



NIH Office of Research on Women's Health

Women's Health Conference 2021

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National Institutes of Health

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www.nih.gov/women
#ResearchForWomen

We Built Women's Health Research Together



1960s – 1970s

1970s

1980s

1990s



Unidimensional Research Created Knowledge Gaps

Default human model was 70-kg male

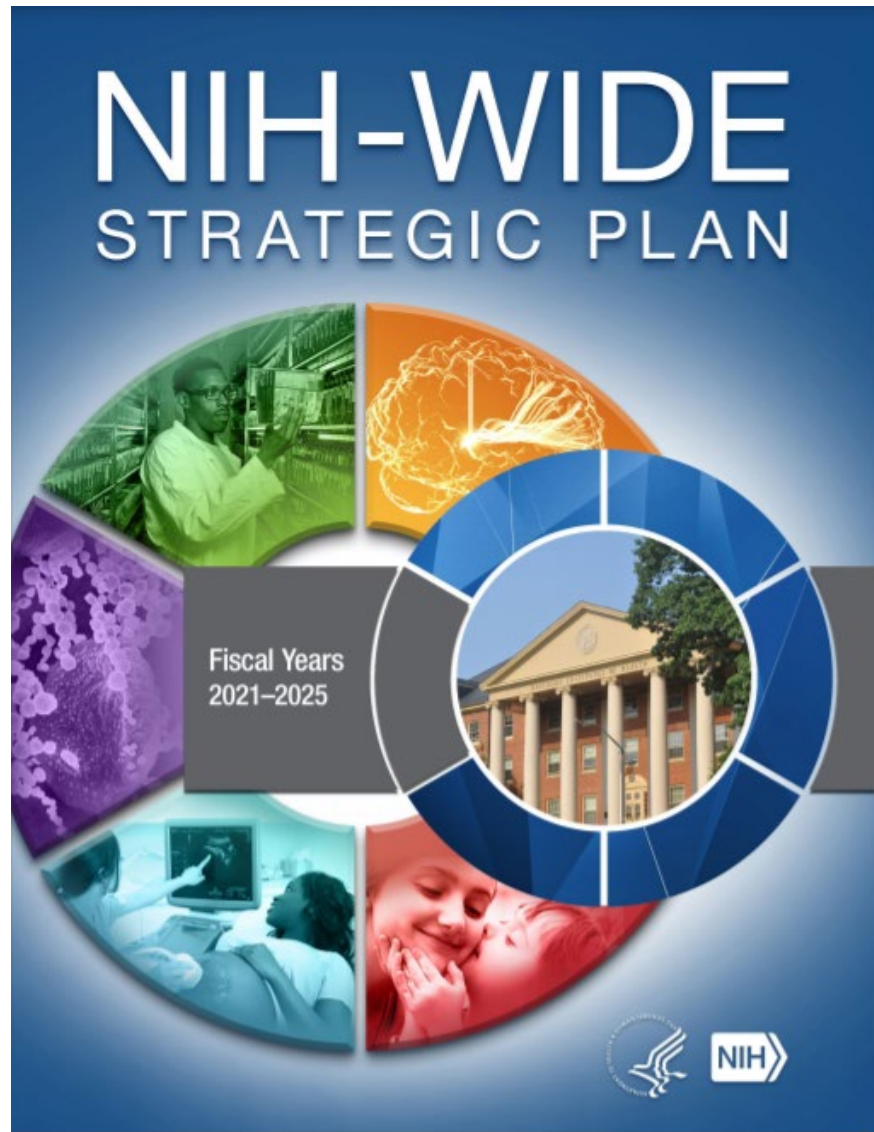
- Fundamental biology assumed to include only **shared** molecular, biochemical and physiologic characteristics
- Protectionism, paternalism, menstrual cycle

Preponderant use of male animals in preclinical research

Unidimensional research: Yet knowledge generated applied to women; meds prescribed to women

NIH & Congress require inclusion of women, others in clinical trials

- In 1993 the NIH Revitalization Act directed the establishment of guidelines for the inclusion of women and minorities in clinical research
- In 2016, the 21st Century Cures Act:
 - Required NIH-defined applicable phase III CTs to report results disaggregated by sex/gender, race, and ethnicity into ClinicalTrials.gov
 - Implemented NIH Policy on Sex as a Biological Variable (SABV) “expects that [SABV] will be factored into research designs, analyses, and reporting in vertebrate animal and human studies”.
- In 2017, NIH’s Research, Condition, and Disease Categorization reports publish inclusion data by sex/gender, race, and ethnicity



