

# Educational Attainment and (Healthy) Life Expectancy

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# Outline of Talk

**Part 1: Healthy Life Expectancy**

**Part 2: Mechanisms**

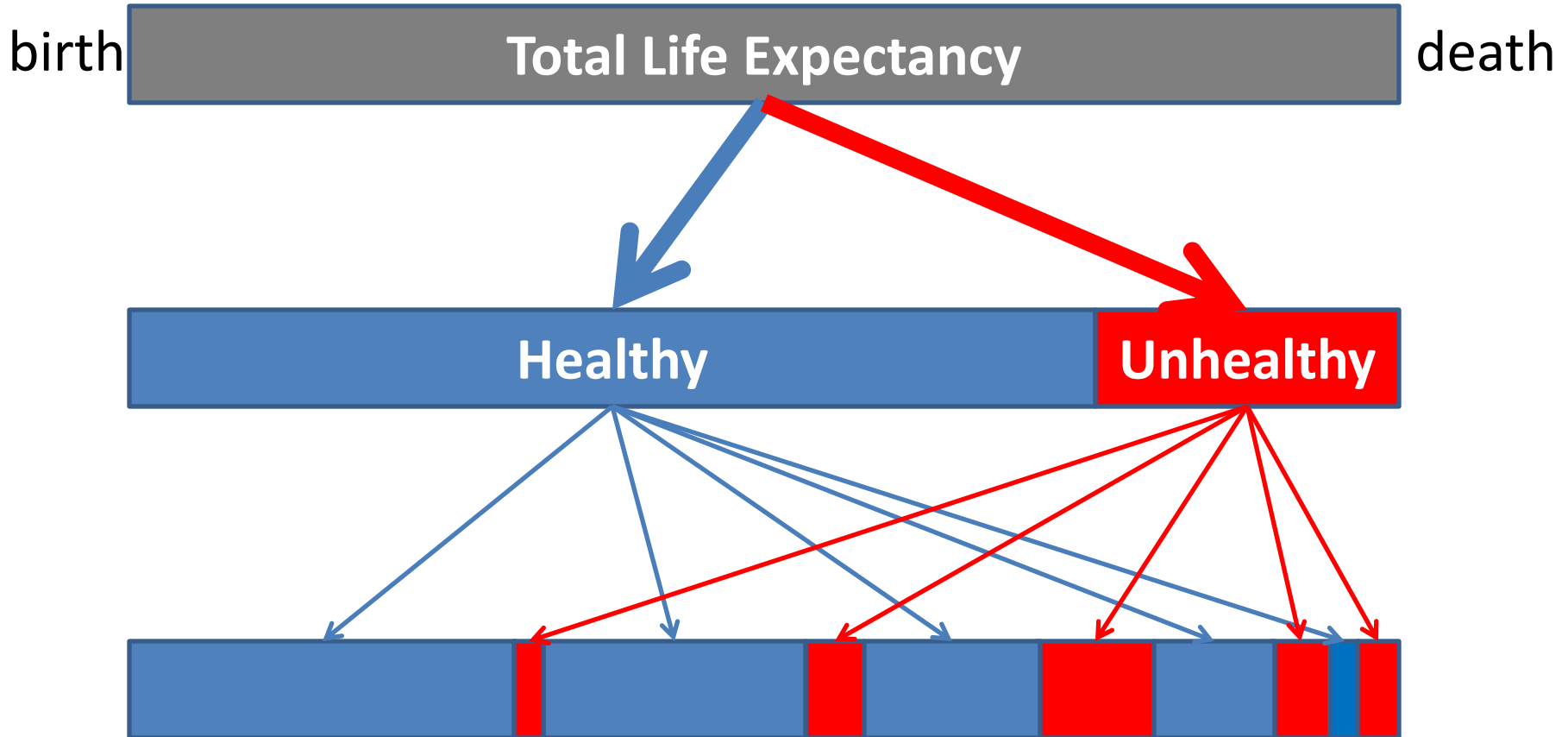
