Contents

About the Author	viìi
Introduction	1
Chapter 1 Studying Health and Well-Being across the Life Course	6
Chapter 2 Beginnings: Prenatal Health	22
Chapter 3 Health and Well-Being in Childhood	36
Chapter 4 Health and Well-Being in Adolescence	57
Chapter 5 Health and Well-Being in Young Adulthood	81
Chapter 6 Health and Well-Being in Midlife	106
Chapter 7 Health and Well-Being in Old Age	129
Postscript	156
Glossary	157
References	164
Index	191