Methods Cross-sectional data from The Irish Longitudinal Study on Ageing (TILDA), a population-based study of 8175 people aged ≥50 years was analysed. Those in employment were grouped according to the occupational social classification, an internationally recognised categorisation widely used to analyse social and health variations. Statistical analyses were performed using SPSS (V22.0, SPSS Inc, IL). Tests for main effects were conducted using an ordinal logistic regression using a generalised linear model. The relationship between self-rated health and social class was examined with age, gender, educational status, medical history and multiple lifestyle factors (body mass index (BMI), smoking, alcohol consumption, physical activity) as the independent variables.

Results 30% (2440/8175) of the TILDA cohort were in employment at the time of the study and therefore included in the analysis. There was a statistically significant association between self-rated health and occupational social class after adjusting for independent variables as described above (p-value 0.014).

Conclusion There is a strong cross-sectional association between self-rated health and occupational social class in those at work over 50 years of age in Ireland. This association is preserved after adjusting for gender, age, past medical history, lifestyle behaviours and educational status. Further research is required to establish if this association persists among retirees. This study confirms the need to tailor health promotion and well-being programs to the different occupational social groups to maximise potential health benefits and to preserve employment among older workers

Introduction Neoliberal economic globalisation has changed the definition of standard employment and this could be affecting work-life balance. The objective of this study is to describe the satisfaction with working hours and satisfaction with work-life balance and their association in the European Union (EU-28).

Methods This is a cross-sectional study based on data from the Flash Eurobarometer 398 among workers of the EU-28 from 2014 (n=13,683). We calculated percentages and their 95% confidence intervals (95% CI). We also fit a multi-level generalised linear model (GLM) using the Poisson family, in order to calculate the adjusted prevalence ratios (aPR) of satisfaction with working hours and work-life balance based on working hours. All analyses were stratified for individual, employment and welfare regime country classification.

Results Satisfaction with working hours and work-life balance was 80.62% and 74.48%, respectively, and was significantly higher among women. The highest percentages of satisfaction were found in Nordic welfare regime countries (90.2% and 85.3%, respectively). There was a statistically significant association between satisfaction with working hours and work-life balance (aPR = 2.63, 95% CI: 2.28 to 3.04), and the magnitude of the association differed by individual and employment characteristics and welfare regime country classification. The main reasons declared for dissatisfaction were ‘excessive working hours’ (48.7%), ‘shift work’ (27.9%), and ‘inability to influence the work schedule’ (28.3%). Differences were observed according to sex and type of welfare regime.

Conclusion European Union workers are highly satisfied with their working hours and work-life balance, and there is a strong association between satisfaction with work-life balance and working hours. There are still differences between sexes and welfare regimes. The Nordic model of social policies should be considered to improve satisfaction with work-life balance in the rest of the EU-28.