

Health effects of changes in gendered work and family roles from a life course perspective

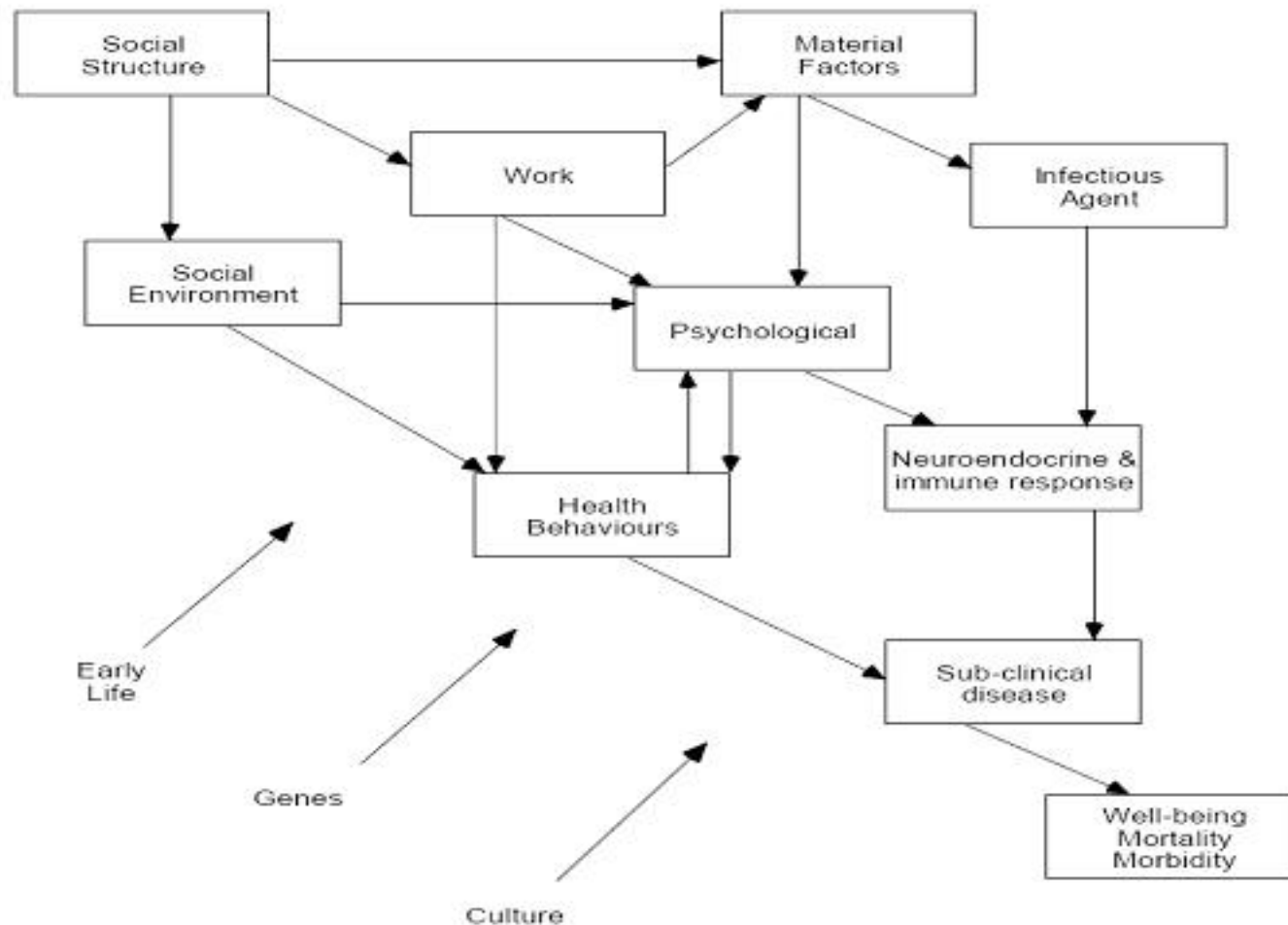
Anne McMunn
&
Rebecca Lacey

EU Gender Summit
6 Nov 2015



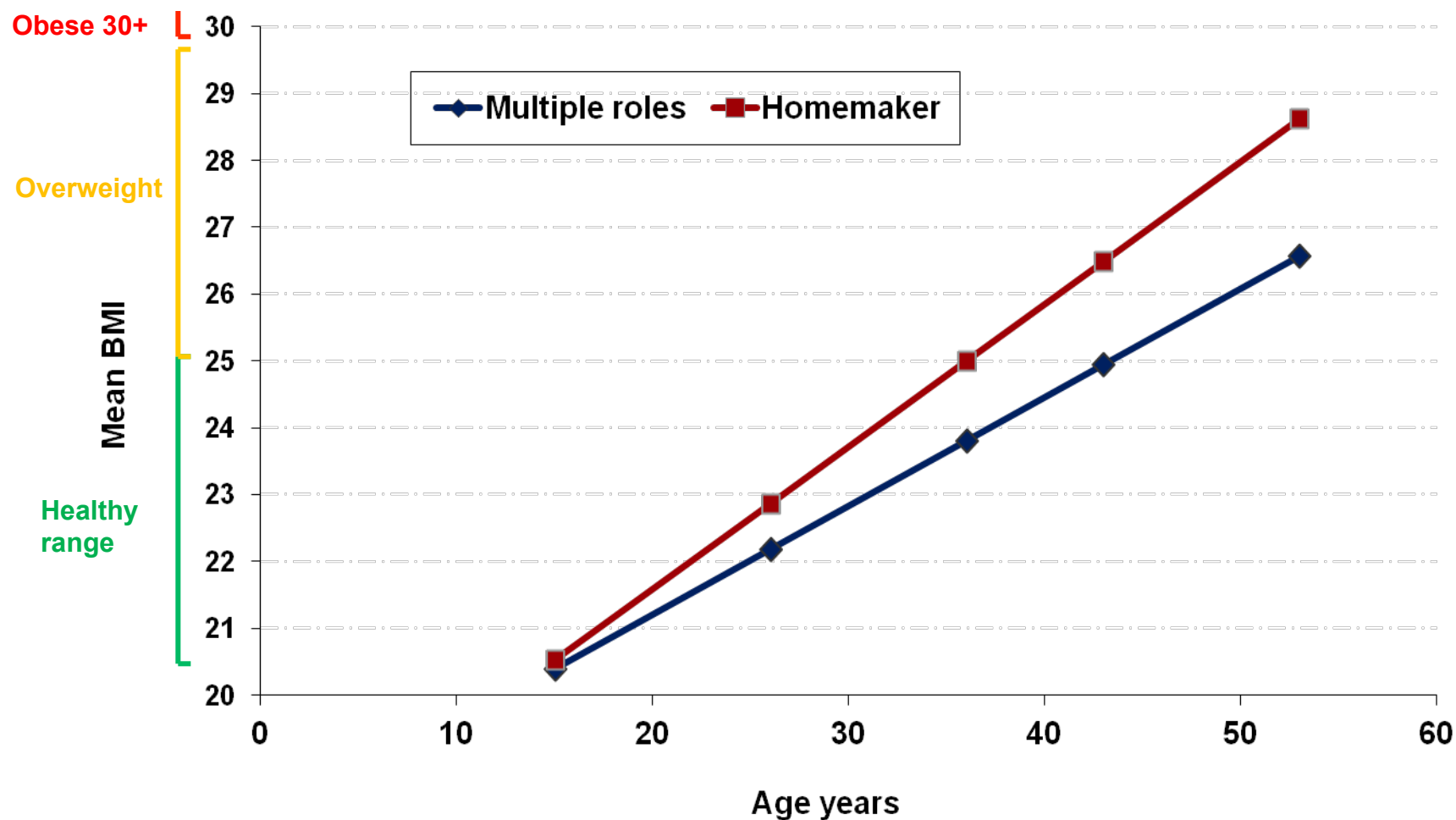
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Brunner and Marmot, 2004



E. Brunner and M. Marmot. (2006). Social organization, stress, and health. In M. Marmot and R.G. Wilkinson (eds) *Social Determinants of Health*. Oxford: Oxford University Press, pp. 6-30.

Mean BMI between ages 15-53 for women in 'Homemaker' & 'Multiple roles' groups



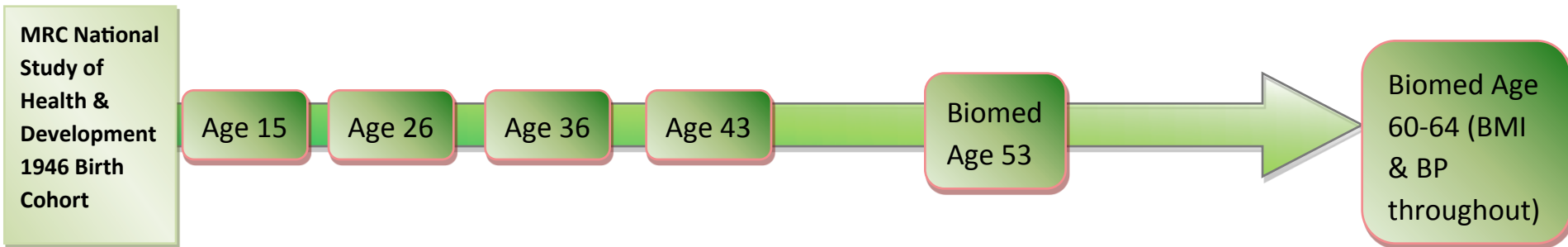
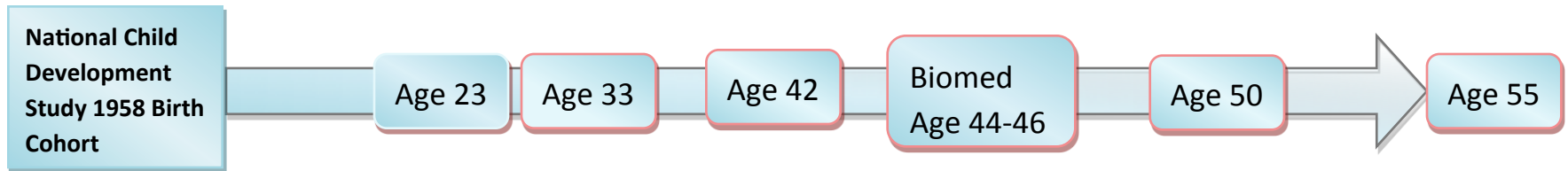
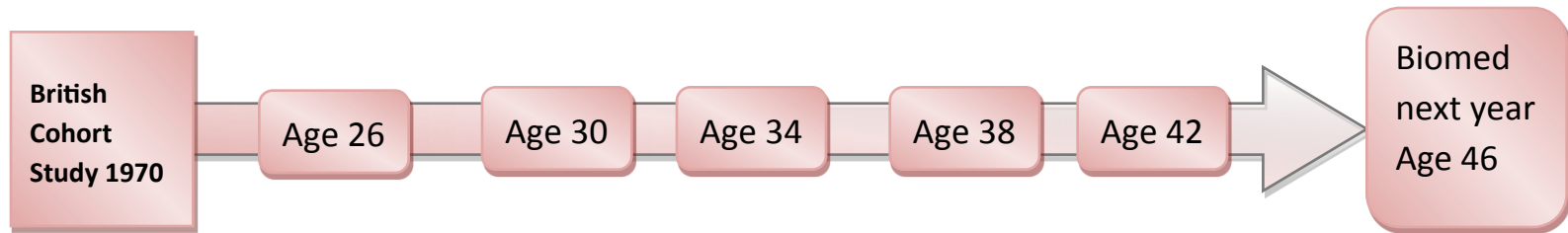
The aim: To assess cohort differences in the **health impact of work and family** combinations over the life course in men and women.

