

ADVANCING SCIENCE FOR THE HEALTH OF WOMEN

*The Trans-NIH Strategic Plan for
Women's Health Research*

2019-2023



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Advancing Science for the Health of Women is a multipronged pathway to advance a vision in which sex and gender influences are integrated into the biomedical research enterprise; every woman receives evidence-based disease prevention and treatment tailored to her own needs, circumstances, and goals; and women in science careers reach their full potential.

The **Health of Women** encompasses all diseases and conditions that affect a woman from head to toe and recognizes that individual-level biological factors interact with numerous influences across a woman's life course.

Develop Methods and Leverage Data Sources to consider sex and gender influences that enhance research for the health of women



- 2.1 Expand and develop advanced and innovative approaches for study design, data collection, and analysis to optimize data quality and the ability to detect the influences of sex and gender on health and disease.
- 2.2 Develop and adapt reliable and valid measures relevant to the health of women.
- 2.3 Leverage secondary data sources for research on the health of women through a big data enterprise that includes data sharing and analytic strategies.
- 2.4 Expand and refine methodologies to improve the recruitment and retention of women underrepresented in clinical research.

Goal 2

Enhance Dissemination & Implementation of evidence to improve the health of women



- 3.1 Design and test approaches to promote the adoption, adaptation, and integration of evidence-based interventions in public health, clinical practice, and community settings.
- 3.2 Identify collaborative opportunities and leverage partnerships to disseminate research that improves the health of women.

Goal 3

Advance Rigorous Research that is Relevant to the health of women



- 1.1 Discover basic biological differences between females and males.
- 1.2 Investigate the influence of sex and gender on disease prevention, presentation, management, and outcomes.
- 1.3 Identify the immediate, mid-, and long-term effects of exposures on health and disease outcomes.
- 1.4 Promote research that explores the influence of sex and gender on the connection between the mind and body, and its impact on health and disease.
- 1.5 Expand research on female-specific conditions and diseases, including reproductive stages, and maternal and gynecologic health.

Goal 1

Promote Training and Careers to develop a well-trained, diverse, and robust workforce to advance science for the health of women



- 4.1 Enhance knowledge of sex and gender influences on health and disease among all scientists, clinicians, and other health professionals to accelerate the translation of that knowledge into practice.
- 4.2 Develop the next generation of researchers to advance science on the health of women.
- 4.3 Enhance and develop programs to recruit, support, retain, and advance women at all stages of their research careers, from early career to leadership positions.
- 4.4 Promote and support policies, mentoring and networks, collaborations, and infrastructure to retain and advance women in their careers.
- 4.5 Promote and disseminate research on barriers to the retention and advancement of women in biomedical careers and on interventions to improve their retention and advancement.

Goal 4

Improve Evaluation of research that is relevant to the health of women



- 5.1 Optimize the identification of research that is relevant to the health of women.
- 5.2 Identify priority areas for additional study to advance the health of women.

Goal 5

Guiding Principles



PRINCIPLE I
Consideration of the complex intersection among multiple **factors** and the context of a women's life



PRINCIPLE II
Inclusion of women, especially **populations** known to experience a disproportionate burden of illness



PRINCIPLE III
Engagement of multiple **perspectives**, especially researchers with diverse skills, knowledge, and experiences

