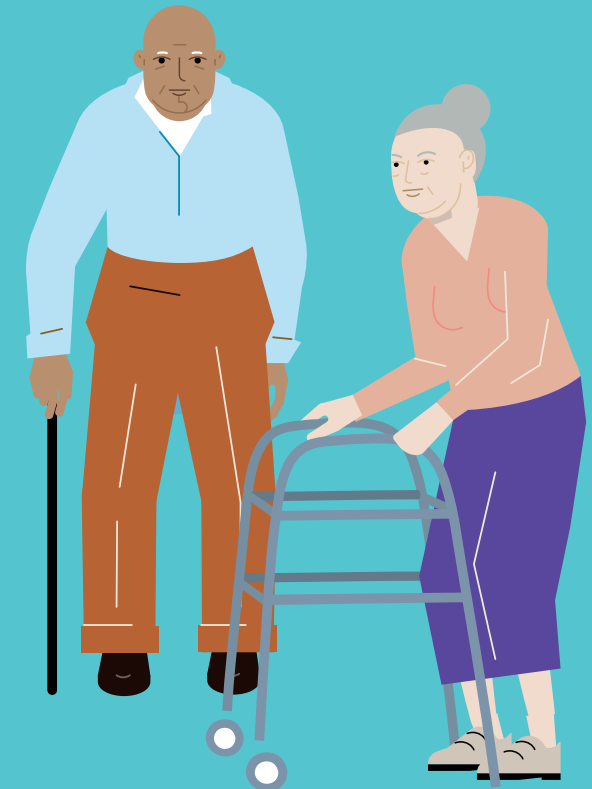


Men die quicker, **women get sicker**

Why is that?



**ZonMw works with knowledge
to realise good health for
everybody. Including for all
sexes and genders.**

Read on to find out

- why it is important to integrate sex and gender into research
- how you can get started accounting for sex and gender in your research



ZonMw



“ZonMw is committed to fostering research programming that adequately accounts for the influence of sex, gender and diversity. With our gained experience, we want to act as a role model for other funding bodies.”

Arfan Ikram

President of ZonMw, Professor
and Chair of Epidemiology



“Dementia can have different impacts on the lives of the people it affects.

If at every stage of research we take into account differences like gender, migration background, socioeconomic status, and so on, our results will have impact on all levels of society.”

Jet Bussemaker

Professor and Chair of the programme committee of the Dementia Research Programme



“The coronavirus
COVID-19 seems to affect
men more severely than women.
How can we explain that?”

Women’s immune systems usually have a more active immune response to viral infections than men’s. Women also tend to produce more antibodies after being vaccinated. A highly active immune system may therefore be offering women better protection than men against coronaviruses like COVID-19.”

Sabine Oertelt-Prigione

Professor of Gender in Primary and
Transmural Care



“Currently, more women than men are dying of cardiovascular disease.

This is because the first signs of heart disease in women often go unrecognised. Recently, a man emailed me about his wife’s heart attack. She had been to her GP three times, but he sent her for ‘breathing therapy’. Stress – that was his diagnosis. Shortly afterwards the man’s wife suddenly collapsed and died.”

Angela Maas

Professor of Cardiovascular
Disease in Women



“Men dominate in research into Parkinson’s and the whole image surrounding it. This is a totally misleading representation of the real world, where there are only slightly more men than women who develop Parkinson’s disease.”

Bas Bloem

Neurologist and Professor
of Medical Sciences



“I hear from a great many women that they have the feeling that they are being cut up into organs. For each separate organ you go to a different specialist, while you really have a tremendous need for a holistic approach.”

Mirjam Kaijer
Founder of Voices for Women

In short:

Sex and gender differences matter in the quest for high quality, appropriate health care for everyone.



That is why research must consider the influence of sex and gender on health and health care.

SEX

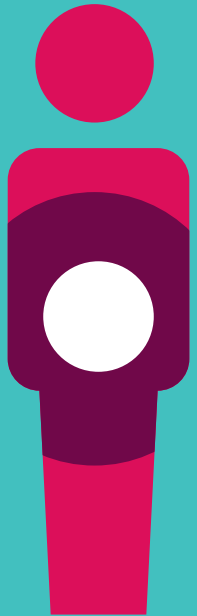
The biological and physiological differences between human beings and between animals.



