



# OVERVIEW OF WOMEN'S HEALTH RESEARCH AND POLICIES ACROSS NIH

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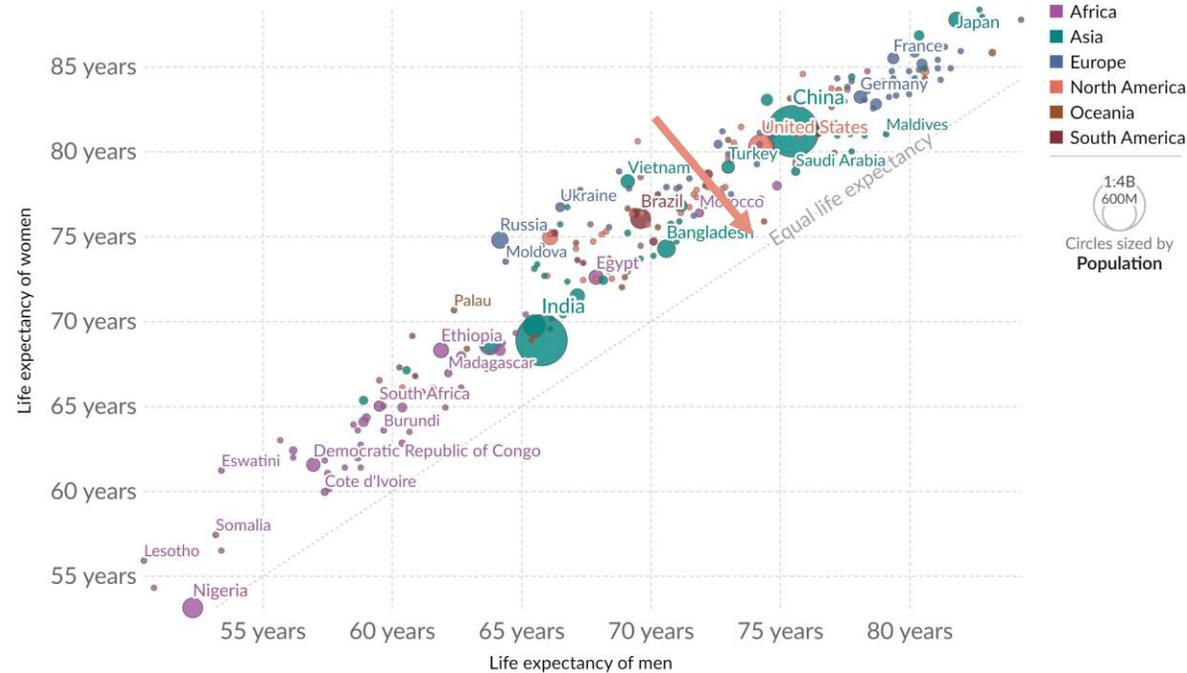
NIH ADVISORY COMMITTEE TO THE DIRECTOR MEETING

JUNE 13, 2024

# Differences in Health for Women

## Life expectancy: females versus males, 2021

The period life expectancy<sup>1</sup> at birth, in a given year.

