



OVERVIEW

BIG IDEA

Education is the key to health!

OBJECTIVE

12.5: Identify correlations between education and health outcomes such as life expectancy.

AGENDA

1. Benefits of Education
2. Health Benefits
3. Education & Health Reading
4. Education & Health Calculator

HOMEWORK

Write a personal statement (1-3 paragraphs) describing how education positively affects your health, both now and in the future.

LESSON 12.5

Education & Health Disparities

SUMMARY:

This lesson will demonstrate the powerful effect of education on health for students. Students will begin by brainstorming the many benefits of education. Then they will extrapolate those benefits to health. Students will complete a reading on education & health disparities, followed by an analysis activity where they will manipulate an online calculator to see how level of education in a population impacts mortality.

STANDARDS:

IL Learning Standard 22.B: Describe & explain the factors that influence health among individuals, groups, and communities.



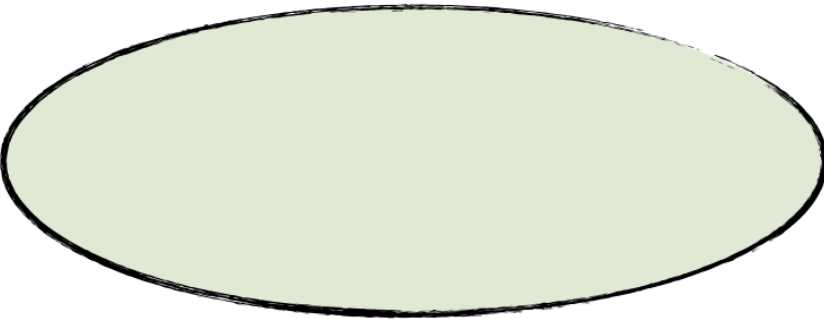
MODULE 12: HEALTH DISPARITIES LESSON 12.5

Education & Health Disparities

Obj. 12.5: Identify correlations between education and health outcomes such as life expectancy.

DO NOW Benefits of Education

Why do we go to school? What are the benefits of a high school and college degree? List as many reasons as you can come up with in the circle below.



DISCUSS Health Benefits of Education

Share your ideas about the benefits of education with a partner. Then discuss which of the benefits are related to health. How are they related?

READ Education & Health

Read the following summary from *Unnatural Causes*.

Background: Education is an important predictor of health because it both shapes and reflects so many other factors that affect people's life chances. In fact, many public health advocates believe investing in education is the single most effective intervention we can make to improve health outcomes and tackle inequities. One study estimated eliminating educational inequities would have saved eight times as many lives as were saved by medical advances between 1996-2002.

On average, college-educated men live 6.8 years longer than men who have not graduated from high school, women 5.1 years longer. Adults who have not finished high school are more than four times as likely to be in poor or fair health as college graduates. Babies born to mothers who did not finish high school are twice as likely to die before their first birthday compared to those born to college graduates.

Young people with less schooling are more likely to be unemployed or have unstable and unfulfilling jobs, and low literacy is linked to poverty, disadvantage, social exclusion, and ultimately poor health. In 2004, the median income of male college graduates was 60% higher than male high school graduates, and more than

DO NOW: Some students may use this opportunity to complain about school and claim that there are plenty of benefits of NOT being in school or getting an education and/or there are HARMS from being in school. Allow for them to express their views, but keep in mind there will be plenty of data to demonstrate correlations between more education and better health. This is a great opportunity to bring up correlation vs. causation again.

READ: This reading comes from the section summary from *Unnatural Causes*. It can be found at: http://www.unnaturalcauses.org/resources.php?topic_id=3&page=2



Lesson 12.5 Instructor Guide

MODULE 12: HEALTH DISPARITIES

twice that of high school drop outs, the highest income differential ever. Those with masters and professional degrees earned even more.

Education also matters because it can provide us with the knowledge, skills, confidence, connections and opportunities we need to negotiate the world and exert greater control over our lives - what experts call the "pile up" of advantage/disadvantage. How well we do and how far we get in our schooling impact not only our future earnings potential but also our mastery of our environment and our ability to navigate institutions and gain access to power - all of which are consequential to success and wellbeing.

