

TEXAS

Council of Public University
Presidents and Chancellors



A COLLEGE EDUCATION PROVIDES A LIFETIME OF VALUE

A COLLEGE EDUCATION LEADS TO HEALTHIER LIFESTYLES FOR TEXANS.



TEXANS WITH A COLLEGE EDUCATION ARE MORE LIKELY TO BE PHYSICALLY HEALTHY. FOR EXAMPLE, TEXANS WITH A COLLEGE EDUCATION ARE LESS LIKELY TO SMOKE, EXPERIENCE A HEART ATTACK OR REPORT MENTAL DISTRESS.

(Texans are reflected below as ranked compared to people in other states.)

TEXANS WHO SMOKE

TEXANS WITH A
**COLLEGE
DEGREE**

6.7%

(ranking in the
nation: 22nd)

TEXANS WITH A
**HIGH SCHOOL
EDUCATION**

18.6%

(ranking in the
nation: 4th)

(2017 America's Health Rankings Annual Report)

TEXANS RANKING IN THE NATION FOR HEART ATTACK, HEART DISEASE AND HIGH BLOOD PRESSURE



College grad

High School grad

HEART ATTACK

20

2

HEART DISEASE

15

4

**HIGH BLOOD
PRESSURE**

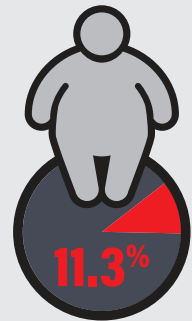
23

15

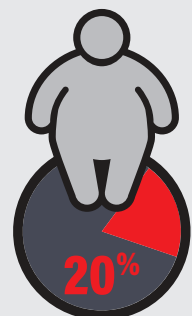
(2017 America's Health Rankings Annual Report)

OBESE CHILDREN IN TEXAS

Children living with an
adult in the household
that has a college degree
or higher:



Children living with an
adult in the household
that has a high school
education or GED:



(www.childhealthdata.org)

TEXANS WHO REPORT POOR MENTAL HEALTH DAYS/ REPORT FREQUENT MENTAL DISTRESS, RANKING IN THE NATION

Texans with a
college degree:



Texans with a high
school education:

13th

**POOR MENTAL
HEALTH DAYS**

22nd

MENTAL DISTRESS



7th

**POOR MENTAL
HEALTH DAYS**

8th

MENTAL DISTRESS

(2017 America's Health Rankings Annual Report)

TEXANS WHO REPORT POOR PHYSICAL HEALTH DAYS, RANKING IN THE NATION



Texans with a
college degree:



Texans with a high
school education:

18th



3rd

(2017 America's Health Rankings Annual Report)