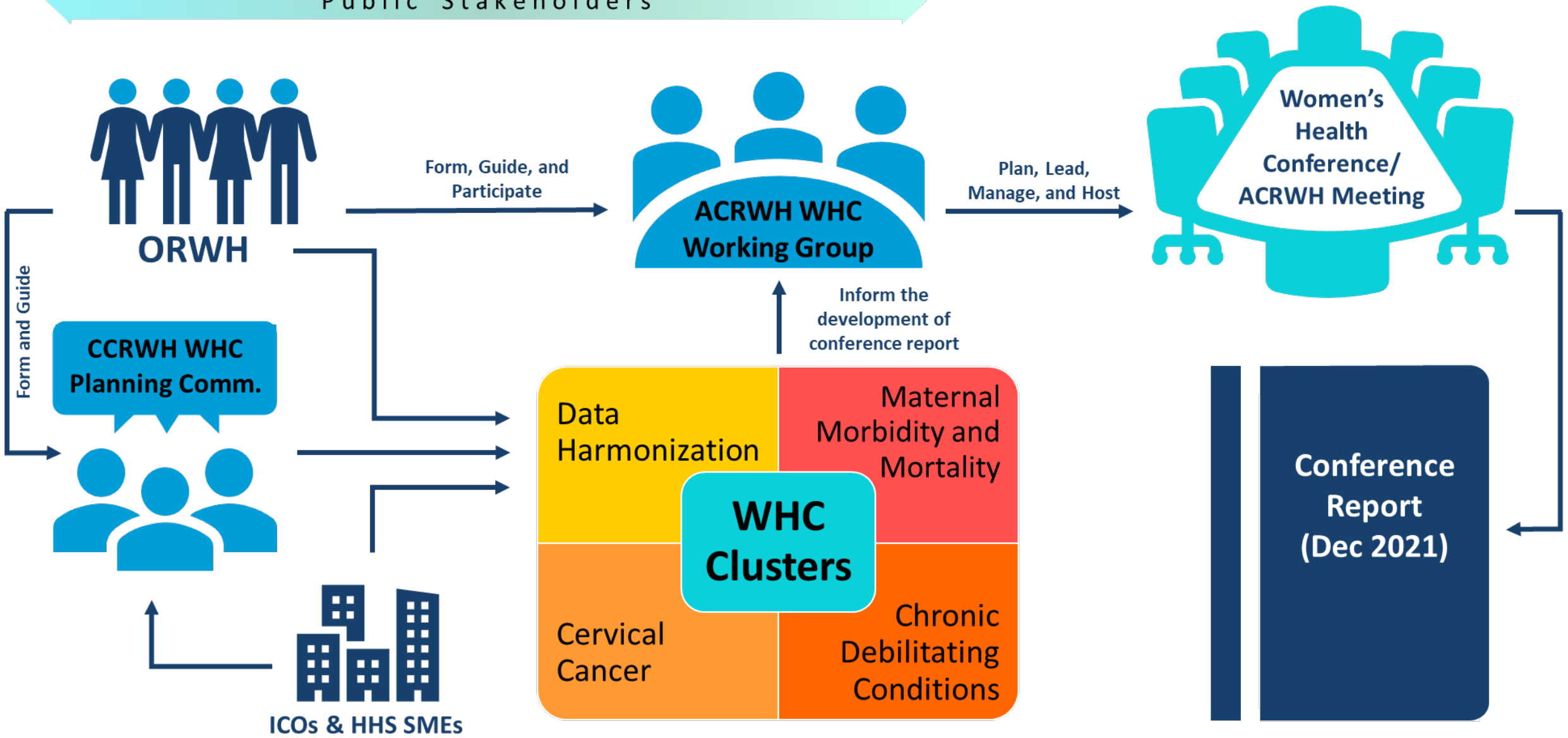
2021-2025 NIH-Wide Strategic Plan recognizes women's health

This new plan continues to advance the vision for biomedical research direction, capacity, and stewardship through five cross-cutting themes:

- Improving Minority Health and Reducing Health Disparities
- **Enhancing Women's Health**
- Addressing Public Health Challenges Across the Lifespan
- Promoting Collaborative Science
- Leveraging Data Science for Biomedical Discovery
- <https://www.nih.gov/about-nih/nih-wide-strategic-plan>

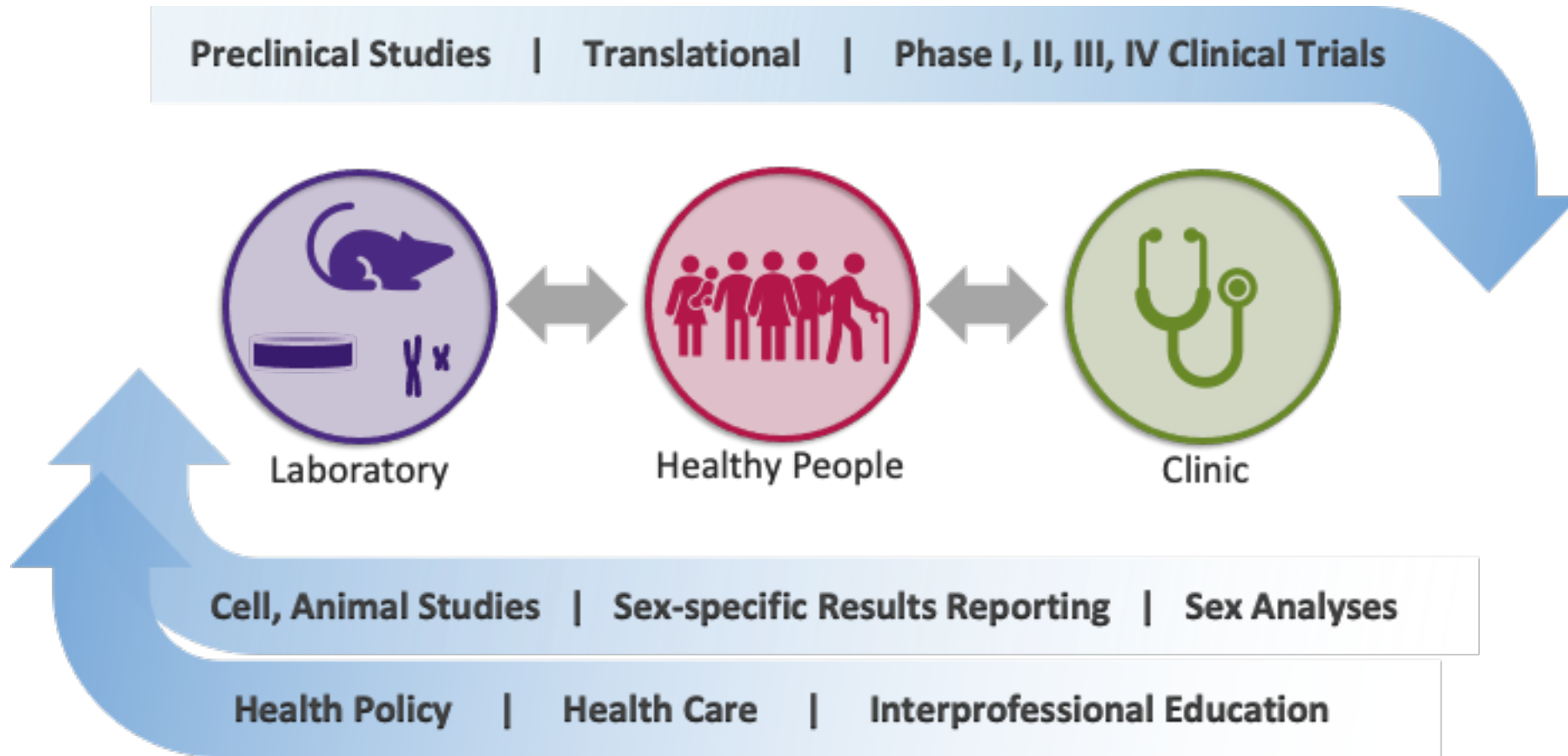


Broad Input Through Paths That Converge Along the Way





Incorporating sex and gender across the research continuum advances rigor, discovery, innovation, and equity





Multidimensional Framework represents intersection of factors affecting the health of women



HEALTH OF WOMEN ACROSS THE LIFE

Women in Context – **External Factors**
Such as *social determinants of health* including **gender**, environment, & policies



