



Federally



- Call for specific funding for women's health research, knowledge-to-action, and implementation science work.
- Call on the federal government for targeted funds on women's health topics.
- Lobby for equitable women's health research funding. Ask why current programs are not funding members of certain population groups (e.g., according to gender, career stage, race, or ethnicity).
- Help ensure all reviewers for funding and awards are trained in sex and gender based analysis and the examination of implicit and explicit biases in research.
- Monitor allocation of Research Chairs and other senior research positions to ensure diversity and gender equity.
- Call for transparency in nomination processes to national science academies to ensure diversity and gender equity.
- Form alliances across provinces with women's health research entities that champion women's health and/or sex- and gender-based approaches.
- Meet with your local Member of Parliament (MP) and tour them through your research units. Share stories of the impact of women's health research.

*We know that dedicated women's health research, along with rigorous sex and gender analysis across all research, results in better science by improving research quality, reliability, validity, and innovation.<sup>16</sup>*

*We know that women's health research specifically matters to the health and well-being of girls and women.*

*We also know that when women thrive, so do their families and communities.<sup>17,18</sup>*

***Everyone benefits from advances in women's health research and conscious attention to sex and gender in research and practice.***



The information in this pamphlet reflects content from British Columbia's Women's Health Research Agenda. For more information on the initiative and findings, including references, refer to the full report:

Gelb, K., Reid, T., & Brotto, L. A., (2018). *British Columbia's Women's Health Research Agenda*. Vancouver, BC: Women's Health Research Institute.

**WOMEN'S HEALTH  
RESEARCH INSTITUTE  
AT BC WOMEN'S**



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# Support Women's Health Research and Implementation



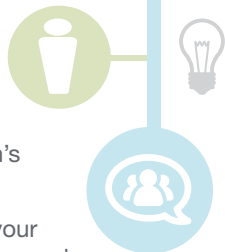
## Take Action for Change

Towards the goal of enhancing research excellence in women's health, following are ideas for action applicable at a personal, community, provincial, and national level, all actionable today. These ideas are here to spark action and change in multiple spheres of impact. The list is far from complete, generate your own ideas to promote engagement and support for women's health research, sex and gender based analysis, and intersectionality.





## Individually



- Champion and promote women's health research projects.
- Reflect on the extent to which your own work is sex and gender informed.
- Seek consultation to determine if there are new or additional ways to analyze sex and gender influences on your work.
- Examine and apply available tools and frameworks (e.g., sex and gender based analysis, intersectionality theory) to aid your investigation.
- Think beyond male/female comparisons; consider spectrums of difference between women, and across the lifespan, genders and sexes, and social locations.
- Showcase your women's health findings. If sex and gender differences are best suited for a secondary publication, pursue that.
- Think publicly! Explore venues beyond academic publications to share women's health findings—e.g., op-eds, blog posts, magazine articles, and podcasts.
- Ask researchers, clinicians, and policy drivers about how they've considered and analyzed sex and gender in their work.
- Use sex and gender based analysis and intersectional language to build comfort with these topics and open doors to engagement.
- As a peer reviewer of publications, grants, and presentations, ask authors to present their results by sex and gender.



## Locally



- Amplify the stories of successful women's health research and researchers through word of mouth, social media, and community or meeting announcements.
- Together with the WHRI and other research institutes create a public directory of women's health research projects and researchers.
- Call on universities to put women and women's health researchers forward for senior positions and as Research Chairs.
- Track success rates on grants, awards, prizes, and publications according to self-reported gender. Use this data to champion change when there are inequities.
- Hold events to showcase women's health research innovations—from basic science, to clinical research, to knowledge-to-action initiatives.
- Support women's health research entities. Raise their profiles; use their logos in your presentations.
- Build local networks to encourage and mentor students, trainees, and investigators in the field of women's health.
- Meet with local Members of the Legislative Assembly (MLAs) and tour them through your research units. Share stories of the impact of women's health research.
- Create awards and meetings focused specifically on women's health for individuals across the career spectrum.



## Provincially



- Encourage the provincial government to name key agencies in charge of promoting women's health.
- Create and disseminate an annual compendium of women's health research in the province.
- Host an annual provincial meeting for women's health research.
- Work with donors to support salaries of dedicated women's health researchers, awards, graduate student stipends, and other funds supporting women's health.
- Subscribe to the WHRI's list of sex and gender research champions.
- Grow the network of women's health researchers across the province; forge connections between researchers and provincial women's health organizations.

