

## **Gene-Environment Interplay and Life Course Health**

### **ABSTRACT**

Research on gene-environment interplay and health is flourishing. It is now widely acknowledged that both genes and environments influence a diverse assortment of health outcomes, and that these two factors do not function in completely independent ways. Instead, they influence health through gene-environment correlation and interaction. Despite rapid advances in our knowledge on this front, however, there are several weaknesses in the literature. The present study addresses two of these. First, it provides a framework that conceptualizes genes and environments as both risk factors for poor health, and resources that enhance well-being. Previous research has focused primarily on risk. Second, it draws on the stress process model and the life course paradigm to address the relatively undertheorized nature of the “environment” in this literature. Existing research has failed to address the complex, multidimensional nature of environmental influences. Overall, this theoretical work helps to organize the current literature, and to provide guidance to future research.