

Health Impacts: *Giving America's Children the Head Start Advantage*

Decades of research have documented the impacts of Head Start. Findings show that children who participate in Head Start programs receive countless benefits. These impacts appear immediately, last a lifetime, and even benefit the subsequent generation. These advantages include:



Head Start children have a better overall health status, even into adulthood.



Head Start children are less likely to smoke as adults.



Head Start children are more likely to receive preventative health and dental services.



Head Start children with additional outdoor play time are likely to have lower BMIs.



Head Start children have better nutrition habits during their time in the program.



Head Start children are less likely to use drugs or have hypertension through their mid-30s.



Head Start children have lower mortality rates for related causes, such as anemia and asthma.



Head Start children are less likely to have remaining health issues at the end of the program.

Citations:

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