Good work is fundamental to life—as is good health. Work and health are interdependent. In view of changing demographics, work and labour markets, and social contexts, the key challenges to be addressed in work and health research and practice are 1) to minimize ill-health and its effects on work functioning, 2) to ensure good physical and psychosocial work environments, and 3) to accomplish these challenges across the widening socio-economic gradient and across the life course. Why a life course lens when looking at work and health? Detailed knowledge about the life transitions people make, e.g., from school to work, changing careers or the transition out of work towards retirement—and the impact of these transitions on trajectories of health, well-being and work functioning—is lacking. To deepen our understanding of the dynamic interplay between work and health, a life-course epidemiological perspective is needed. If we succeed in adopting a life course perspective and translating our findings into relevant policy and practice interventions, researchers, health care professionals, employers and policy makers can make a difference towards "healthy working lives."

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