



Defense Health Agency (DHA) Clinical Communities Speaker Series

Feb 2021 CCSS: Challenges in Women's and Infants' Health

S01: Sex and Gender: How They Influence Women's Health and Diseases

Resource List

Data suggest that more men than women are dying of coronavirus disease 2019 (COVID-19) worldwide, but it is unclear why. [Men and COVID-19: A Biopsychosocial Approach to Understanding Sex Differences in Mortality and Recommendations for Practice and Policy Interventions](#) (2020) reviewed biological, psychological, behavioral, and social factors that may put men at disproportionate risk of death. Read about what health professionals and policy makers can do, and are doing, to address the unique COVID-19-associated needs of men.

[Women's Mental Health across the Life Course through a Sex-Gender Lens: Proceedings of a Workshop-in-Brief](#) (2018) helps inform research, programs, and policies to better meet the mental health needs of women in the United States. Participants examined trends in mental health as well as risk and protective factors for diverse populations of women, and they considered the research needed for a better understanding of women's mental health. The brief also presented how mental health problems disproportionately affect women compared to men, and that women's mental health is affected by many things, including biological and genetic factors, gender roles, and psychosocial elements.

Sex and gender can influence health in important ways. While sex and gender are distinct concepts, their influence is often inextricably linked. The scientific studies that generate the most complete data consider sex and/or gender influences in study design, data collection and analysis, and reporting of findings. [How Sex and Gender Influence Health and Disease](#) (n.d.) is an infographic showing examples of how sex and gender influence men and women differently.

Gender norms, roles and relations, and gender inequality and inequity, affect people's health all around the world. [Gender and Health](#) (n.d.) provides facts, data, tools, etc. regarding gender and how it influences health, norms, behaviors and roles associated with being a woman, man, girl or boy, as well as relationships with each other. As a social construct, gender varies from society to society and can change over time.



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References

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- Office of Research on Women's Health. (2021). *How sex and gender influence health and disease*. <https://orwh.od.nih.gov/sex-gender/sexgender-influences-health-and-disease/infographic-how-sexgender-influence-health>
- World Health Organization (WHO). (2021). *Gender and health*. https://www.who.int/health-topics/gender#tab=tab_1