We use multi-channel sequence analysis to characterise work, partnership and parenthood in combination across the adult life courses of British men and women in three cohorts.

In relation to biomarker outcomes thought to be related to stress and chronic disease



British Birth Cohort Data (adult cohorts)



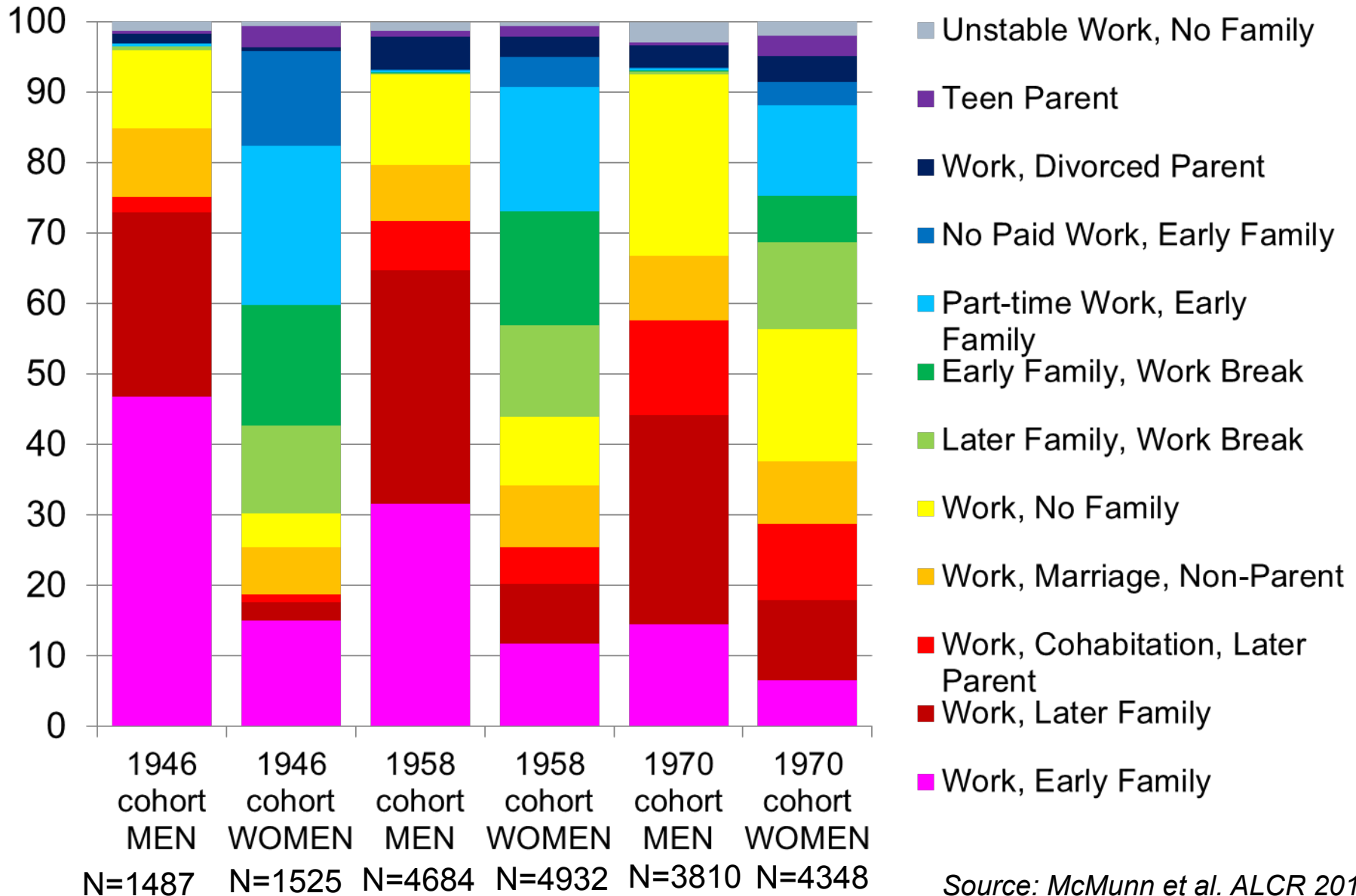
'Ideal types' (i)

