

## **Educational trajectories, Health, and Aging well.**

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### Abstract

After the first wave of the COVID 19 pandemic, during which the severity of the disease in certain countries was attributed to a lack of basic education of the inhabitants, the author of this paper initiated a literature review of educational trajectories, health, and aging well. The findings strongly demonstrate that, alongside genetics, the affective and educational family environment, as well as the general environment, greatly interact starting from the very first days of life. Thus, epigenetics plays a major role in the determination of health and disease [DOHAD] in the first 1000 days of life as well as in the characterization of gender. Other factors such as socio-economic level, parental education, schooling in urban or rural areas, also play a major role in the differential acquisition of health literacy. This determines adherence (or lack thereof) to healthy lifestyles, risky behaviors, substance abuse, but also compliance with hygiene rules, and adherence to vaccines and treatments. The combination of all these elements and lifestyle choices facilitates the emergence of metabolic disorders (obesity, diabetes), which promote cardiovascular and kidney damage, and neurodegenerative diseases, explaining that the less well educated have shorter survival and spend more years of life in disability.

After having demonstrated the impact of the educational level on health and longevity, the author proposes specific educational actions at three levels: 1) teachers and health professionals, 2) parents, 3) the public, emphasizing that these crucial actions can only be carried out with the unfailing support of state and academic authorities.