Studies show a clear correlation between health and learning at all ages, from early childhood through adolescence to adulthood. For the youngest learners, early reading and literacy programs stimulate brain development, analytical and communication skills, intellect and behavioral patterns. These in turn shape future opportunities and achievement. Yet we are among the few rich countries not to offer free, universal preschool.

Among adolescents, those who stay in school are less likely to engage in risky behaviors, become teen parents, and end up in dead-end jobs without career prospects. Even among adults, improving basic skills and acquiring new ones enables them to pursue better employment opportunities and gain access to other resources.

But educational resources and opportunities in the U.S. are distributed unequally, reflecting larger patterns of racial and class inequities. Differences in school quality, for example, are due in part to deep patterns of residential segregation and differences in school funding.

Dr. Tony [Itton](#), director of Alameda County (CA) Department of Public Health argues that high school graduation rates represent a snapshot of neighborhood conditions - a lens for viewing larger problems and inequities in specific communities and our society as a whole. In fact, [Itton](#) claims that he can predict the life expectancy of a given neighborhood in the county from the high school drop-out rate alone

In California, for example, 90% of students in overcrowded schools are children of color, two thirds of them Latino. Schools in poor districts are notoriously under-resourced, with fewer class offerings, books, computers, enrichment activities and after-school programs. Nationwide, among youth 16 to 24, Latinos accounted for 41% of high school dropouts in 2005, even though they comprise only 17% of the total youth population. Researchers estimate that approximately 2,500 youth drop out of high school every day. In some of the largest school systems in the country - from Baltimore, MD, to Oakland, CA - half of all students are dropping out.

Although many youth later obtain a diploma or GED, the implications of dropping out of high school are enormous, including a higher risk of poverty and a shortened life span. Dr. [Itton](#) explains: "Education is huge, because it relates to people's ability to plan and have hope for the future. Without hope for the future, people tend to make short-term decisions," including engaging in riskier behaviors that endanger health.

Today, promising initiatives and ideas to improve our school systems and provide better educational opportunities for everyone abound - but not the commitment to pay for them. We all bear the societal burden of lost productivity, increased disability, higher crime, welfare and prison costs, not to mention the human cost of thwarted hopes, dreams and health.

By foregrounding the life-and-death consequences of educational inequities, perhaps we can find the commitment to create policies that invest in our schools and help forge a long, productive future for all our children.

Source: Courtesy of *UNNATURAL CAUSES: Is Inequality Making Us Sick?* Produced by California Newsreel with Vital Pictures. Presented by the National Minority Consortia. www.unnaturalcauses.org; www.newsreel.org



Education & Health Calculator

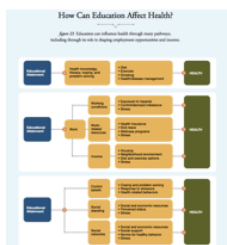
1. Go online to: <http://www.commissiononhealth.org/Calculator.aspx>
2. Select your state/county.
3. Determine answers to the following questions, by using the slider across the top to vary the percentage of adults with some college education.
 - a. How does your state rank in the nation for mortality?
 - b. How would the death rate (deaths per year per 100,000) change if it had the same percentage of adults completing college as the "best off" state?
 - c. What would the death rate be if **100%** of adults had some college education?
 - d. What would the death rate be if **0%** of adults had some college education?



- e. Summarize the "takeaway" from this calculator.



How Can Education Affect Health?



1. Go to the RWJF report, "Overcoming Obstacles to Health" <<http://www.rwjf.org/content/dam/farm/reports/reports/2013/rwf406474>>
2. Read pages 38-39.
3. Write a personal statement (1-3 paragraphs) describing how education positively affects your health, both now and in the future. Include at least 3 of the factors highlighted on the RWJF diagram.

Prepared for the Robert Wood Johnson Foundation Commission to Build a Healthier America by the Center on Social Disparities in Health at the University of California, San Francisco.

THINK:

Be sure to have students explore the calculator to figure out how it works and what it shows before diving right into the questions. Show students that hovering over the orange dots with the letter "i" inside (info) provides additional information on using and interpreting the calculator.

Link to calculator: <http://www.commissiononhealth.org/Calculator.aspx>

HOMEWORK:

The purpose of this assignment is to push students to connect the connections between education and health with the outcomes in their own lives.