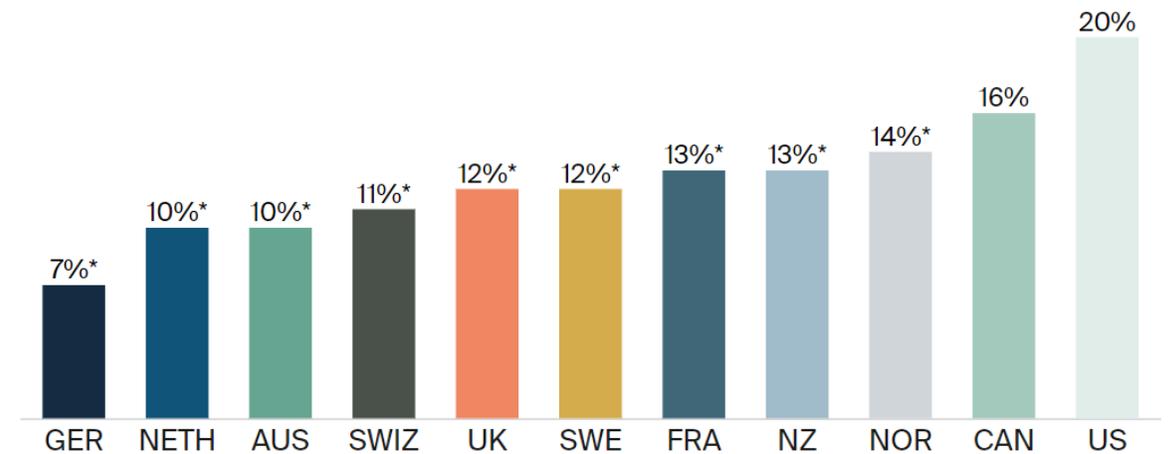


Data source: UN, World Population Prospects (2022)

[OurWorldInData.org/life-expectancy/](https://OurWorldInData.org/life-expectancy/) | CC BY

1. **Period life expectancy:** Period life expectancy is a metric that summarizes death rates across all age groups in one particular year. For a given year, it represents the average lifespan for a hypothetical group of people, if they experienced the same age-specific death rates throughout their whole lives as the age-specific death rates seen in that particular year. Learn more in our article: "Life expectancy" - What does this actually mean?

