Having a job is good for our health, but the quality of our jobs makes the difference. Ensuring people have a safe, encouraging and supportive working environment will help keep them well and in work for longer. This is something that all employers can and should take steps to achieve.

Duncan Selbie
Chief executive
Public Health England

For work to support a healthy life it should:

- Pay fairly and offer lasting security
- Ensure good working conditions
- Enable a good work life balance
- Provide training and opportunities to progress

In 2017, an estimated 6.2 million employees were paid less than the real Living Wage

61% of workers in insecure employment have worked when unwell for fear of losing their job or pay

Employees working long hours are 2.5 times more likely to have a major depressive episode

In-work training can make people happier at work and lead to higher levels of personal wellbeing

References available at www.health.org.uk/healthy-lives-infographics
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