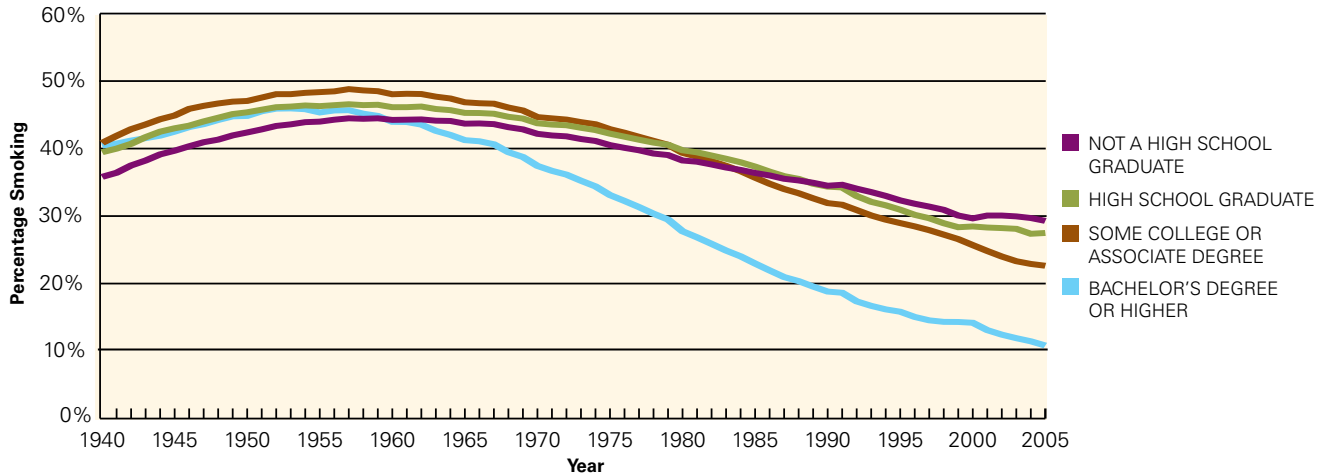


Benefits to Health and Parenting

Figure 1.14a: Smoking Rates of Individuals Ages 25 and Older, by Education Level, 1940–2005



Note: Data for 2001-05 are three-year moving averages (i.e., the average of the current year and the two previous years).

Sources: De Walque, 2004; NCHS, *National Health Interview Survey*, various years.

- Low-income bachelor's degree recipients are more likely than high school graduates at any income level to report excellent or very good health.
- 61 percent of four-year college graduates ages 25–34 exercised vigorously at least once a week in 2005. Only 31 percent of high school graduates did so.
- By 2005, only about 20 percent of adults smoked. Among four-year college graduates, only 9 percent smoked, and more than half of those had made an effort to stop in the last year.
- The cognitive skills of children between the ages of 3 and 5 are highly correlated with the education level of their mothers.
- Children of parents with higher levels of education are better prepared for school and are more involved than other children in all types of extracurricular activities such as sports, religious and arts-related after-school activities.