

Effects of Access to Education on Life Expectancy

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PICO QUESTION

How does access to high school and college affect an individual's life expectancy?

BACKGROUND

- ❖ There is a clear health divide among those with and those without higher education.
- ❖ Students with lower education satisfaction in college often have lower-waged jobs (Musken et al., 2019).
- ❖ Good health is associated with academic success (CDC, 2020)

WHO HAS LESS ACCESS TO EDUCATION?

- ❖ Individuals in minority and/or lower socioeconomic (SES) groups have less access to education.
- ❖ "When high-minority, low-income schools offer any advanced or college preparatory courses, they offer them to only a very tiny fraction of students" (Smedley et al., 2001, p. 12).

Social determinants of educational opportunity
Background, demographic characteristics, ...

Process of education
Quality, content, achievement characteristics

Educational attainment
Years of schooling, credentials

Health

Figure 1: Many elements of education impact health

CONCLUSION

- ❖ The key to fixing this is the spread of information
- ❖ Lower educations lead to harder to obtain, lower paying jobs
- ❖ School fit and location, with decreased pressure from someone close can make school less stressful and more satisfying
- ❖ Higher educated individuals live healthier, longer lives (Zarjaco et al., 2018).

EFFECTS OF DECREASED ACCESS TO EDUCATION

- ❖ Individuals with less access to education experienced 50% more worse health outcomes and overall lower life expectancies than individuals who received higher levels of education (Kaplan et al., 1987).
- ❖ Individuals with less access to quality high-school education are more likely to dropout, decreasing their chances of finding employment to less than one-third, and increasing their risk of engaging in crime (Zarjaco et al., 2018)

IMPACT ON STRESS LEVEL

- ❖ Correlation between lower education and higher level of work stress (Lunau et al., 2015).
- ❖ Lower paying jobs lead to an increased risk of stress, cardiovascular disease, and death (Kaplan et al., 1987).



Figure 2: Money, stress, and health are a continuous cycle

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