

High Quality Education and the Health of Children and Adolescents

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INTRO & BACKGROUND

- Education is a pathway that leads to better health outcomes in children and adolescents and later into adulthood
- Socioeconomic status determines how one's practice of health and wellness will be.
- High quality education promotes stability which includes improved practices in health and wellness.
- Children and adolescents raised in an environment where practices of health are instilled daily through education and parenting have greater health outcomes.

The Private, Social, and Fiscal Gains of Education



Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.



PICO QUESTION

How do opportunities to high quality education affect children and adolescents?

SIGNIFICANCE

- Individuals with a higher level of education are more likely to live a healthier and longer life (Zajacova & Lawrence, 2018, p. 275).
- Increased school quality is associated with a decreased mortality rate (Sansani, 2011).
- Upon reaching adulthood, education quality has been found to be the principal pathway leading to financial security, stable employment, and social success (Baker, 2014).

LITERATURE REVIEW

Parental Decisions can Affect Children's Health and Education

- Parents may invest in high quality schools and education, moving their child from a state with low quality schools. In this instance the parental investment could be the influence on health, not the quality of school. (Frisvold & Golberstein, 2011)
- Parents often do not consider that their own education will determine their children's education as well (Cutler & Lleras-Muney, 2010)

Access to Education and Health Services Results in Better Health Status

- Education and health care is not easily accessible in all parts of the world (Bloom et al., 2008).

Improved School Quality Results in Improved Current and Future Health Status

- Higher quality education has been shown to result in an improved current health status, improved health status later in life, decreased incidence of health risk behaviors, lower prevalence of obesity, and a decreased risk of mortality (Frisvold & Golberstein, 2011).



OUTCOMES

- The higher an education that a child feels that their self-health is better.
- Those who have a better education are less likely to struggle with obesity.
- Children and adolescents are less likely to struggle with smoking.
- Those who go onto higher education have a longer life expectancy than those who are a high school dropout.
- Those who receive more education are more likely to engage in exercise and maintain a healthy weight.
- Those who have more education also are less likely to have a problem with alcohol and drugs.
- Also those who have more education, are more likely to get screenings for cancer and other health issues.

SOLUTIONS

The pupil to teacher ratio, length of school year, and teacher wages are the three most widely used indicators to evaluate education quality (Sansani, 2011).

- Improving these indicators have a statistically significant impact of decreasing mortality (Sansani, 2011).

Our Ideas

- We could encourage children/adolescents to consider trade schools because college isn't for everyone. Some students prefer hands on training.
- Since those who tend to not have as much education struggle financially, so having access to health care at a reduced cost would be helpful to prevent health issues and addiction problems.

SUMMARY

Access to high quality education can be determined by:

- Poverty, socioeconomic status, or location
- Parental decisions made for the child

High quality is related to the health of children and adolescents because:

- Education prepares a child for the future
- Children and adolescents are more likely to engage in unhealthy behaviors in a low quality education setting

It's important to ensure that children have access to high quality education.

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