



## Sustainable Work Ability and Aging

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### Message from the Guest Editor

In many industrialized countries, there is a sharp increase of the aging population due to a decrease in fertility and an increase in life expectancy. Due to that, the age dependency ratio rises and may cause increased economic burden on the productive part of the population. One strategy to combat this is to prolong peoples working lives. A sufficient work ability is a requirement for a sustainable and prolonged employment. Work ability is primarily a question of balance between work and personal resources. Personal resources change with age, whereas work demands may not change parallel to that, or only change due to globalization or new technology. Work ability, on average, decreases with age, although several different work ability trajectories exist during the life course. Work-related factors, as well as general lifestyle, may explain the declines and improvements in work ability during aging. A sustainable work ability throughout the life course is a main incentive for a prolonged working live. Work ability and work-related factors, are therefore important occupational and public health issues when the age of a population increases.





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## Message from the Editor-in-Chief

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