



Defense Health Agency (DHA) Clinical Communities Speaker Series

2026 SEP CCSS: Mission Ready: Advancing Clinical Practices in Women's Health and Obstetrics

2026 SEP CCSS S04: Chronic Conditions in Women: Perspectives Across the Life Course

Resource List

The National Institutes of Health (NIH) Office of Research on Women's Health (ORWH) developed [Perspectives on Advancing NIH Research to Inform and Improve the Health of Women](#) (2022) in response to a congressional request to assess the state of women's health research. The report focuses on three major public health priorities: rising maternal morbidity and mortality, increasing rates of chronic debilitating conditions among women, and stagnant cervical cancer survival rates. It identifies significant gaps in scientific evidence and highlights opportunities for NIH to strengthen research, improve clinical practices, address health disparities, and expand knowledge about conditions that disproportionately or uniquely affect women. Overall, the report emphasizes the importance of intentional and comprehensive research on women's health to improve health outcomes across the lifespan.

Part of the book [Advancing Research on Chronic Conditions in Women](#) (2024), published by the National Academies of Sciences, Engineering, and Medicine included an examination on how structural and social determinants of health including sexism, economic stability, education, health care access and quality, and neighborhood environments can influence the onset, presentation, treatment, and outcomes of chronic conditions in women. It is emphasized that these factors often intersect and can contribute to health disparities, while also identifying significant gaps in research on chronic conditions affecting women.

The authors of the article, [Women's health across the lifespan: A sex- and gender-focused perspective](#) (2024) examine women's health across the lifespan, emphasizing that both biological sex and gender-related social factors are important determinants of health. The authors argue that women's health should extend beyond the traditional focus on sexual and reproductive health to include conditions and disparities affecting women throughout childhood, adulthood, and older age. They highlight disparities involving cardiovascular health, pelvic floor conditions, physical function, disability, and other health outcomes and recommend incorporating sex- and gender-informed approaches into physical therapy practice, education, research, and policy.

The article, [Sex differences in postinjury health profiles among U.S. military personnel following deployment-related concussion](#) (2024), outlined sex differences in health outcomes among U.S. military personnel following deployment-related concussion. The study analyzed 4,882 service members (346 women and 4,536 men) who experienced a concussion during combat deployment between 2004 and 2013 and assessed their health diagnoses for 24 months following injury. Women had higher odds than men of experiencing health profiles characterized by back pain and multimorbidity, while men had higher odds of a tinnitus/memory-loss profile; no significant sex difference was found for the PTSD/post-concussion syndrome profile. The authors concluded that sex-related differences in post-concussion health outcomes should be considered in military medical planning and that women experiencing multiple post-concussion conditions may benefit from interdisciplinary care.



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References

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