



A COLLEGE EDUCATION PROVIDES A LIFETIME OF VALUE

A college education leads to healthier lifestyles for Texans.

For example, Texans with a college education are less likely to smoke, experience a heart attack or report mental distress.



Of the Texans who SMOKE

7.3% have a **COLLEGE Graduate**

19% have a **HIGH SCHOOL Education**



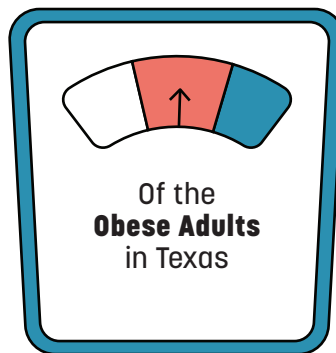
Of the Texans who VAPE

2.4% have a **COLLEGE Graduate**

5.1% have a **HIGH SCHOOL Education**

for comparison, 5.2% of America vapes

(2021 America's Health Rankings Annual Report)



40.1% have a **HIGH SCHOOL Education**

27.6% are a **COLLEGE Graduate**

(2021 America's Health Rankings Annual Report)

Percentage of Texans at Risk for High Blood Pressure, Cardiovascular Disease and Diabetes



High Blood Pressure

38.9% **HIGH SCHOOL Education**

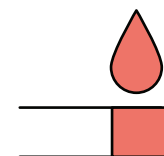
28.3% **COLLEGE Graduate**



Cardiovascular Disease

8% **HIGH SCHOOL Education**

5.3% **COLLEGE Graduate**



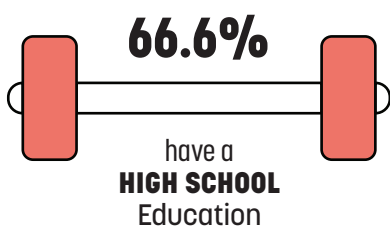
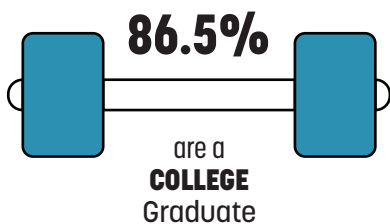
Diabetes

15.3% **HIGH SCHOOL Education**

9.3% **COLLEGE Graduate**

(2021 America's Health Rankings Annual Report)

Of the Texans who report they EXERCISE



(2021 America's Health Rankings Annual Report)



Texans and Mental Health

Texans who report Depression

15.7% have a **COLLEGE Graduate**

18.2% have a **HIGH SCHOOL Education**

Texans who report Frequent Mental Distress

8.9% have a **COLLEGE Graduate**

14.2% have a **HIGH SCHOOL Education**

(2021 America's Health Rankings Annual Report)