## Percent of women ages 18–64 who had two or more chronic conditions<sup>^</sup>

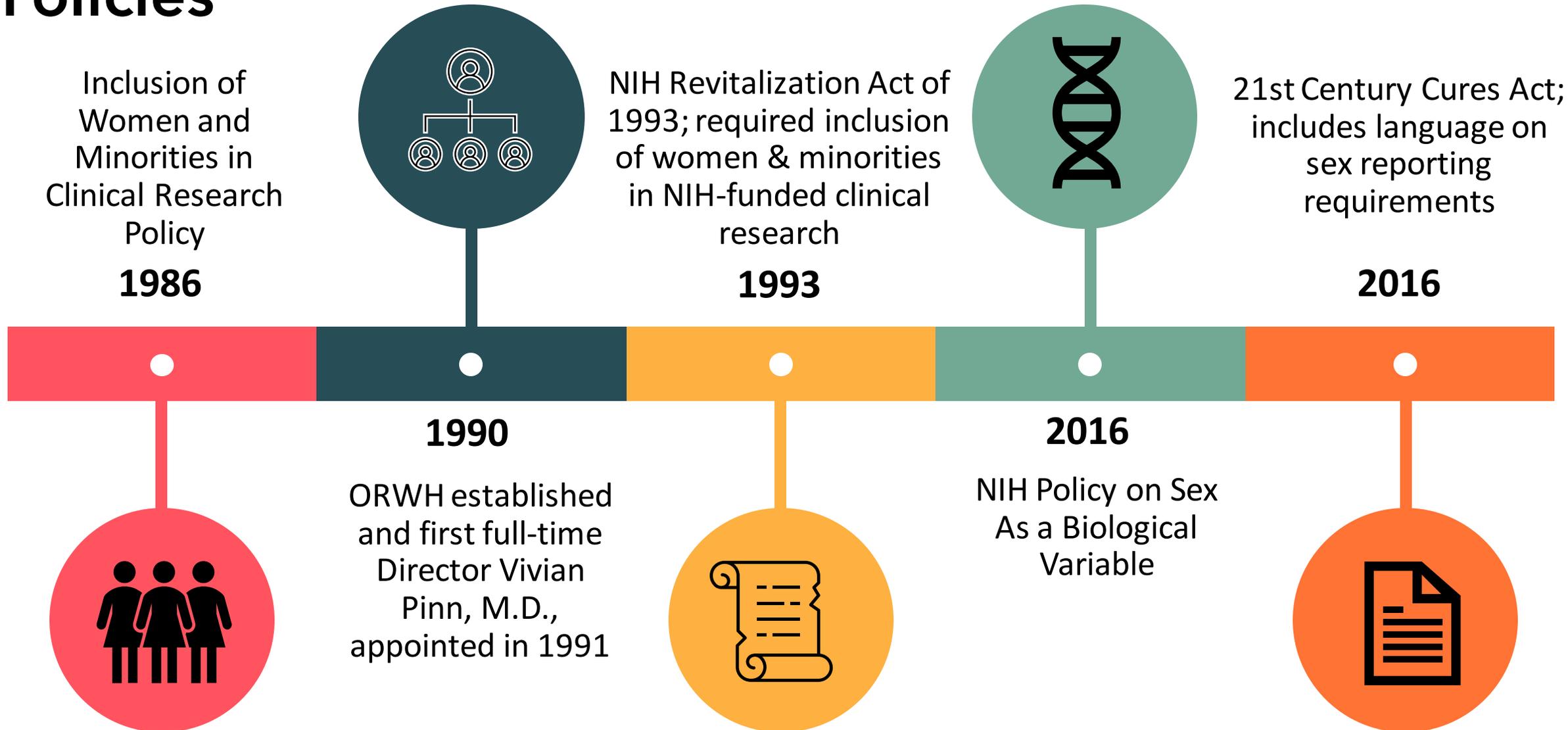


Download data

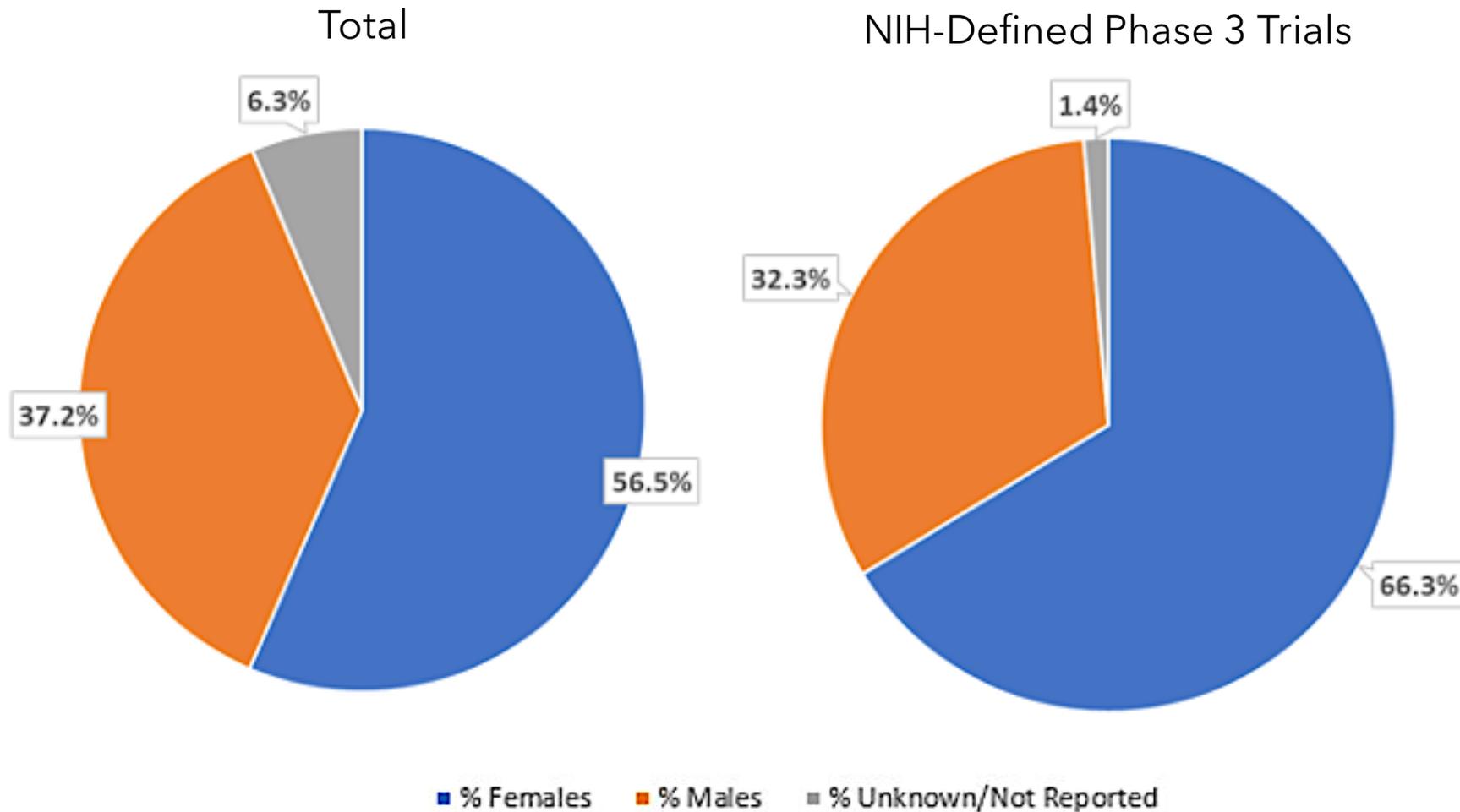
Notes: <sup>^</sup> Having a chronic disease defined as ever being told by a doctor as having two or more of the following: joint pain or arthritis; asthma or chronic lung disease; diabetes; heart disease, including heart attack; or high blood pressure. \* Statistically significant difference compared to the United States ( $p < .05$ ).