Ideal type	Description
'Work, Early Family'	Continuous full-time employment; marriage and children from early 20s
'Work, Later family'	Continuous full-time employment; cohabiting mid 20s, married from late 20s; children from early 30s
'Work, Cohabitation, Later Parent'	Continuous full-time employment; cohabiting from mid-20s; children from early 30s
'Work, Marriage, Non- Parent'	Continuous full-time employment; married from early 20s; no children
'Work, No Family'	Continuous full-time employment; not living with a partner, no children
'Later Family, Work Break'	Employed full-time until late 20s, caring for children full-time from early 30s; married from mid-20s; children from early 30s

'Ideal types' (ii)

Ideal type	Description
'Early Family, Work Break'	Employed full-time until early 20s, caring for children full-time from early-late 20s, employed part-time from early 30s; marriage and children from early 20s
'Part-time Work, Early Family'	Employed full-time until early 20s, part-time employed from mid-20s; marriage and children from early 20s
'No Paid Work, Early Family'	Employed part-time teens, caring for home/family full-time from early 20s; marriage and children from early 20s
'Work, Divorced Parent'	Continuous full-time employment; married from early 20s-mid30s, single from late 30s; children from early 20s
'Teen Parent'	Homemaker until mid 20s, employed full-time from mid 20s; married from early 30s; children from late teens
'Unstable Work, No Family'	Working intermittently; no partner or children

Gender convergence in work-family life courses?



Work-family life courses, metabolic risk factors & inflammation

Biological stress responses to weak ties to paid work & partnership, early transitions to parenthood

