



Education and skills

Investing in education and skills is investing in health

By the age of 30 those with the highest levels of education are expected to live four years longer than those with the lowest levels of education.

A good education helps build strong foundations for:

- **Supportive social connections**
- **Accessing good work**
- **Life-long learning and problem solving**
- **Feeling empowered and valued**

These foundations support healthier lives by increasing our opportunity to:



Develop life-long healthy habits



Manage and limit exposure to life's challenges



Afford a good quality of life



Live and work in safe and healthy environments