Data: The Commonwealth Fund International Health Policy Survey, 2016.

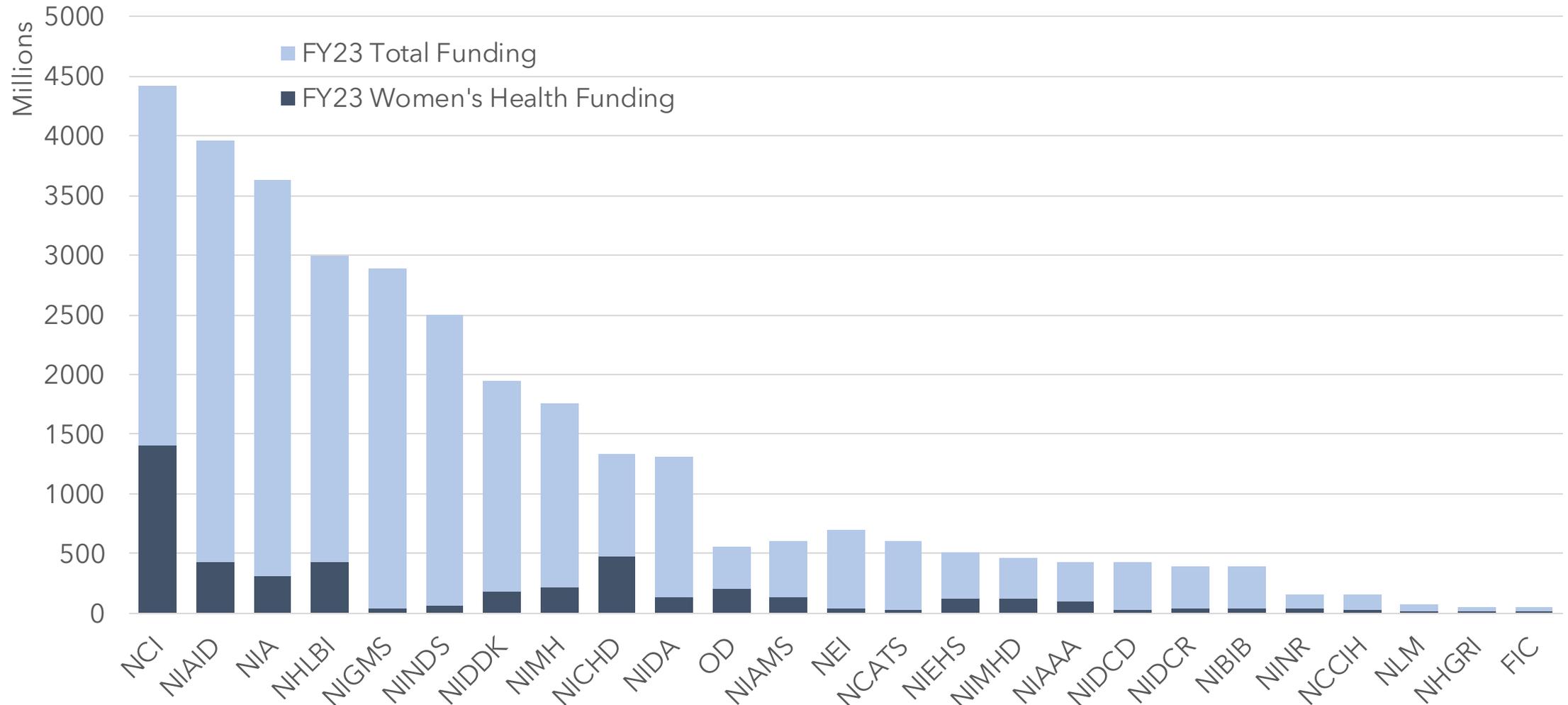
# Brief History of Women's Health Research Policies