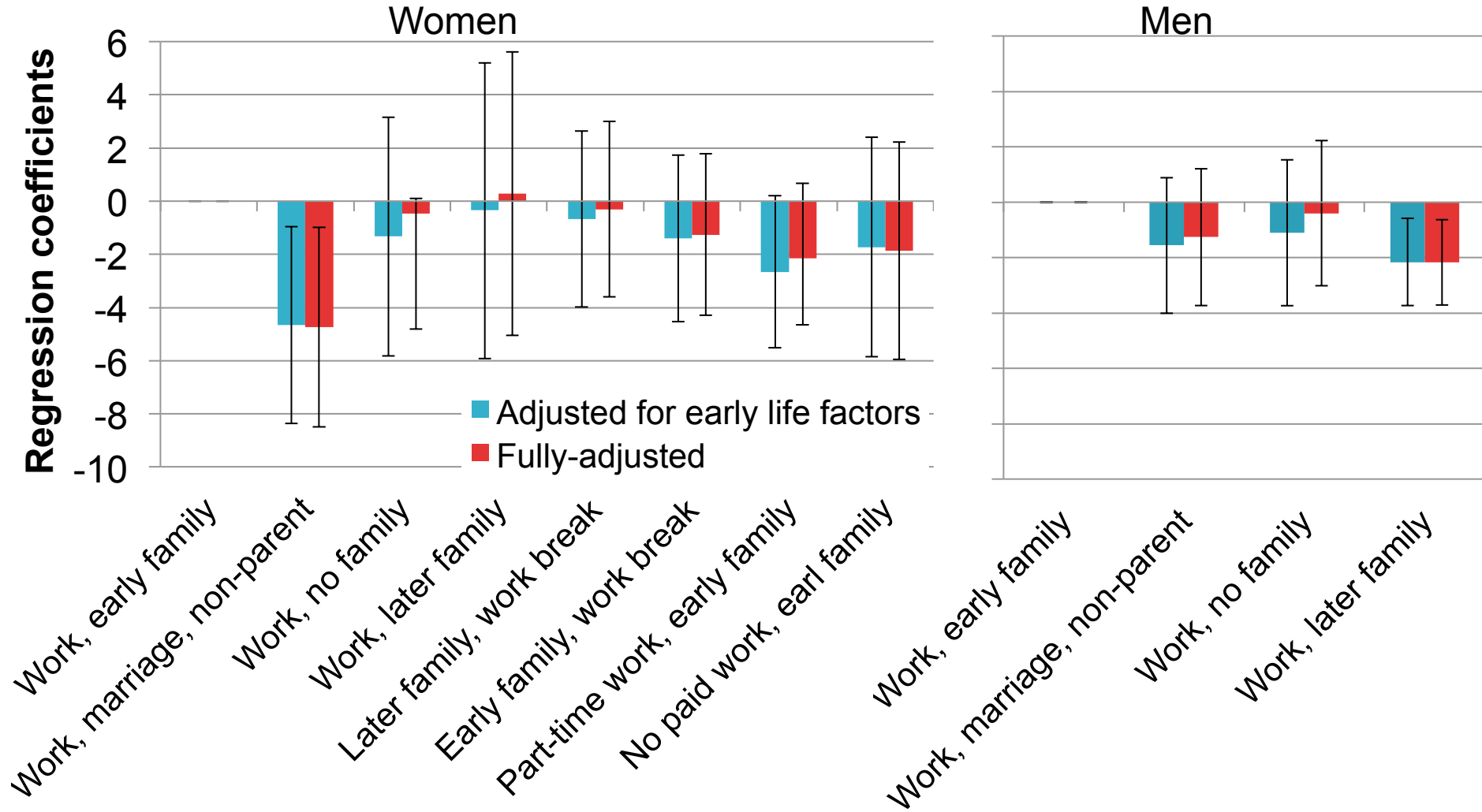
Inflammation

- C-Reactive protein
- Fibrinogen

Metabolic risk

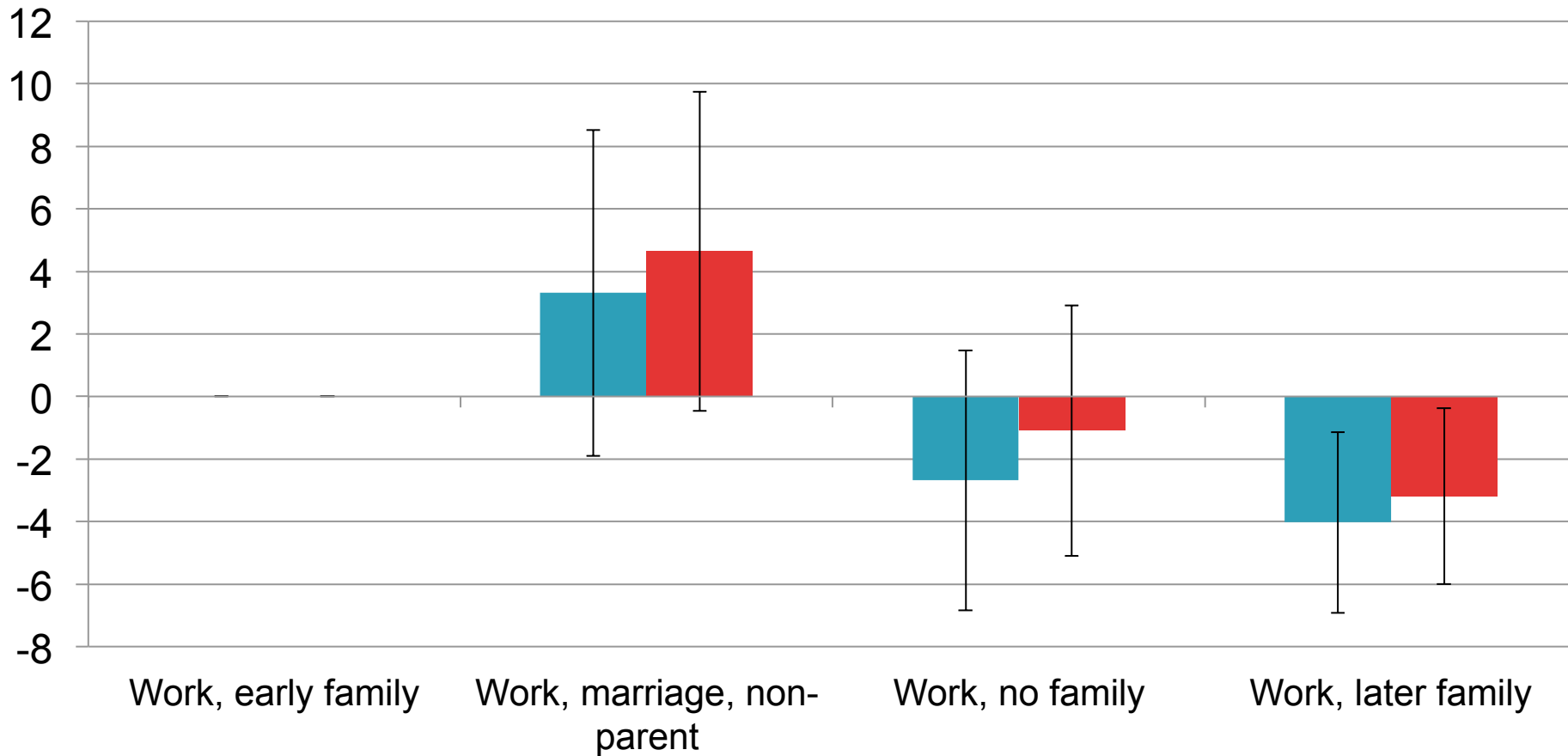
- Waist circumference
- Systolic & diastolic blood pressure

1946 COHORT: Association between work-family life courses (16-50 yrs) & METABOLIC MARKER -- waist circumference at age 53