**Part 3: Life Span View**

**Part 4: Summary**

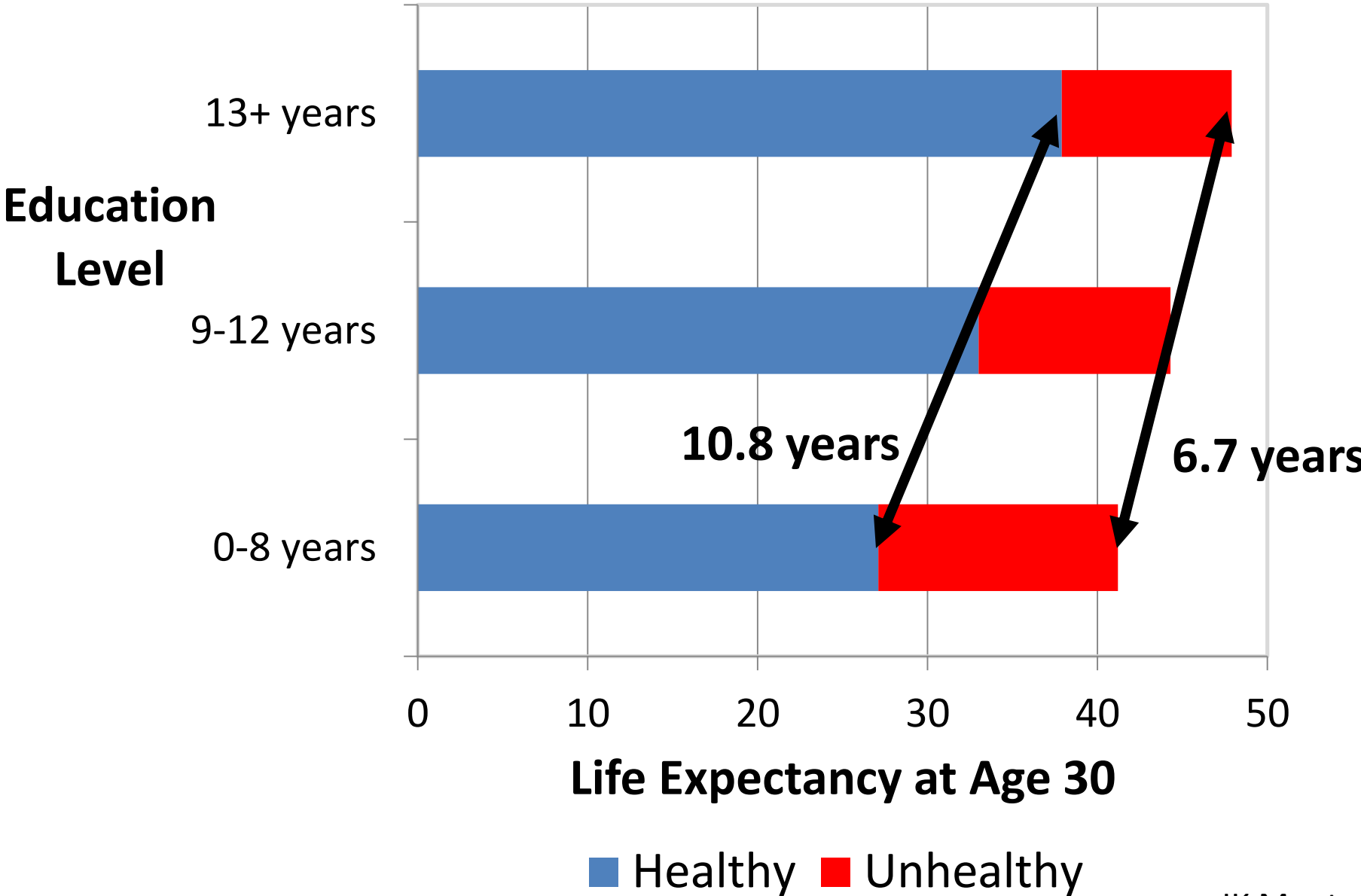
# PART 1: Healthy Life Expectancy

**What is it and why is it important?**

# “Live Long and *Prosper*”

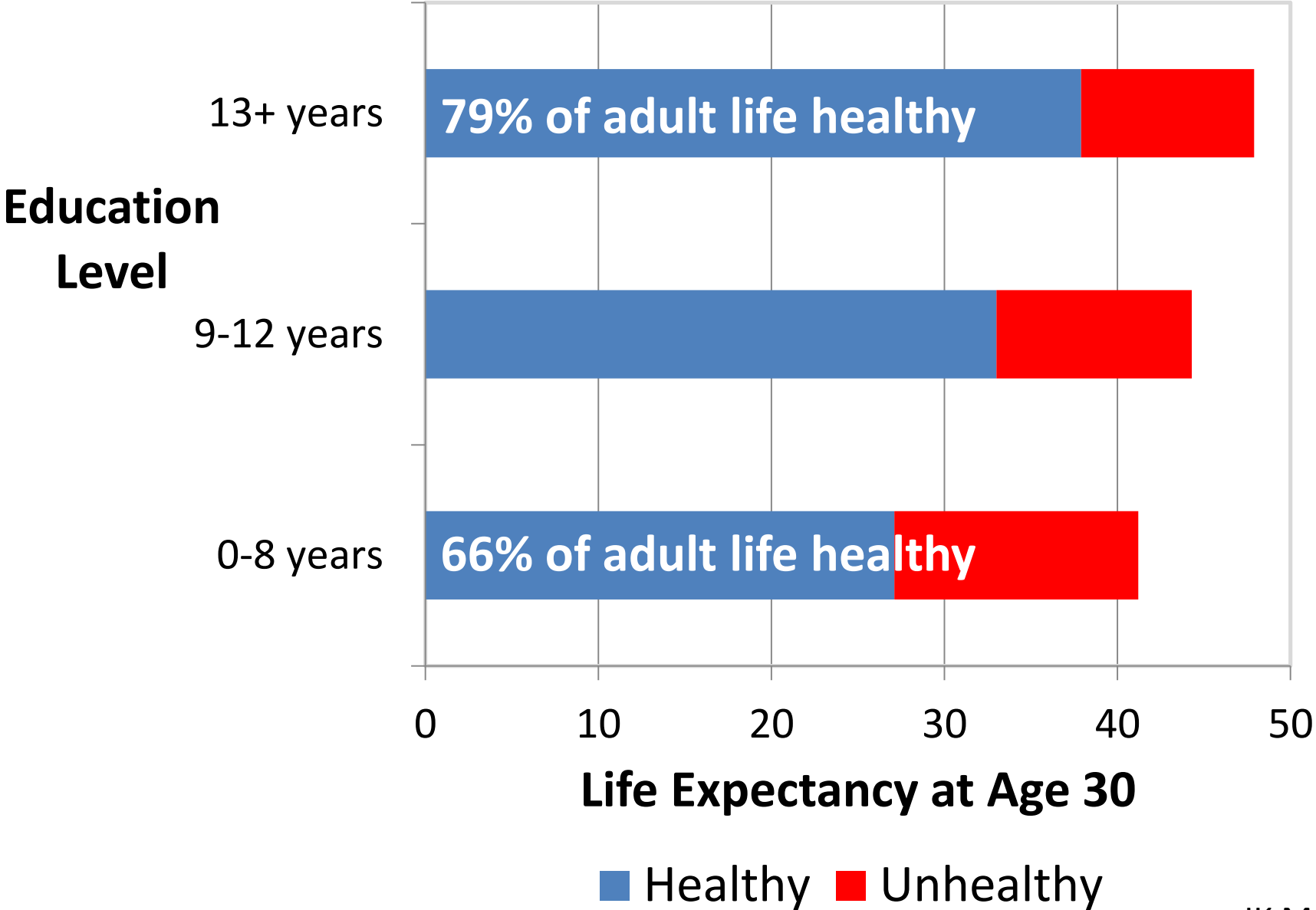


# Impact of Education on Total & Healthy Life Expectancy



Source: Crimmins and Saito. 2001. "Trends in healthy life expectancy in the United States, 1970-1990: gender, racial, and educational differences." *Social Science & Medicine* 52:1629-1641

