

# Employment Strongly Influences Health

Having a steady, safe job and adequate compensation can improve well-being, even across generations



## \$ Income

Jobs with higher wages help people afford resources such as healthy food and safe housing. Women and people of color are less likely than white men to have high-paying jobs and may suffer health consequences. People's income can also affect their children's future earnings and health.

## ⚖️ Stability

Job security contributes to improved health and well-being. People with steady employment tend to report better physical and mental health and lower stress and anxiety than do the recently unemployed.

## 🔑 Benefits

Access to paid leave, health insurance, and retirement funds can help people afford medical care, take time to recover from illness, and maintain their quality of life as they age. Adults with health insurance are more likely to seek care than are those who are uninsured.

## 🛡️ Safety

Employees who work in environments free of health and safety hazards have lower levels of work-related stress and injuries, which may help people maintain steady employment, income, and positive health outcomes.

Sources: Centers for Disease Control and Prevention, National Center for Health Statistics, "Health, United States, 2011: With Special Feature on Socioeconomic Status and Health" (2012), <https://www.cdc.gov/nchs/data/abus/abus11.pdf>; Eileen Patten, "Racial, Gender Wage Gaps Persist in U.S. Despite Some Progress," Pew Research Center (July 1, 2016), <http://www.pewresearch.org/fact-tank/2016/07/01/racial-gender-wage-gaps-persist-in-u-s-despite-some-progress>; Jessamyn Schaller and Ann Huff Stevens, "Short-Run Effects of Job Loss on Health Conditions, Health Insurance, and Health Care Utilization," *Journal of Health Economics* 43 (2015): 190-203, <https://www.sciencedirect.com/science/article/pii/S0167629615000788>; Robert Wood Johnson Foundation, "Exploring the Social Determinants of Health: Work, Workplaces and Health" (2011), [https://www.rwjf.org/content/dam/farm/reports/issue\\_briefs/2011/rwjf70459](https://www.rwjf.org/content/dam/farm/reports/issue_briefs/2011/rwjf70459)

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**Contact:** Health Impact Project

**Phone:** 202-540-6012

**Email:** [healthimpactproject@pewtrusts.org](mailto:healthimpactproject@pewtrusts.org)

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**The Health Impact Project**, a collaboration of the Robert Wood Johnson Foundation and The Pew Charitable Trusts, is a national initiative designed to reduce health inequities and improve the health of all people by ensuring that health is a valued and routine consideration in decisions affecting them.