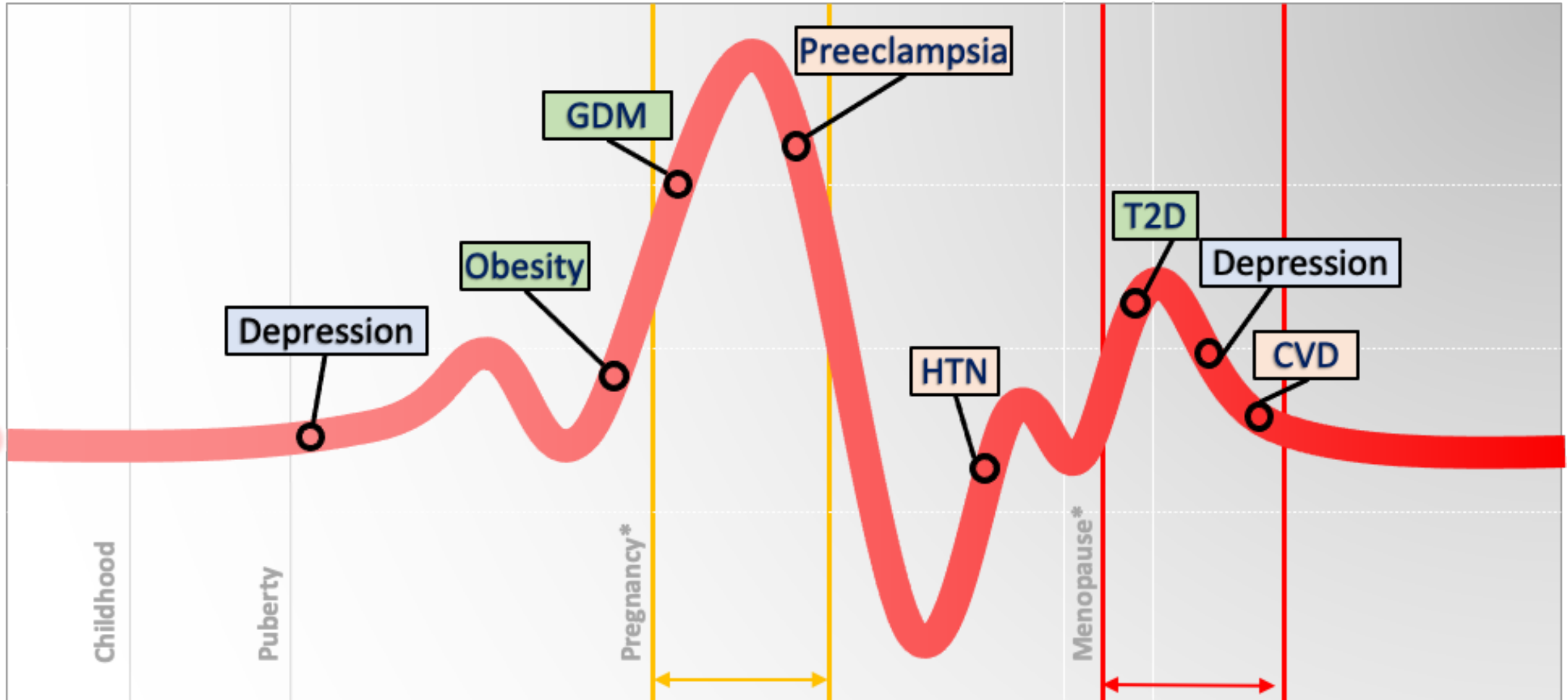
Biological Perspective – **Internal Factors**
such as **sex** influences at genetic, molecular, cellular, & physiological levels