# NIH Clinical Research Enrollment by Sex or Gender (FY23)



# NIH-Wide Research Investments in Women's Health (\$4.6 Billion)



# Women's Health

Condition Type	Examples	
<b>Female specific</b>	<ul style="list-style-type: none"><li>• <i>Endometriosis</i></li><li>• <i>Cervical Cancer</i></li><li>• <i>Menopause</i></li></ul>	 An illustration of the female reproductive system, including the uterus, fallopian tubes, and ovaries, shown in a stylized, anatomical manner.
<b>More common in women and/or morbidity is greater for women</b>	<ul style="list-style-type: none"><li>• <i>Autoimmune Disease</i></li><li>• <i>Mental Health</i></li><li>• <i>Pain conditions</i></li></ul>	 An illustration of a balance scale, symbolizing comparison or imbalance, with a female figure on the left pan and a male figure on the right pan.
<b>Occur in both sexes/ Potentially understudied in women</b>	<ul style="list-style-type: none"><li>• <i>COPD</i></li><li>• <i>Dementia</i></li><li>• <i>HIV</i></li></ul>	 An illustration showing a magnifying glass positioned over a male figure (grey) and a female figure (orange), symbolizing research or investigation into health conditions.

# NIH-Wide Research Investments in Women's Health

## Diseases and Conditions That Are Female Specific

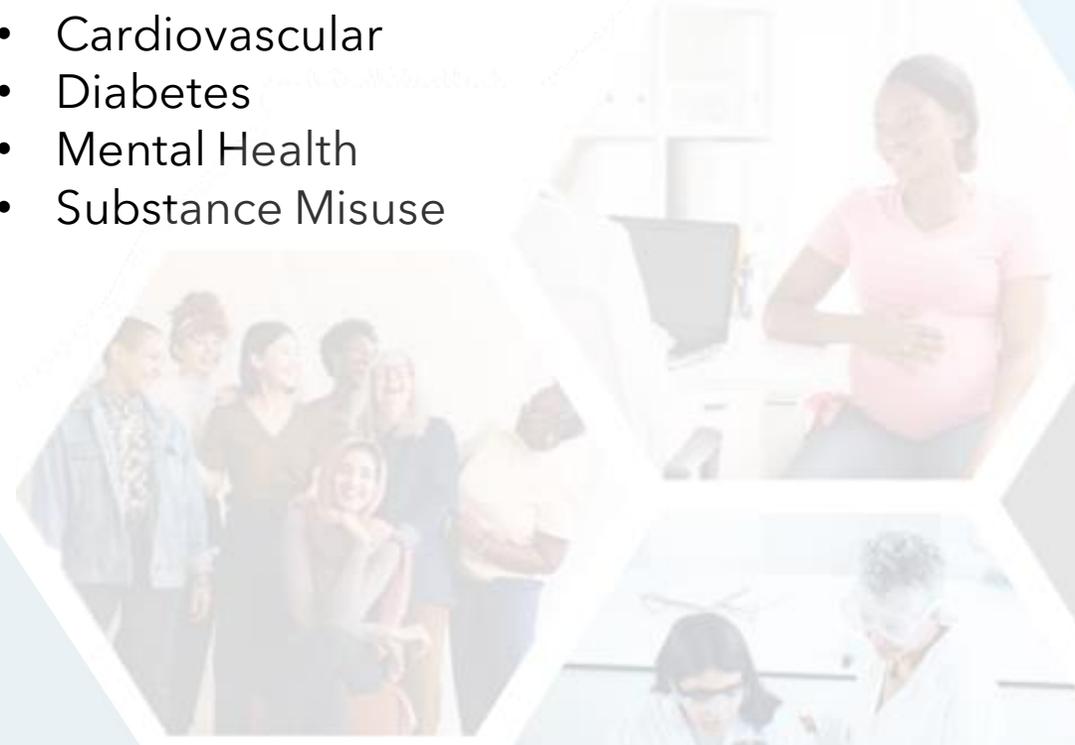
- Cancer (breast, cervical, ovarian, uterine, vaginal)
- Endometriosis
- Maternal Health and Maternal Morbidity and Mortality

## Diseases and Conditions That Predominately Affect Women

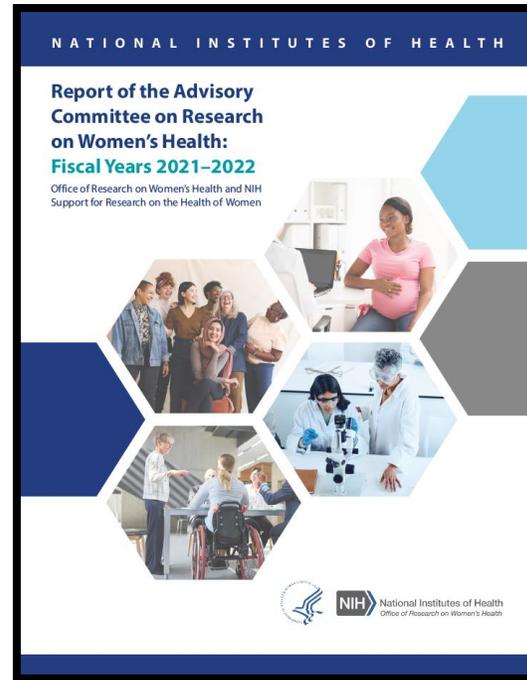
- Pregnancy
- Contraception, Reproduction and Infertility
- Osteoporosis
- Lupus

## Other Top Funded Women's Health Research Areas

- Aging
- Autoimmune Disease
- Cardiovascular
- Diabetes
- Mental Health
- Substance Misuse



# Report of the Advisory Committee on Research on Women's Health: Fiscal Years 2021- 2022



## Noteworthy Developments in:



Women's Health Research conducted by  
ICO's



Inclusion of Women & Minorities in Clinical  
Research



Careers & Workforce Demographics

## NEW Crosscutting Integrative Topics in Research

Aging

Autoimmune Diseases

Mental Health & Substance Use (Opioids/Pain)

