



25 YEARS OF ADVANCING WOMEN THROUGH RESEARCH

The **Office of Research on Women's Health (ORWH)** celebrates 25 years of making women's health research part of the framework of science funded by the National Institutes of Health (NIH).

WOMEN'S HEALTH RESEARCH BEFORE ORWH



Many scientists thought that men and women were fundamentally the same, aside from obvious differences in reproduction and sex hormones.

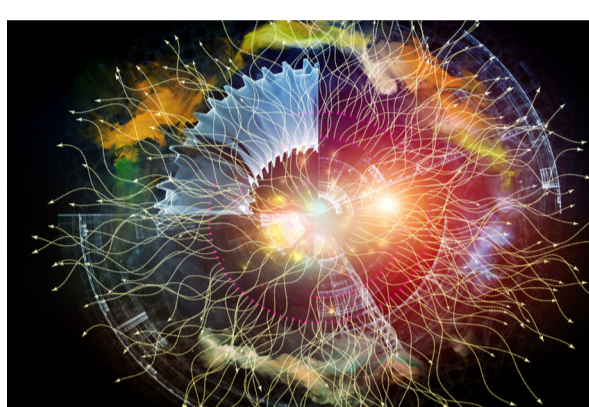


Women were often excluded from clinical trials, and data from studies involving only men were applied to women.



There was a lack of information about conditions and diseases unique to or more prevalent in women.

ORWH FOUNDED IN 1990



ORWH is established to improve research on **diseases, disorders, and conditions that affect women.**



ORWH leads the NIH effort to ensure that scientists consider **sex as a biological variable.**



ORWH supports the recruitment, retention, re-entry, and advancement of women in **biomedical careers.**

Q.

WHY IS SEX AS A BIOLOGICAL VARIABLE IMPORTANT?

A.

Sex and gender play a role in how health and disease affect individuals. Understanding the influences of sex improves health and saves the lives of both men and women.



WHAT WE'VE LEARNED

Medications affect men and women differently. Learning this has meant that more women and men are getting **appropriate doses** of the **right medication.**



Many researchers have overlooked the role of sex in preclinical research. Including sex as a biological variable in studies using animals and cells helps **better inform human studies.**



Women and men experience different symptoms for some diseases and conditions. Knowledge of these differences leads to **better diagnoses** and **better outcomes.**



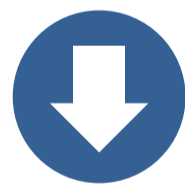
There are barriers that prevent women from reaching their full potential in biomedical careers. Programs and policies that help support women can **create opportunities** and **foster culture change.**



BENEFITS OF WOMEN'S HEALTH RESEARCH IN EVERYDAY LIFE



Women's life expectancy has increased from 71.1 years in 1950 to 81.2 years in 2013.



Breast cancer deaths have fallen from 33.3 per 100,000 women in 1990 to 20.8 per 100,000 women in 2013.



NIH research identified a drug that reduces an HIV-positive mother's risk of passing the virus to her baby from 25% to less than 1%.



A simpler at-home pregnancy test that shows either "pregnant" or "not pregnant" was approved by the FDA in 2003.



More than half of participants in NIH-funded clinical trials are women, and more scientists are accounting for sex in their research findings, which benefits everyone.

VISION FOR THE FUTURE



Continue to expand our understanding of the roles of sex and gender in health and disease.



Increase the number of women and diverse populations in clinical research.



Advance women in biomedical careers.



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