

Benefits of Completing College

HEALTHIER AND HAPPIER LIFESTYLES

Individuals with higher levels of education are more likely to live longer, healthier, and happier lives. Their choices can also influence family members in creating positive habits and healthy lifestyles.

Adults with higher levels of education have overall healthier lifestyles.

- College graduates are more likely than adults with a high school diploma to maintain an overall healthier diet; on average these individuals have higher dietary fiber intake and lower cholesterol levels. They are also more likely to exercise and less likely to be overweight or obese.
- People with higher levels of education are less likely to smoke and have lower alcohol abuse-dependency; overall, more educated men and women behave in ways that help maintain good health.
- One study found that each additional year of schooling is linked to improvements in individual health. In fact, college graduates live an average of seven years longer than their less-educated peers.

College-educated adults tend to live happier lives.

- Individuals with postsecondary degrees exhibit increased self-esteem, improved confidence, a better sense of independence, and stronger feelings of control over their lives.
- College graduates tend to be more resilient and less depressed. In fact, communities that have more well-educated residents have fewer incidences of depression and suicide.
- More educated people report having increased job and life satisfaction, more stimulating occupations and lifestyles, and overall greater happiness in life.

Individuals with a college education are also more likely to have the knowledge, resources, and networking to create a healthier environment for their families.

- Parents and guardians with postsecondary degrees tend to create healthier lifestyles for their children.
- College-educated people are more likely to have employer-provided insurance that includes comprehensive, quality healthcare for themselves and their families.
- Educational attainment has also been linked with more extensive social-support networks, which provide comfort, assistance, and support for families when needed.

A college education is vital to a healthier and happier lifestyle for individuals, families, and communities. Men and women who earn postsecondary degrees (the higher degree the better) are more likely to live longer and more satisfying lives.



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