰

Education impacts where we live and how well we live. It impacts our health.



What is happening in Detroit?

Graduating from high school can lay the foundation for a healthy life, but too many students are dropping out and not completing high school. In Detroit, the dropout rate has reached critical levels. 1 in 5 students does not graduate with a high school degree. That is twice the statewide average. In addition, only 3 in 5 Detroit students graduate from high school within four years.¹¹

We can improve education. We can improve health. There are a number of things that can be done to improve high school completion, like increasing parent involvement in school, reducing class size, tutoring, and expanding school hours. Through policy and systems changes, high school graduation rates and health outcomes can be improved.

What can we do in Detroit?

Neighborhoods Taking Action (NTA) is an effort to impact health by increasing graduation rates at several of Detroit's schools. NTA provides an opportunity for students, families, school officials and other community stakeholders to work together to ensure Detroit students get a high quality education.

FOR MORE INFORMATION:
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- ¹⁰ Education and Health, National Poverty Center Policy Brief #9; RWJF, 2011.
- ¹¹ Center for Educational Performance Information

