

Work healthier for moms than home

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British reseachers say working mothers are healthier than those who stay at home with their children.

The study in the Journal of Epidemiology and Community Health says working mothers are less likely to become overweight, have a better level of health and a healthier relationship.

Dr. Anne McMunn of the University College London said that it is the experience of work plus having a family that brings on the better health, not the fact that only healthier mothers decide to carry on working, Medical News Today reported.

The researchers, who examined data on women born in 1946 from the Medical Research Council's National Study of Health and Development, said the healthiest women were the ones who had a partner, children and a job. Those reporting the worst health were stay-at-home mothers, followed by childless women and single mothers.

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