

Are there health benefits for those who work beyond state pension age? Evidence from England.

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Outline

- Background
- Aim and objectives
- Data and Methods
- Results
- Conclusion

Background

- Evidence suggests that participation in paid work has health benefits
- Existing research on work and health
 - ❖ does not focus on those who work beyond State Pension Age (SPA);
 - ❖ lacks a life-course approach.

Aim & Objectives

- Examine the relationship between paid work beyond SPA and health
 - i. Using longitudinal data
 - ii. Using life-history data, including labour market histories & health in adulthood and childhood

Data & Methods

Waves 2, 3, and 4 (*collected in 2004/05, 06/07, and 08/09*) of English Longitudinal Study of Ageing, a multidisciplinary longitudinal survey representative of individuals 50+ in England

- W3 collects retrospective life history information on labour market history and health in adulthood & childhood

Data & Methods /2

We restricted our analyses to:

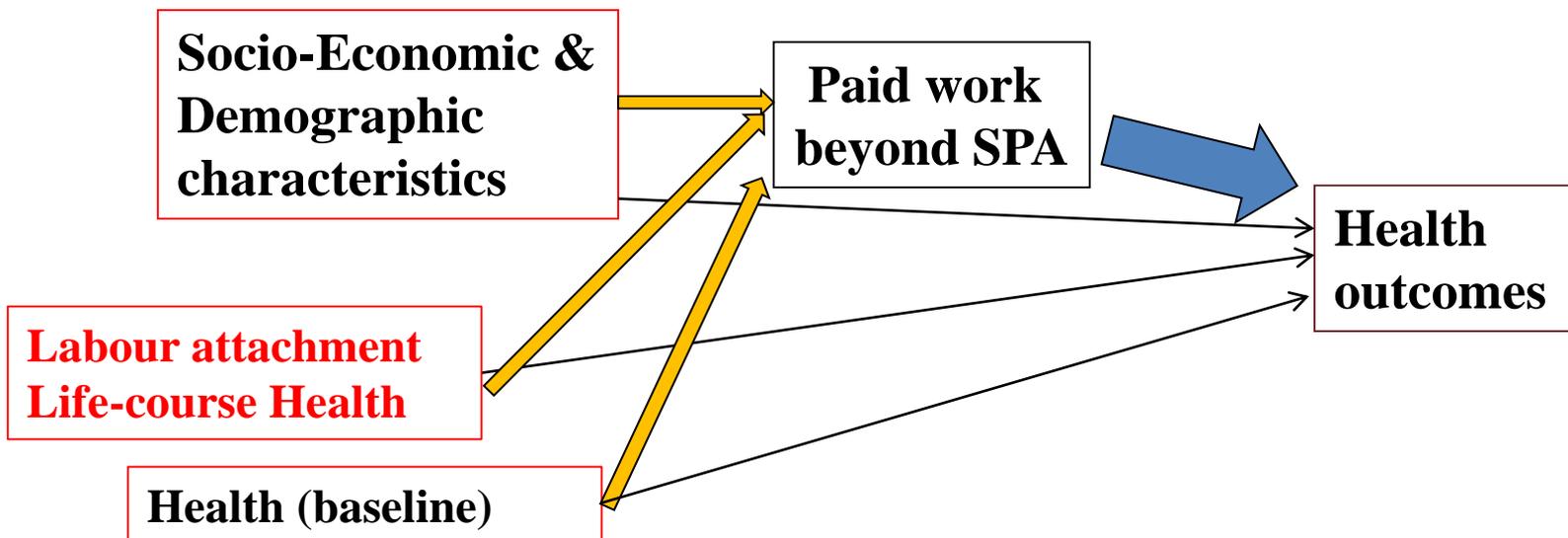
1. **Male** respondents aged **65-74** at W3
2. **Female** respondents aged **60-69** at W3

for whom information was collected at W2
(N~2,300)

Key Variables

- Work beyond SPA: being in paid work in the month prior to the interview at W3.
- Physical Health (*latent variable*)
- Depression (*validated CES-D scale*)
- Sleep disturbance (*index*)

Overview of Analyses



Results, Descriptive

- 1 in 5 English people reported being in paid work beyond SPA (**25% W, 14% M**)
- Men and women in paid work beyond SPA were more likely (compared to those not in paid work) to report:
 - ✓ *Better physical health;*
 - ✓ *Fewer depressive symptoms;*
 - ✓ *Less sleep disturbance.*

Results, Key findings

When we account for age, marital status, wealth, work history, education, and health (at W2, childhood, and adulthood) we find that for both men and women work beyond SPA is **no longer** significantly related to better health.

Results, Key findings/2

Unadjusted and fully adjusted beta coefficients for the relationship between paid work at W3 and 'good physical health' at W4

	MEN		WOMEN	
	<i>Unadjusted Model</i>	<i>Fully Adjusted</i>	<i>Unadjusted Model</i>	<i>Fully Adjusted</i>
In Paid Work	0.323 ***	0.021	0.292 ***	0.011
2+ ill health periods	-0.561 ***	0.113***	-0.642 ***	-0.166***
Fair/Poor SRH /child	-0.256 ***	-0.047*	-0.278 ***	-0.037
Weak labour attachment	-0.117 **	-0.018	-0.103 **	0.006
N	996		1,342	

Fully adjusted model controls for age, education, labour market histories, marital status, wealth, housing tenure, smoking, physical activity, caring, depressive symptoms, and physical health

Conclusions

- i) Being in paid work beyond SPA is positively associated with good health over time;
- ii) However, this relationship is no longer significant after controlling for baseline and life-course characteristics.

Limitations

- 2-year period may be too short
- Trigger points: Is there a time/age when health issues matter the most?
- Further work should consider
 - effort-reward imbalances
 - reasons for staying in paid work beyond SPA
 - lifetime social class

Questions



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