GENDER

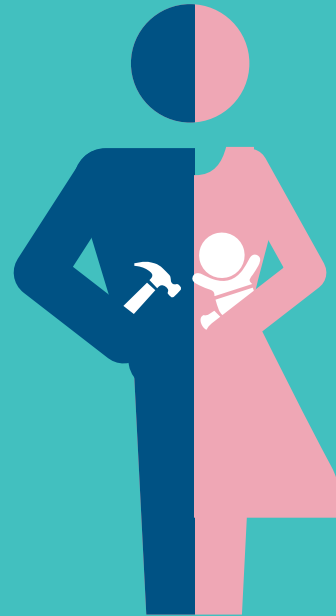
The socioculturally determined differences between human beings.

Gender Identity



The feeling each person has internally of being male, female, both or neither.

Gender Roles



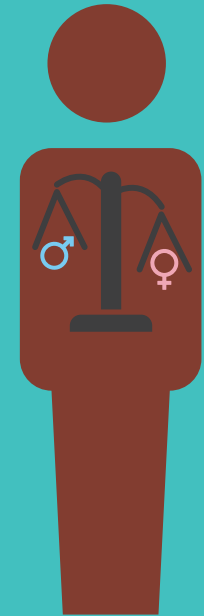
Society's expectations and ideas about what is typically associated with being a man or a woman. This influences such things as daily behaviour, one's role in the family and the choice of education or career.

Gender Relations



Interactions between people, such as group dynamics or task assignment within a family or at a workplace.

Institutionalised Gender



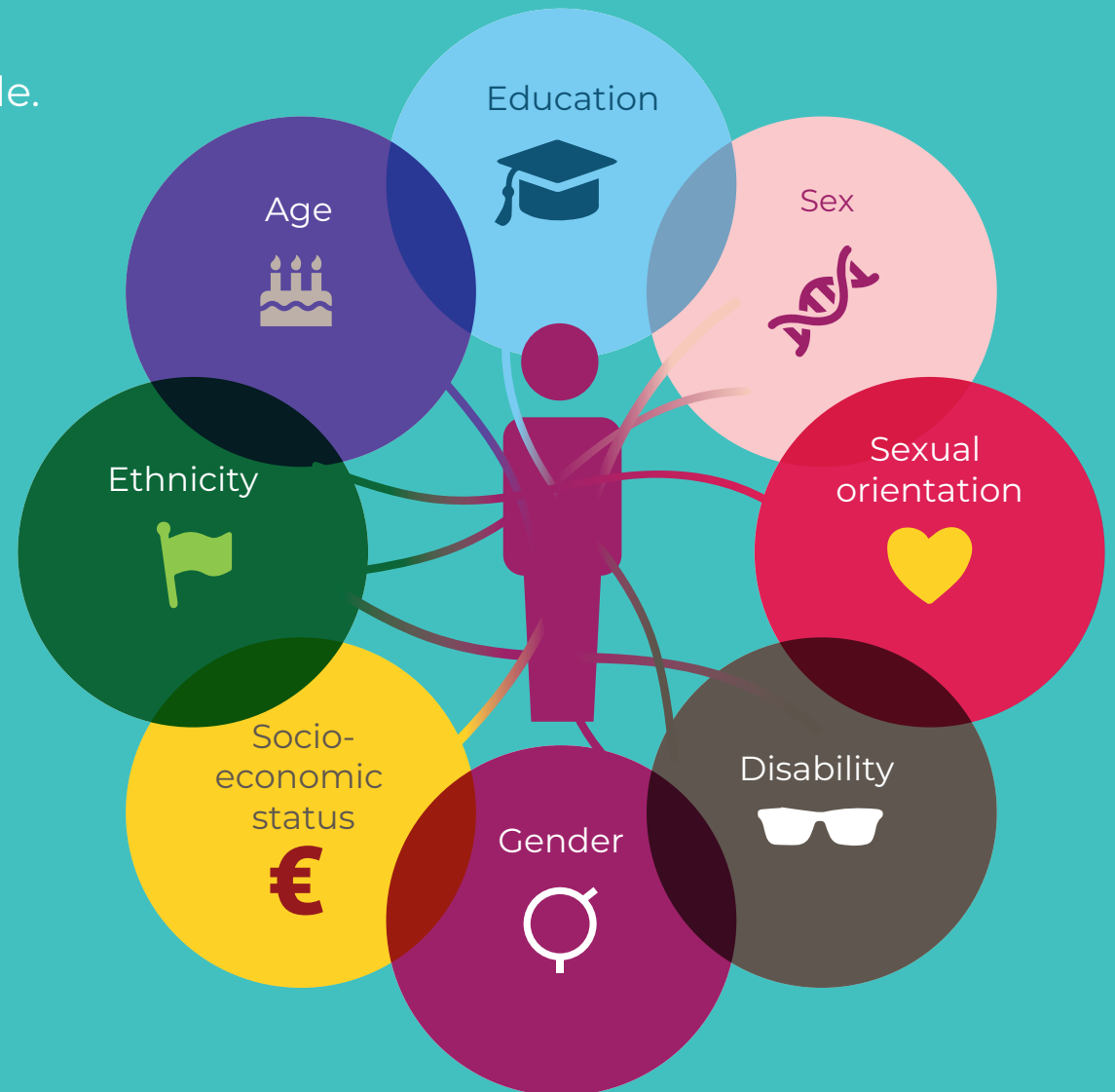
Distribution of power and resources, e.g. in politics, education, and social institutions in society.

