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Dr. Xuejie Ding is an Assistant Professor in the Department of Social Work and Social Administration at the University of Hong Kong. Her research lies at the intersection of social demography, medical sociology, and population health. She investigates how social inequalities in work and family life shape health and well-being across the life course. Drawing on longitudinal population data and advanced quantitative methods, her research examines the social determinants of sleep, mental health, and biological ageing, with particular attention to how social experiences become embedded in health inequalities over time. Her current research extends this agenda by investigating how work and family trajectories shape the pace of biological ageing.