Education is linked with health through three major interrelated pathways:

### HEALTH KNOWLEDGE & BEHAVIORS

Proportion of American adults with “below basic” health literacy among:

- Less than high school graduates: $56.4\%$
- High school graduate: $57.4\%$
- Some college: $58.5\%$
- College graduate: $59.6\%$

More education can lead to higher paying jobs, which enables people to engage in health behaviors through access to:

- Nutritious foods
- Safer, healthier homes
- Neighborhoods with supermarkets
- Parks and places to exercise

### EMPLOYMENT & INCOME

In 2019, the median weekly earnings among workers was...

- People ages 25+ with bachelor’s degrees: $1,256
- People ages 25+ lacking high school degrees: $746
- High school diploma: $592

In the United States overall, nearly 96% of adults ages 25 years and older have not completed high school, 82% have no schooling beyond high school, 27% have attended but not completed college, and 28% are college graduates.

Less educated workers in lower-wage jobs are also less likely to have health-related benefits including:

- Paid sick/personal leave
- Workplace wellness programs
- Child/elder care resources
- Retirement benefits
- Employer-sponsored health insurance

### SOCIAL & PSYCHOLOGICAL FACTORS

Higher levels of education have been observed to foster skills, habits, and attitudes — such as:

- Confidence
- Problem-solving
- Self-direction
- Perseverance
- Practice
- Confidence

Lower levels of education, on the other hand, may lead to experiences that produce:

- Sense of powerlessness
- Fatalism
- Belief that own effort is less powerful than chance or others