



Education unlocks health and wellbeing

The research questions below can help teachers to formulate assignments and also support students with other types of project work, both inside and outside the classroom.

- How are education and health related?
- How does investing in education save money in health costs?
- How does education deliver transformative benefits for women and girls in particular?
- How can education help to encourage healthy behaviours and prevent disease?
- How are education and mental health mutually reinforcing?
- How does education create more sustainable, healthier societies?
- How can education help to address the shortage of healthcare workers?

These clear topic statements help students to express their opinion and can form the basis of their argument in essay responses or other projects.

Health and education are mutually reinforcing

- Investing in health without investing in education is a non-starter.
- Education and nutrition are fundamentally linked, with far-reaching cognitive and physical health benefits when they are mutually advanced.
- Schools can serve as a base to deliver nutritional benefits for entire families.
- Schools providing mental health education yield high societal returns.
- Schools serve as a cornerstone of a community, providing a cost-effective point of delivery .
- Schools provide critical health and nutrition services, and safe, nurturing environments that offer children the stability and routine to grow emotionally, psychologically, and socially, ensuring that the most marginalised and vulnerable are looked after and supported.
- Children with good mental health are better able to learn and develop emotionally, and access to education in turn improves their mental health and sense of self.
- School-based delivery of health interventions for school-age children can be significantly more cost-effective than alternative delivery approaches.
- Schools can provide essential psychosocial support for children, promoting improved mental health and helping young people reach their full potential.
- School-based mental health interventions yield high economic returns for individuals and their communities.
- Schools provide an ideal delivery point for school meals and nutrition.
- Healthier school meals lead to better learning outcomes.
- Approximately 90% of a child's brain development takes place before the age of five.



Disease and pandemic

- Education is a cost-effective tool for the prevention and spread of disease.
- Investing in education can help to provide a roadmap to a rapid and robust recovery after public health crises.

Skills and jobs

- Without investments in education, there will be a severe shortage of health workers.
- Investing in education in parallel to health delivers life-saving, transformative benefits for girls and women that are passed through generations.

Economics

- Investing in education leads to lower health cost burdens on government budgets.
- Delivering health interventions for children in schools can be significantly more cost effective than alternative delivery approaches.
- Investing in education delivers impressive and lasting health returns to society.