DIVERSITY AND INTERSECTIONALITY

The biological, sociocultural and socioeconomic differences between people.

Various dimensions of diversity can intersect and interact with each other to create inequalities.

Intersectionality refers to how different systems of inequality reinforce each other.



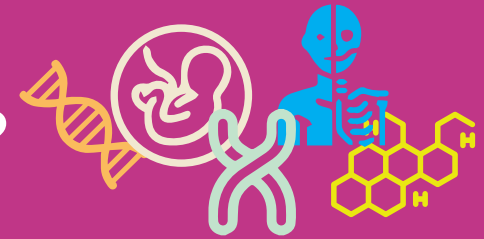
Integrating sex, gender and diversity into research raises the reproducibility, scientific quality, social relevance and scientific ethic (equal opportunity) of the study or project.

Would you
like to improve the quality and
relevance of your grant application?

**Get
started.**



Integrating sex: strength, weakness or not applicable?



✓ Strength

- ✓ Inclusion of male and female cells, tissues, animals or human subjects.
- ✓ Documentation and analysis of the sex of cells, tissues, animals or human subjects used in the research protocol.
- ✓ Commitment to disaggregate the results by sex.

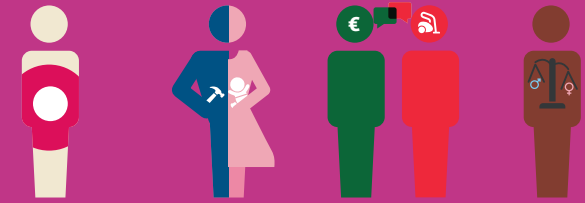
✗ Weak

- ✗ Does not provide a compelling scientific justification for a single-sex study.
- ✗ Does not report the sex of the biological material used.
- ✗ No disaggregation of the data by sex.
- ✗ Conflates and/or confuses the terms sex and gender.

⊘ Not applicable

- ⊘ A clear and reasonable explanation is given why it is not possible and/or relevant to account for sex as a biological variable in the study.

Integrating gender: strength, weakness or not applicable?



✓ Strength

- ✓ Describes how gender will be operationalised and measured in the target group under study.
- ✓ The recruitment strategy addresses and mitigates gender bias.
- ✓ Describes how gendered subgroups will be compared and how the findings will be reported separately in the results section.

✗ Weak

- ✗ Gender is considered irrelevant without a clear justification of why.
- ✗ Does not measure gender and/or the results are not disaggregated by gender, although it is possible and relevant to do so.
- ✗ Conflates and/or confuses the terms sex and gender.

⊘ Not applicable

- ⊘ A clear and reasonable explanation is given why it is not possible and/or relevant to account for gender as sociocultural determinant in the study.
- ⊘ Gender is not applicable to:
 - Biomedical research studies that exclusively use cells, tissues and/or animals.
 - Secondary data analyses where it is impossible to create a new gender variable.

Integrating diversity: strength, weakness or not applicable?



✓ Strength

- ✓ Describes which dimensions of diversity will be included and how these will be operationalised and measured in the target group under study.
- ✓ The recruitment strategy addresses and mitigates bias.
- ✓ Describes how subgroups will be compared and how the findings will be reported separately in the results section.

✗ Weak

- ✗ Diversity is regarded as irrelevant, without a clear justification of why.
- ✗ Does not measure specific dimensions of diversity and/or the results are not disaggregated by dimensions of diversity, although it is possible and relevant to do so.
- ✗ Incorrectly uses and/or confuses terms used to define dimensions of diversity.

⊘ Not applicable

- ⊘ A clear and reasonable explanation is given why it is not possible and/or relevant to account for diversity or specific dimensions of diversity in the study.

Men die quicker, **women get sicker**



Why is that?



The e-book demonstrates that this problem is a challenging puzzle to solve.

Can you help us to solve this problem?

Get started integrating sex, gender and diversity in your review.



**Click here
for more
information**

What first step will you take?