

Subj: **NVC 010714 Personal Health Linked to Education Level**
 Date: 1/7/2014 10:17:14 A.M. Eastern Standard Time
 From: lmclendon@naepdc.org

NAEPDC

News, Views, and Clues

January 7, 2014

Personal Health Linked to Education Level

From FritzWire, we learn stunning news:

NEW: Education: It Matters More to Health Than Ever Before

People with Less Education are Living Sicker, Shorter Lives than Ever Before -- New Policy Brief and Animated Video Explain the Connections Between Education and Health

Americans without a high school diploma are living sicker, shorter lives than ever before, and the links between education and health matter more now than they have in the past, says a new policy brief and video released today by the Virginia Commonwealth University Center on Society and Health and the Robert Wood Johnson Foundation. While overall life expectancy has increased throughout the industrialized world, Americans without a high school education are being left behind. In fact, life expectancy is now decreasing for whites with fewer than 12 years of education-especially White women. Additionally, lower rates of education tend to translate into much higher rates of disease and disability, and place greater strains on mental health.

Overall, people with less education face a serious health disadvantage. They are:

- Living shorter lives. In the U.S., 25- year-olds without a high school diploma can expect to die 9 years sooner than college graduates.*
- Living with greater illness. By 2011, the prevalence of diabetes had reached 15 percent for adults without a high school education, compared with 7 percent for college graduates.*

The policy brief highlights research suggesting that education is important not only for saving lives, but also for saving dollars and creating economic productivity. People with fewer years of education accrue higher medical costs and are less productive at work, which means that inadequate education is costing employers. The health benefits of a good education include greater access to health insurance, medical care, and higher earnings to afford a healthier lifestyle and to reside in healthier homes and neighborhoods.

An animated video, also released today, helps illustrate these connections and explains the impact of decreased education on society.

"I don't think most Americans know that children with less education are destined to live sicker and die sooner," says Steven H. Woolf, MD, director of the VCU Center on Society and Health. "It should concern parents and it should concern policy leaders. In today's knowledge economy, policymakers must remember that cutting 'non-health' programs like education will cost us more in the end by making Americans sicker, driving up health care costs, and weakening the competitiveness of our economy."

*Through the Center's new Education and Health Initiative (EHI), Woolf and his colleagues hope to sound the alarm and raise awareness about the important connections between education and health. With support from the Robert Wood Johnson Foundation, the EHI will be releasing three follow up briefs demonstrating why an investment in education is an investment in health. **More detailed information, including references, is available at** www.societyhealth.vcu.edu "See how the health of Americans is shaped by factors—and policies—outside of health care."*

All NAEPDC News, Views, and Clues are archived at:
http://naepdc.org/news_views_clues/nvc_home.html

Keep up the good work. Let me know when we can help.

NAEPDC

A Natural Resource For Adult Education State Directors and their Staff Members

Dr. Lennox L. McLendon, Executive Director

lmclendon@naepdc.org

www.naepdc.org

202.624.5250

202.624.1497 FAX