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# PART 2: Mechanisms

**Why do individuals with more education live longer and healthier lives?**

**What are the causes? What are the mechanisms?**



**Education**



***ECONOMICS:***  
(e.g., job, income,  
health care)

***LIFESTYLES:***  
(e.g., smoking,  
exercise, alcohol)

***SOCIAL:***  
(e.g., relationships,  
friends, support)

***COGNITIVE:***  
(e.g., information  
processing,  
reasoning skills)

***PHYSIOLOGICAL***



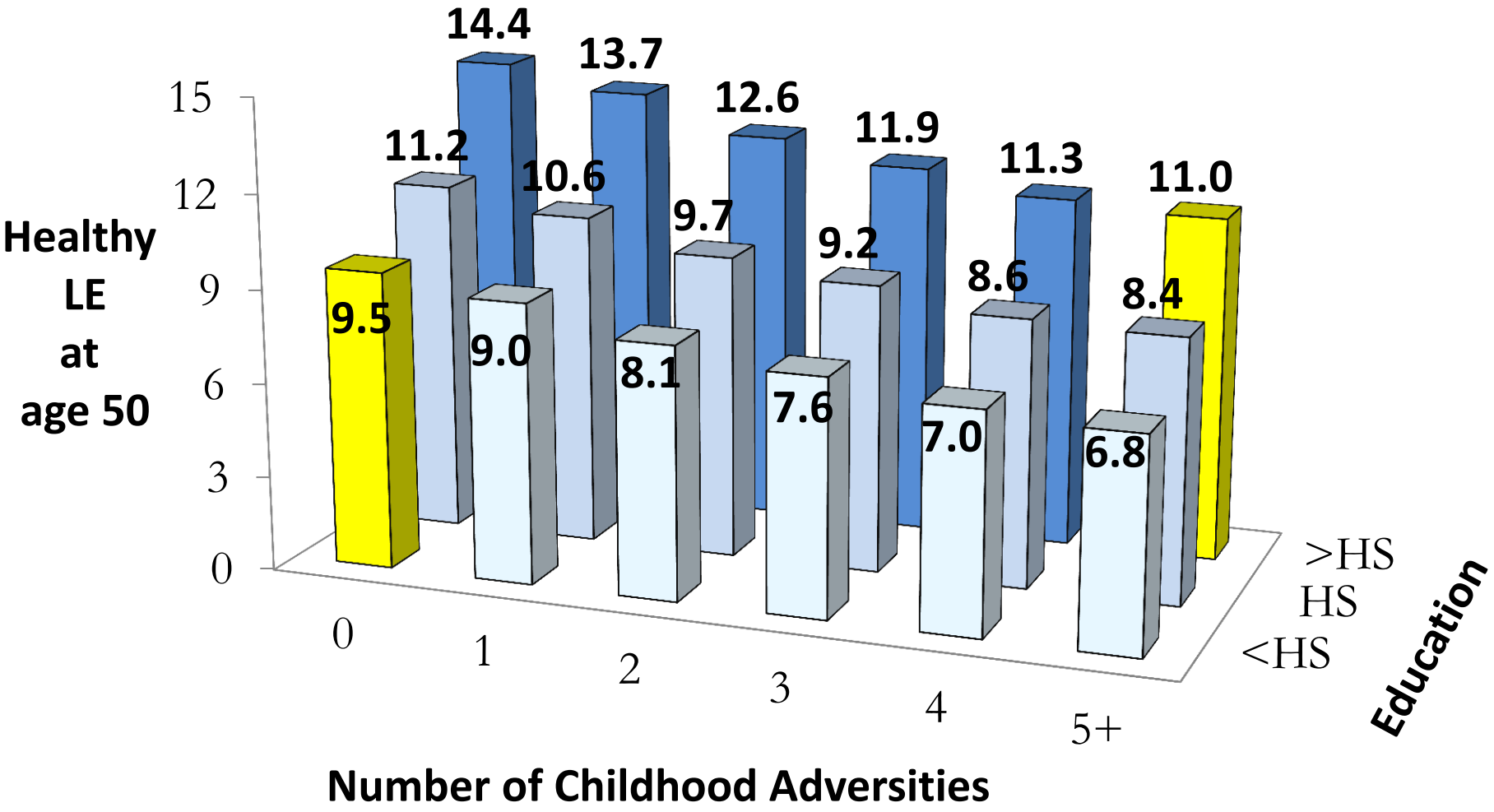
**Healthy  
life  
expectancy**



# PART 3: A Life Span View



# Healthy Life Expectancy



# PART 4: Summary

- Educational attainment is one of the strongest predictors of how long, *and especially how healthy*, we live
- Education may alleviate the health consequences of being raised in adverse circumstances
- Weight of the evidence suggests that raising education levels is an important strategy for improving population health
- This evidence is made possible by federal investments in data collections and surveys, such as:
  - Current Population Survey, National Longitudinal Mortality Study, National Health Interview Survey, Health and Retirement Study