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Project Title

Employment Transitions and Weight Change in a Prospective Cohort of Aging Canadians

Project Summary

Research has linked job-loss with poorer physical health and changes in lifestyle factors such as increased smoking and drinking. The changes in lifestyle factors have also been independently shown to impact weight status. However, few studies have bridged these associations into a pathway through which experiencing an employment transition can affect weight status. We also are aware of the unique challenges associated with unemployment in the aging population, such as difficulty in re-employment following job-loss. The research objective is to create Canadian evidence on the direct and indirect impact of employment transitions on weight change. Pathways that will be explored include changes to diet, alcohol consumption, smoking, and sleep because of employment transitions.

Keywords

Employment transition, Weight change, Social determinants of health