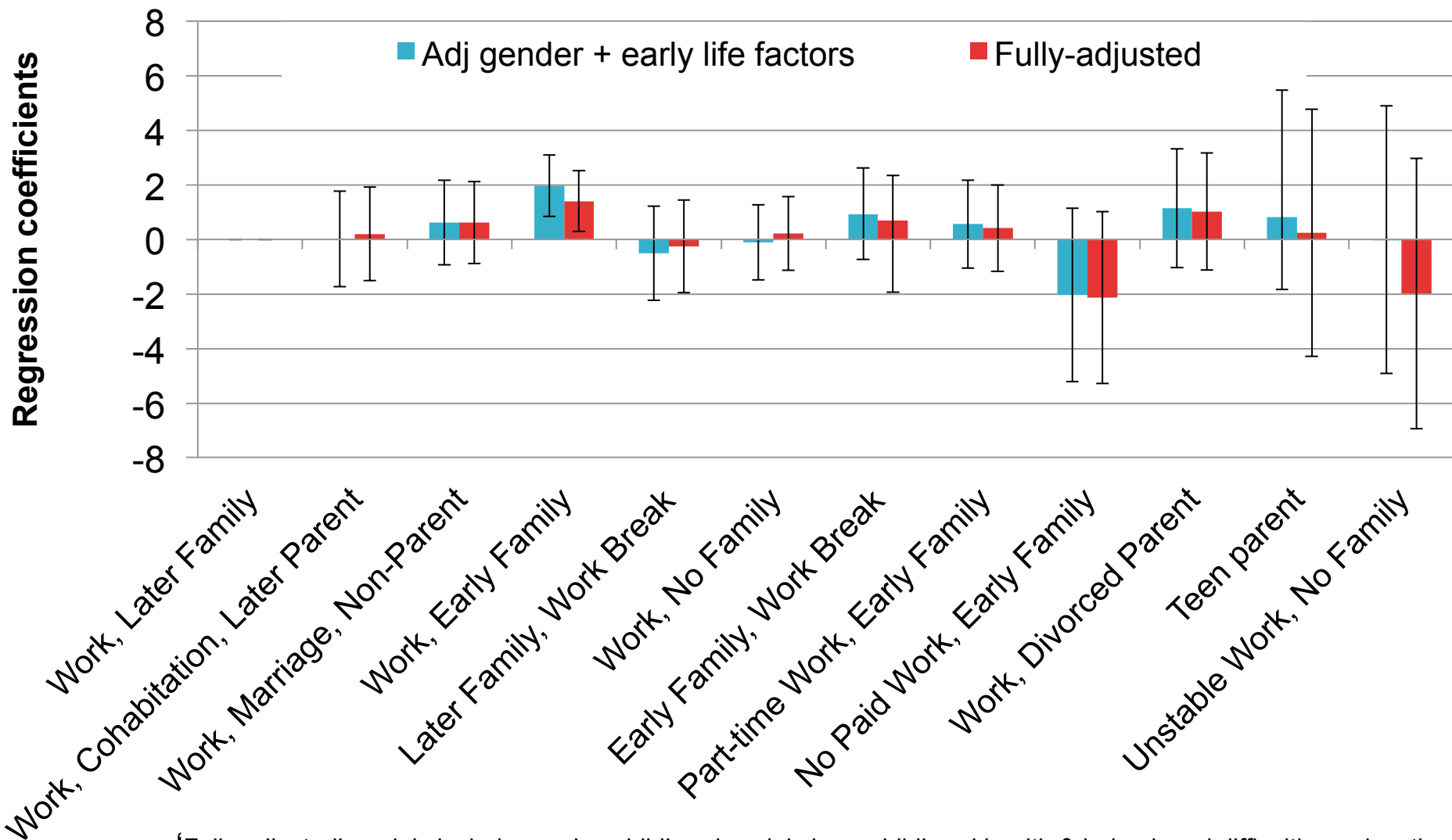
‘Early life factors’ include childhood social class, adolescent behavioural difficulties & educational attainment. ‘Fully adjusted’ = early life + mediators: smoking, physical activity, problem drinking, social class of head of household

1946 COHORT: Association between work-family life courses (16-50 yrs) & METABOLIC MARKER -- systolic blood pressure at age 53 MEN ONLY



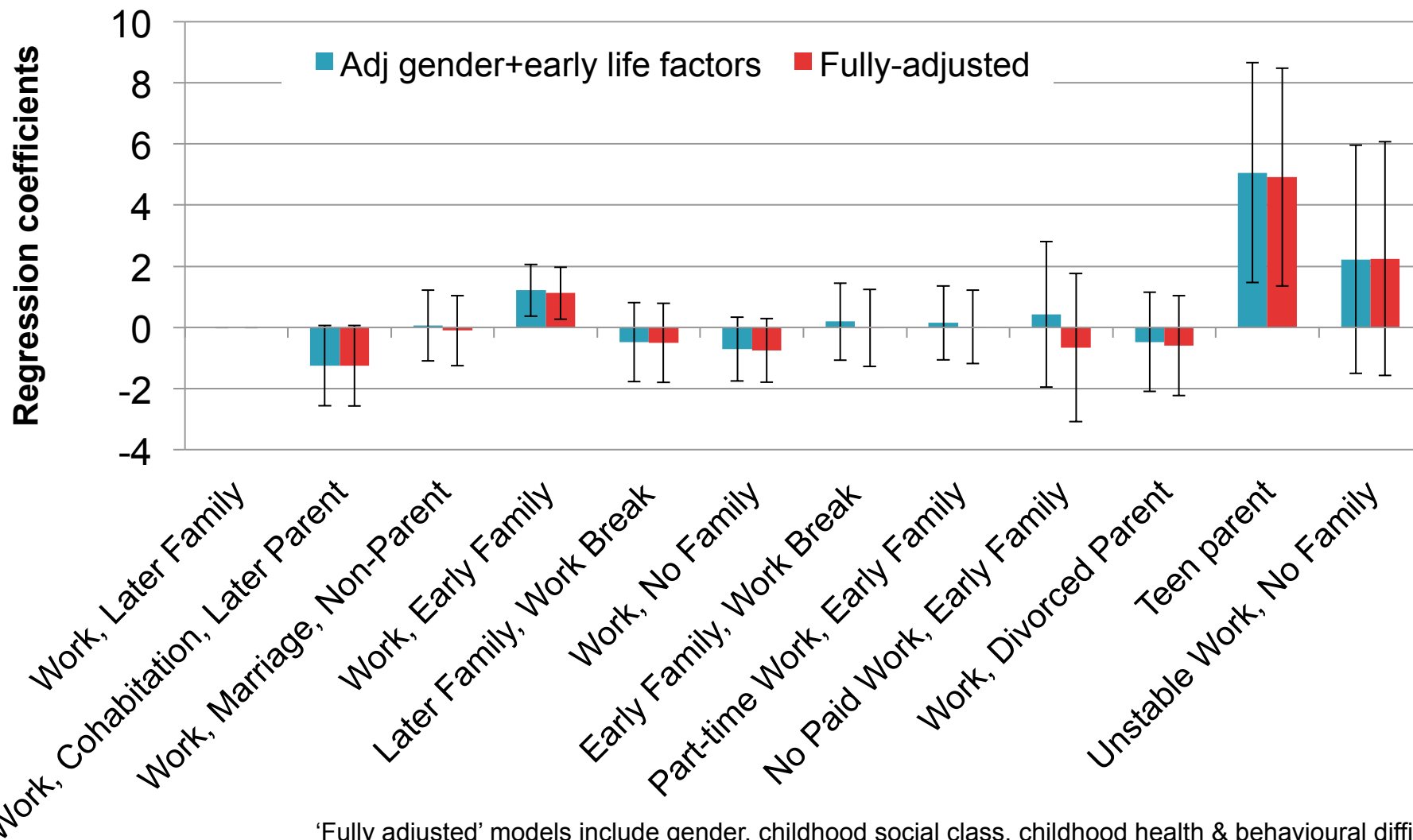
'Early life factors' include childhood social class, adolescent behavioural difficulties & educational attainment. 'Fully adjusted' = early life + mediators: smoking, physical activity, problem drinking, & social class of head of household, BMI