Interaction

Interaction



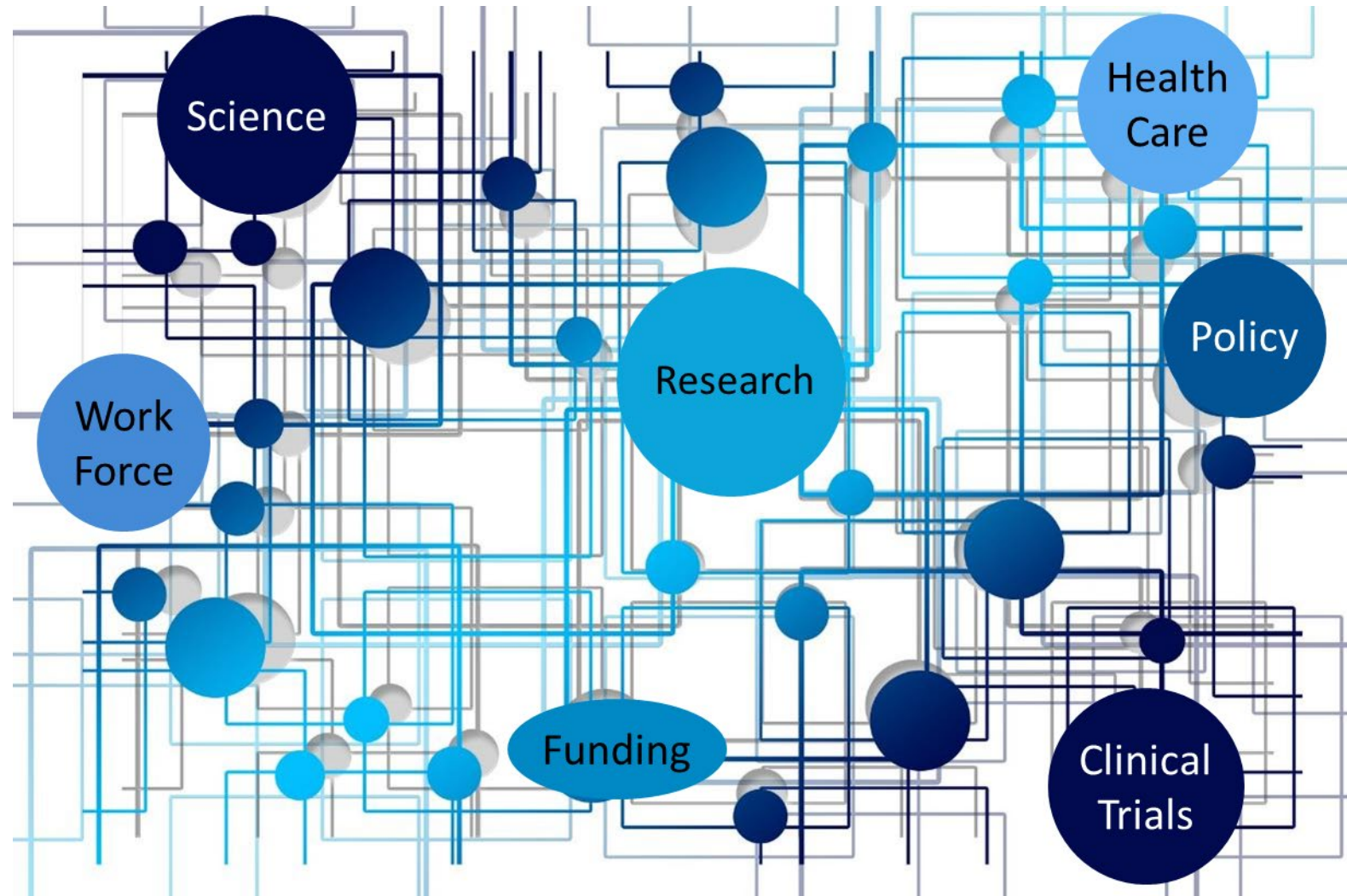
An Integrated Life Course Perspective is Required to Understand the Health of Women





Seize this Moment to Advance Health of Women

- How do we move beyond policy and programs to drive fundamental change?
- What checks and balances need to be built into the research ecosystem?
- How can we incentivize cross sector innovation to drive discovery?
- Which part are you going to play?





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PUBLICATIONS




WOMEN'S HEALTH *In Focus* AT NIH
A QUARTERLY PUBLICATION OF THE NIH OFFICE OF RESEARCH ON WOMEN'S HEALTH

Quarterly Newsletter
bit.ly/ORWHInFocus

The Pulse

Monthly Email
bit.ly/ORWHpulse

SOCIAL MEDIA

 @JanineClaytonMD
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 NIHORWH
NIH.gov/women

EVENTS

bit.ly/ORWHevents

E-LEARNING

Bench to Bedside: Integrating Sex & Gender to Improve Human Health

Sex as a Biological Variable Primer

Introduction to the Scientific Basis of Sex- and Gender-Related Differences

bit.ly/ORWHeLearning