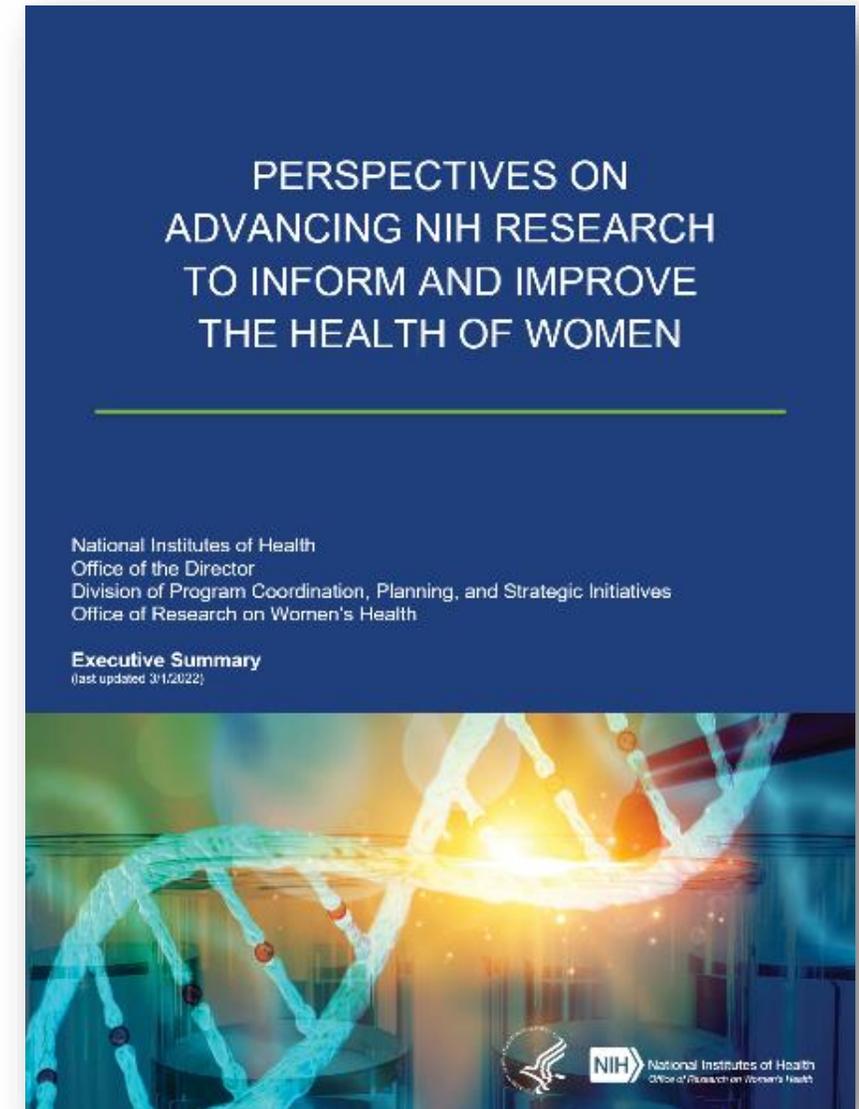
Maternal Morbidity & Mortality (MMM)

Social Determinants of Health (SDOH)

Violence

# Crosscutting Themes Identified: Where Research is “Urgently Needed”

- **Implementing best practices** – evidence-based and more holistic, patient-centered care
- **Addressing care inequities** – especially among populations with overlapping identities
- **Intentional research** – two components:
  - Historic overreliance on male clinical research participants left significant gaps regarding female-specific disorders and diseases more common in women
  - Despite Sex As a Biological Variable (SABV) policy, gaps remain in basic and translational understanding of sex differences