1958 COHORT: Association between work-family life courses (16-42 yrs) & METABOLIC MARKER -- systolic blood pressure at age 44 yrs



'Fully adjusted' models include gender, childhood social class, childhood health & behavioural difficulties, educational attainment, occupational class of head of household, smoking, physical activity, problem drinking, BMI.

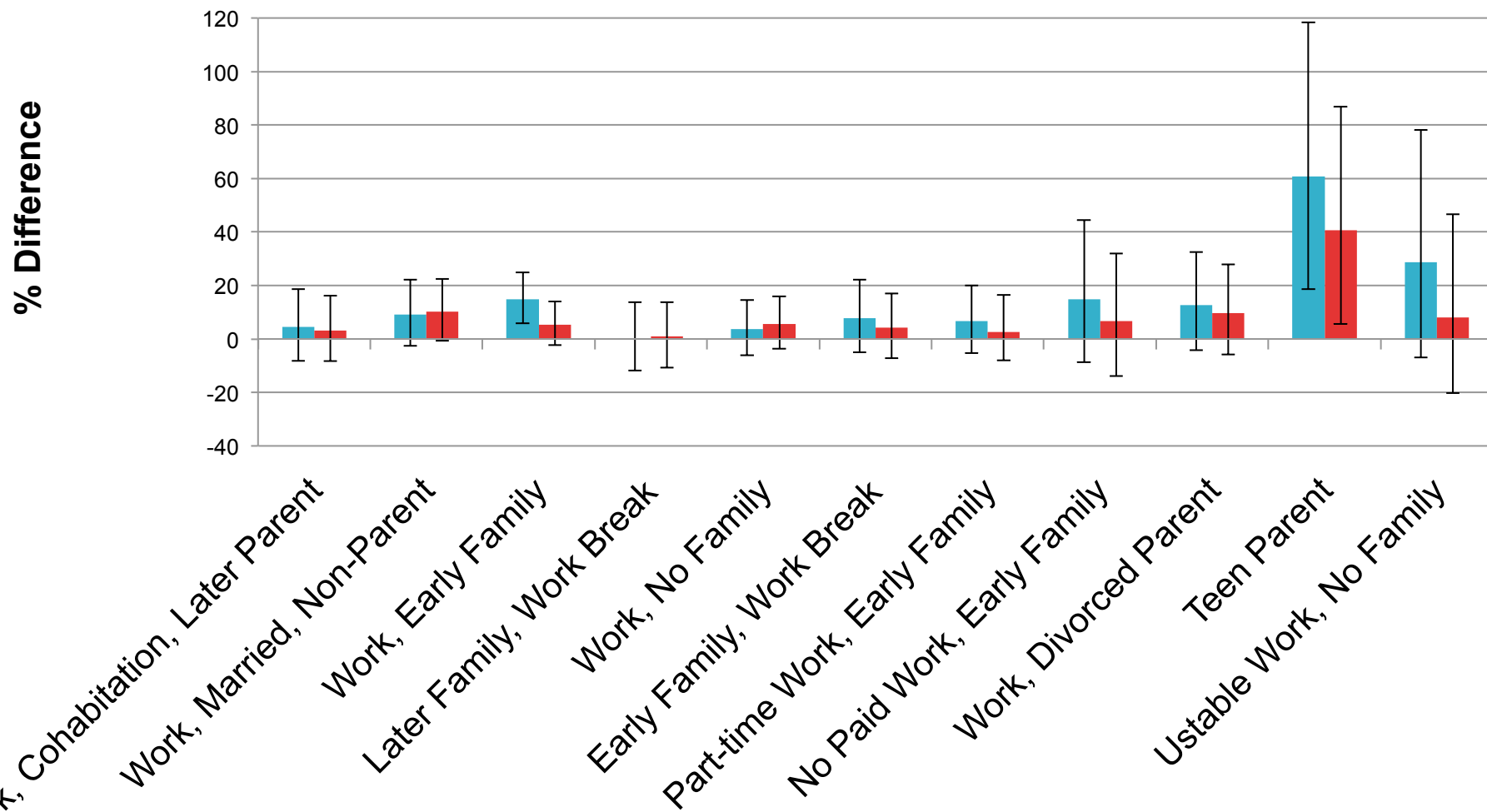
1958 COHORT: Association between work-family life courses (16-42 yrs) & METABOLIC MARKER -- waist circumference at age 44 yrs



'Fully adjusted' models include gender, childhood social class, childhood health & behavioural difficulties, educational attainment, occupational class of head of household, smoking, physical activity, problem drinking.

