

Impact of Education on Quality and Access to Healthcare

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PICO Question

Will encouragement in pursuing education beyond a high school degree for minorities, as compared to a lower-level education, provide better health outcomes and increased access to quality healthcare?

Terms to know

- Higher Education: Education beyond high school (Merriam-Webster, n.d.).
- Disparities: A noticeable and usually significant difference or dissimilarity (Merriam-Webster, n.d.).

Introduction and Background

- Discrimination and racism have multiple links to education and health. Racial segregation reduces educational and job opportunities, which produces worse health outcomes (Center on Society and Health, 2015).
- People with less education are more likely to live in low-income neighborhoods that lack resources for good health. They tend to become economically marginalized and segregated, which increases their health risk factors (Center on Society and Health, 2015).
- Higher education leads to better knowledge of healthy behaviors, which helps to understand one's health needs and communicate with health providers (Center on Society and Health, 2015).
- Higher educated adults usually have larger social networks that allow access to financial, psychological, and emotional resources that can reduce stress and hardship (Center on Society and Health, 2015).

Population

- Race, ethnicity, sex, gender, age, disability, socioeconomic status, and geographic location all contribute to an one's ability to achieve good health (DPHP, 2020).
- 40% of the U.S population identified as belonging to a racial or ethnic minority group (U.S. Census Bureau, 2020).
- Areas with low average socioeconomic status, high-income inequality, low average educational attainment, and poor air quality have all been correlated with health disparities prevalence (DPHP, 2020).

HEALTH AND ACADEMICS: What the Research Says

Compared to students who received mostly As, those who reported receiving mostly Ds and Fs were:



More than 11 times more likely to have injected illegal drugs



More than 4 times more likely to have had four or more sexual partners



5 times more likely to miss school because of safety concerns



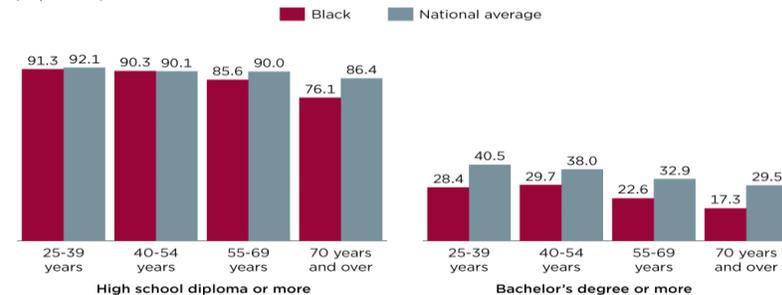
2 times more likely to feel sad or hopeless

Read the report at www.cdc.gov/mmwr/volumes/66/wr/mm6635a1.htm.
Learn more at www.cdc.gov/HealthyYouth/health_and_academics.



Educational Attainment of the Black and Total Populations by Age: 2019

(in percent)



Note: For more information on confidentiality protection, sampling error, nonsampling error, and definitions, see <https://www2.census.gov/programs-surveys/cps/techdocs/cpsmar19.pdf>.
Source: U.S. Census Bureau, 2019 Current Population Survey, Annual Social and Economic Supplement.

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Effects

- Education is a fundamental element of health and disease because it determines access to resources such as income, safe neighborhoods, and healthier lifestyles (CDC, 2020).
- Education is the primary pathway to financial security, valuable resources, stable employment, and social success (CDC, 2020).
- Higher educated adults report better overall health, less chronic conditions, and lower prevalence of disability (CDC, 2020).

Intervention: Education and Impact on Individuals

- “Strategies such as transformative learning, program planning, nonformal education, and social learning can be utilized to promote programs and projects in partnership with minority communities” (Bryant, 2014, p. 94).
- “Bright from the Start” implemented in Georgia, provided “integrated early childcare, nutrition services, and parent education by coordinating funding between the state and public school system” (Ahluwalia, 2021, para. 6).
- Partnerships between schools and colleges are successful in increasing minority enrollment in higher education when there is support from higher level professionals, formal written agreement, and sufficient financial resources (Laguardia, 1998, p. 177).

Intervention: Educating Healthcare Professionals

- Including cultural competency in medical education eliminates ethnic and racial health disparities (Mays et al., 2009, p. 64).
- Therapists with a background in racial identity described the patient's interpersonal issues and reported “better rapport, increased intimacy, and disclosure” (Mays et al., 2009, p. 63).

Intervention: Community Outreach and Government Involvement

- “Diseases such as HIV/AIDS, tuberculosis, addiction, and smoking-related disorders disproportionately impact minority communities” (Bryant, 2014, p. 92).
- Utilizing the chronic care model can increase health outcomes through patient involvement and connecting with community resources (Webb, 2020, p. 43).
- Spectrum Health provides community resources such as connections for financial, food, spiritual, and health needs (Spectrum, 2019).