# NIH-Wide Strategic Plans

## NIH-Wide Strategic Plan, FY21-25

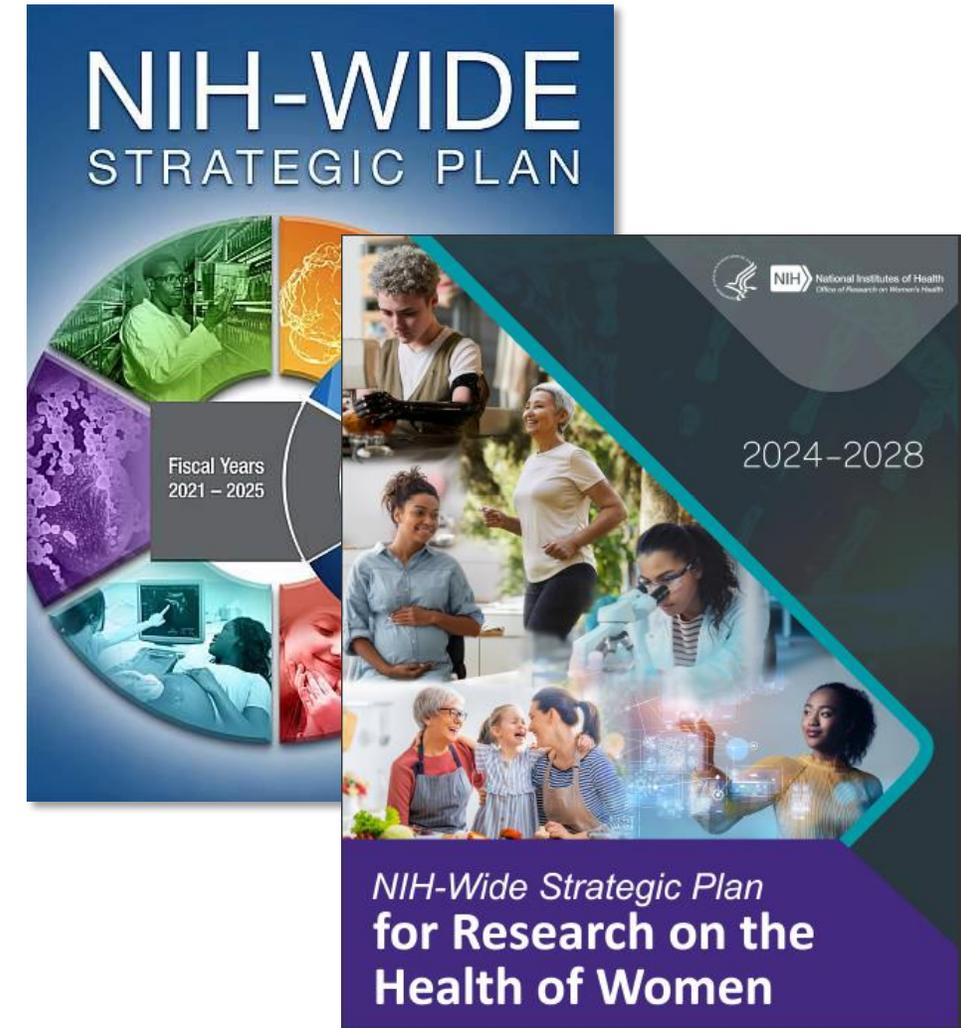
Enhancing women's health is a central crosscutting theme

- Emphasized importance of interdisciplinary partnerships
- Expand reporting requirements
- Promote the recruitment, retention, and advancement of women scientists

## NIH-Wide Strategic Plan for Research on the Health of Women, FY24-28

Crosscutting Themes and Specific Topics

- Comorbidity and Multimorbidity
- Interdisciplinary Collaboration
- Precision Medicine
- Inclusion of Women and Girls in Clinical Studies
- Sex and Gender Differences Research
- Preventive Care and Services



# THANK YOU!



**Have Questions, Ideas, Feedback?**

Email us at:

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