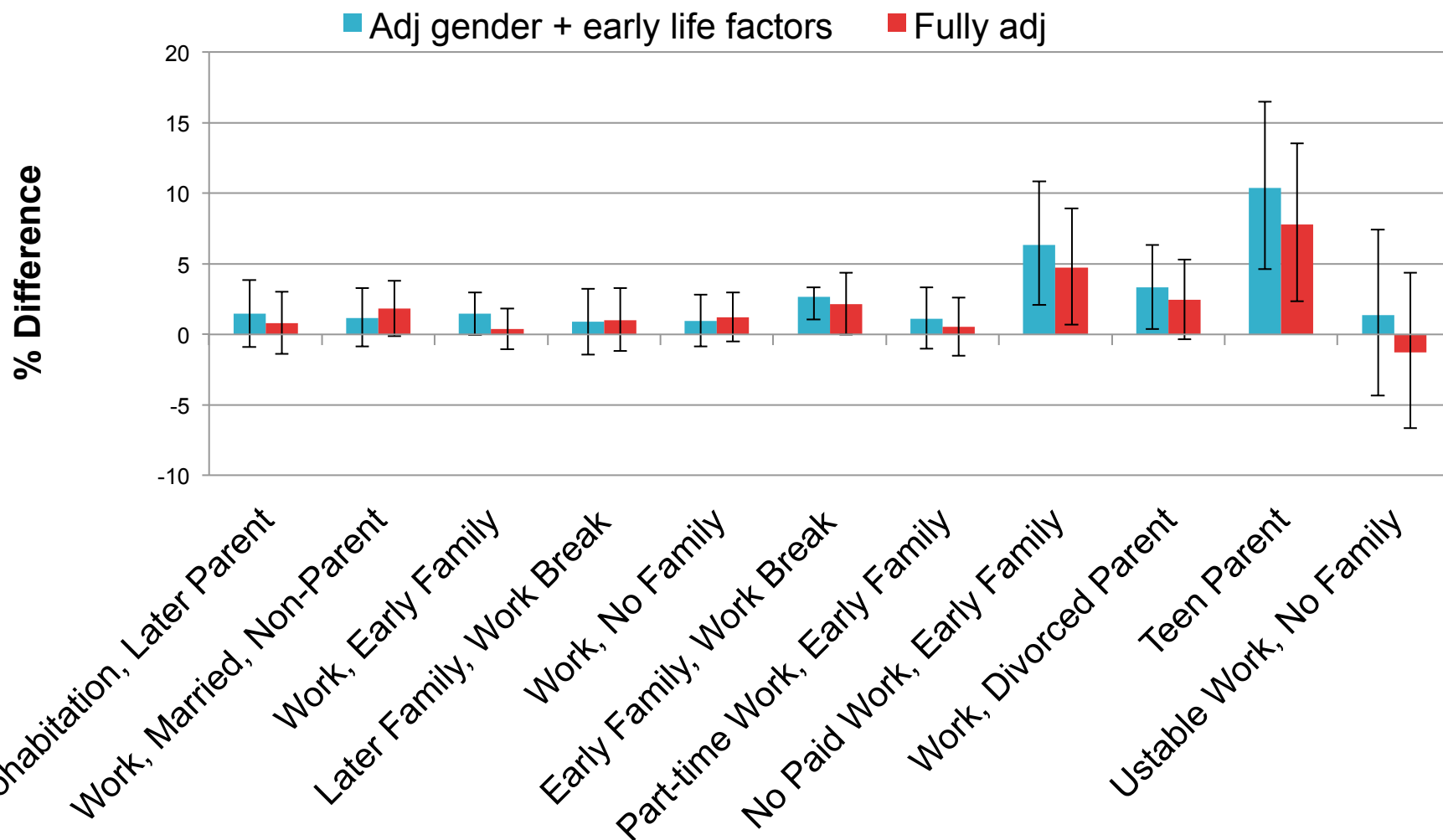
1958 COHORT: Association between work-family life courses (16-42yrs) & INFLAMMATION (CRP 44yrs)

■ Adj gender + early life factors ■ Fully adj



Source: Lacey et al. IJE 2015. 'Fully adjusted' models include gender, childhood social class, childhood health & behavioural difficulties, educational attainment, occupational class of head of household, smoking, physical activity, problem drinking, BMI.

1958 COHORT: Association between work-family life courses (16-42yrs) & INFLAMMATION (fibrinogen 44yrs)



Source: Lacey et al. *IJE* 2015. 'Fully adjusted' models include gender, childhood social class, childhood health and behavioural difficulties, educational attainment, occupational class of head of household, smoking, physical activity, problem drinking, BMI.

Work-family life courses characterised by weak ties to paid work and partnership combined with earlier parenthood → raised inflammation & metabolic risk?

Groups characterised by early transitions to parenthood = greater inflammatory & metabolic risk.

Those who take long periods of time out of paid work to care for children & home (**'homemakers'**) = significantly ↑ Fibrinogen & ↓HDL.

ERC funding from a (female) grantee's perspective

- Allowance for childbearing/career breaks in career stage definitions.
- The application and evaluation procedure – my experience



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Thank you



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