

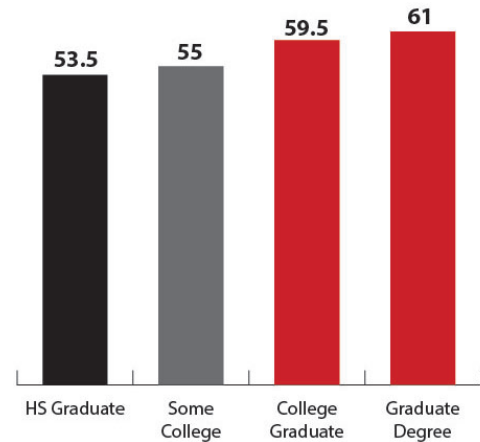
The Truth About: Health & Educational Attainment



More Education Correlates to a Longer Life

Education increases life expectancy. At age 25, U.S. adults with just a high school diploma can expect to die six years earlier than college graduates and seven and a half years earlier than graduate degree holders. According to [Virginia Commonwealth University](#), the health benefits that accrue from a good education often occur "downstream" after leaving college, such as better health insurance, access to medical care, and the resources to live a healthier lifestyle and to reside in healthier neighborhoods.

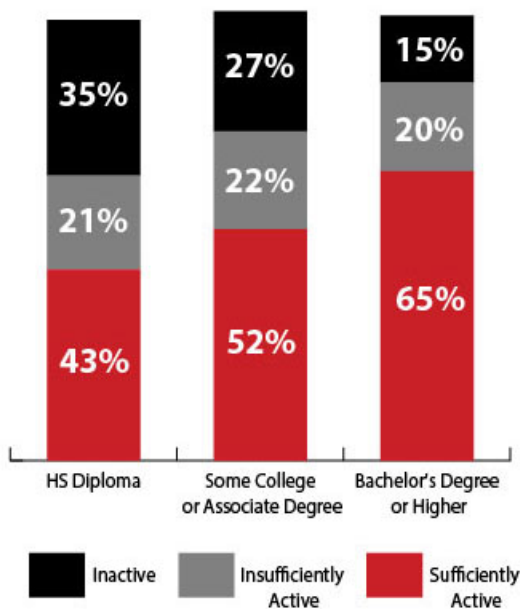
Remaining years of life for U.S. adults at age 25 by educational attainment



Source: Brian L. Rostron et al., "Education Reporting and Classification on Death Certificates in the United States," *Vital and Health Statistics Series 2*, no. 151 (2010)

Note: Male and female figures were averaged

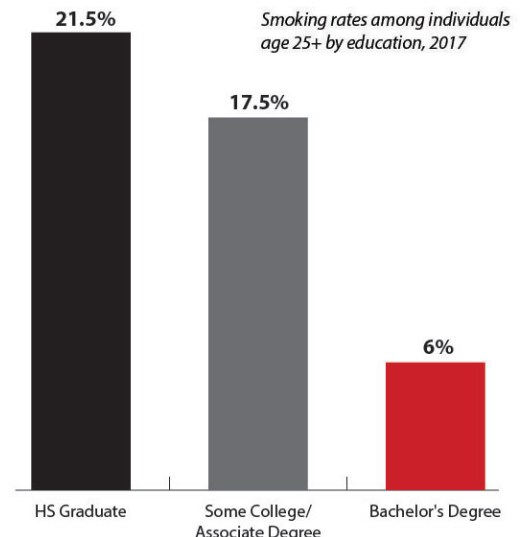
Percentage distribution of leisure-time aerobic activity levels among ages 25+, by education level, 2018



Source: NCHS, *Table of Summary Health Statistics for U.S. Adults* (2018)

College Degrees are Correlated to Exercise

When it comes to physical activity, college graduates hold a significant advantage over other education levels. According to the [Commission to Build a Healthier America](#), education can increase people's knowledge and cognitive skills, enabling them to make better-informed choices in regards to maintaining a sufficiently active lifestyle.



Source: NCHS, *Health, United States*, (2018)

Note: Male and female figures were averaged

College Graduates Largely Don't Smoke

Although additional knowledge gained through college may account for some of the reduction in smoking rates, it is generally known to be unhealthy, regardless of education level. According to a recent [study](#), there may be social mechanisms unrelated to the knowledge gained during college that suppress smoking rates among college graduates.