

Gender & Health

Overview

- Discussing gender and sex: social & biological definitions
- Where does gender fit in the models of social determinants of health?
- What is the role of gender in health inequalities in different countries?
- Mental and physical health: how do men and women differ?
- What is the relevance of gender in healthcare?

Sex and Gender

- Sex is a biological definition based on physiological characteristics that differentiate men and women
- Gender is a social construct based on roles and behaviours
- The biological and social interact to the extent that gender is the **preferred** term to describe differences as it captures the heterogeneity more accurately

Women

- Later onset CVD; 70% more years of life after age 65 with hypertension than similar cohort of men
- Longer episodes, higher rates of depression, comorbid anxiety
- Self-care
- Biological interactions, sex hormones
- Obesity patterned by deprivation (England)

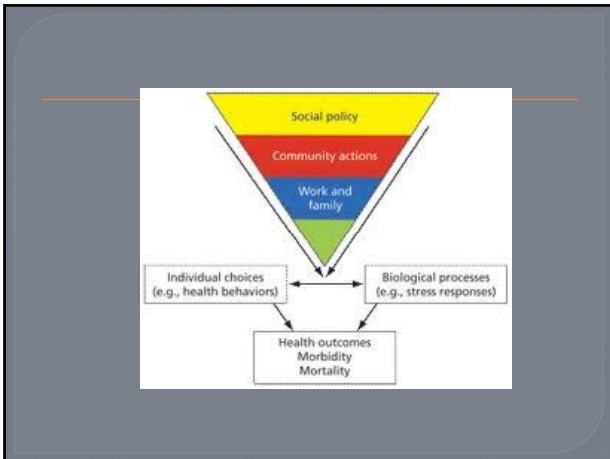
Maternal and reproductive health

- Maternal mortality still a problem in developing countries
- MMR is 461 per 100,000 live births in Cambodia (2008)
- 1600 women die each day from preventable complications from pregnancy, childbirth (WHO 2009)
- 99% of maternal, 90% of neonatal mortalities occur in developing world

Society & Power: CSDH revisited

“The obstacles that stand in the way of better health for women are not primarily technical or medical in nature. They are social and political, and the two go together.”

Dr Margaret Chan, WHO Director-General



Women's work

- Less pay, less power; psychosocial model
- Caregiver to aging relatives, children
- Loss of full-time working options
- Unpaid work as % of GDP...
- Though paternity leave is becoming more equal in the [UK](#)

Men

- Similar rates of depression
- Suicide
- Less likely to seek care
- Risks in workplace
 - Male workers held 53.7% of the estimated 137.7 million jobs for employed workers in 2002, and they incurred 92% of the 5,524 fatal occupational injuries

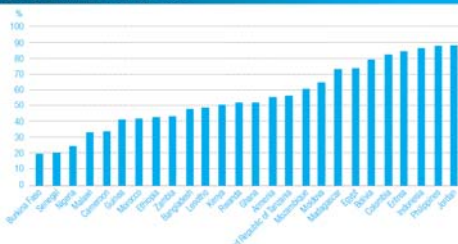


Gender and healthcare

- 2008: less than 1/3 of physicians in the US are women
- Gender concordance in care
- Limited resources, who gets healthcare first?



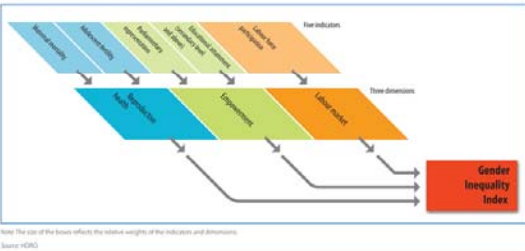
Figure 13.2: Percentage of women who have a final say in decision-making regarding their own health care, 2001–2005.



Measuring gender inequality

Components of the Gender Inequality Index

□—three dimensions and five indicators



Note: The size of the boxes reflects the relative weights of the indicators and dimensions.
Source: HDG.

Points to consider

- Sex, gender groups not homogeneous
- Gender, biology interact with society
- Consider relative gender equality in each setting (tried to find a matriarchal society for comparison, but...)
