

**SOCIAL DETERMINANTS OF HEALTH**

# Education

## Poverty in Education

Education has been described as the most important modifiable social determinant of health, and has shown to increase healthy behaviors and improve health outcomes across the lifespan. When we invest in a child's education, that investment can lead to higher quality of life including health outcomes for that child.

- The poverty rate in U.S. is close to 15%, meaning 1 in 6 Americans live at or below the poverty level.
- More than 1 in 5 children in the U.S are living in poverty.
- The poverty rate in households with a mother who is single is 31%, meaning almost 1 in 3 mothers who are single live in poverty.
- The poverty rate in U.S. is close to 15%, meaning 1 in 6 Americans live at or below the poverty level.
- 6.8 million children, or about 1 in 11 of all children in the U.S., live at 50 percent below the federal poverty line.
- 30% of children raised in poverty do not finish high school.
- People who do not earn a high school diploma by age 20 are 7 times more likely to be persistently poor between ages 25 and 30.
- Children who grow up impoverished complete fewer years of schooling and earn much lower income than people who did not grow up poor.
- Children who grow up poor in the U.S. are more likely to be in poor health.

**IMPACT OF LOW EDUCATION ON EMPLOYMENT & RESOURCES**

- More likely to work in high-risk occupations with few health-promoting benefits.
- Median wage for high school dropouts 2x less than college graduates.
- Median wage for high school graduates 1.5x less than college graduates.
- Job insecurity, low wages, and lack of assets due to low education can lead to poor nutrition, unstable housing and unmet medical needs.

*(Virginia Commonwealth University, 2015)*

**LOW EDUCATION AND HEALTH OUTCOMES**

- Overall poorer health
- Increased risk of obesity
- Increased activity limitations
- Increased middle age mortality

*(Virginia Commonwealth University, 2015)*

**LOW EDUCATION AND IMPACT ON SOCIAL AND PSYCHOLOGICAL HEALTH**

- Lower paying jobs with less resources to buffer stress

- Less social support
- Lower sense of control over their life
- Lower self-esteem
- Schools with less resources impact on social and psychological skills of youth
- Smaller social network
- Impact on stress management and resources

*(Virginia Commonwealth University, 2015)*

#### LOW EDUCATION AND COMMUNITY HEALTH

- More like to live in low-income neighborhoods with less resources
- Less access to supermarkets
- Less green space
- Higher Crime rates
- Fewer high-quality schools
- Higher level of toxins
- Less effective political influence

## What Can Providers Do?

Addressing health outcomes associated with education providers should understand the role education play in individual and community health and endeavor to implement public policies that reach the largest number of people. Addressing educational issues will reduce health disparities and promote health equity across communities. It is key role of the provider to advocate for patients.

Providers can increase collaborative models that encourage a team-based approach to addressing patients at risk to be negatively affected by social determinants of health.

#### RESOURCES FOR PROVIDERS

- Early Childhood Development and Education
- Improving Education to Address Social Determinants of Health
- Education and Health: Long-Term Trends by Race, Ethnicity, and Geography, 1997–2017
- It's About Trust: Low- Income Parents' Perspectives on How Pediatricians Can Screen for Social Determinants of Health

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