

# How SEX and GENDER Influence Health and Disease

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.

**Sex** is a biological classification, encoded in our DNA. Males have XY chromosomes, and females have XX chromosomes. Sex makes us male or female. Every cell in your body has a sex—making up tissues and organs, like your skin, brain, heart, and stomach. Each cell is either male or female depending on whether you are a man or a woman.

**Gender** refers to the socially constructed roles, behaviors, expressions, and identities of girls, women, boys, men, and gender diverse people. It influences how people perceive themselves and each other, and how they act and interact. Gender is usually conceptualized as binary (girl/woman and boy/man), yet there is considerable diversity in how individuals and groups understand, experience, and express it.

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## Examples of SEX and GENDER influences



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Sources: Institute of Medicine. Canadian Institutes of Health Research. World Health Organization. National Institute on Drug Abuse. NIH Osteoporosis and Related Bone Diseases National Resource Center. National Institute of Arthritis and Musculoskeletal and Skin Diseases. Knapen, S. C., Jansen, J. A., Bunt, M. S., Bouter, L. M., Delle-Croce, U., & Ruyter, P. D. (2015). Moderate-heeled shoes and knee joint torque: relevant to the development and progression of knee osteoarthritis. *Archives of Physical Medicine and Rehabilitation*, 96(5), 671-675.

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# Sex Gender And Health

**Ivy M. Alexander, Versie Johnson-  
Mallard, Elizabeth Kostas-Polston, Joyce  
Cappiello, Joyce D. Cappiello, Heather  
S. Hubbard**

## **Sex Gender And Health:**

*Sex, Gender and Health* Tessa M. Pollard, Susan Brin Hyatt, 1999-08-26 Explores differences in health experiences of boys girls men and women from both biological and social perspectives

*Sex, Gender, and Health: The Need for A New Approach*, 2002

Handbook on Sex, Gender and Health M. Sivakami, Anjana Bhushan, Sabina Faiz Rashid, Kausar S. Khan, 2025-01-27 This Handbook is the first of its kind addressing gender issues in health in five countries of the South Asian Region namely Bangladesh India Pakistan and Sri Lanka Adopting a social determinant of health perspective and an intersectionality and diversity lens the Handbook illustrates the multi layered complexities of gender health and well being from the diverse perspectives and lived experiences in different South Asian countries It includes studies on under researched and often invisible marginalized populations such as LGBTQI populations urban poor persons living with disability migrant and conflict affected populations It represents the voices of the elderly adolescents and young people It goes beyond analyzing the problem of gender inequities in health and present examples of gender transformative policies programmes and social movement action It is an essential resource for researchers policy makers students in public health and community based organizations involved in research policies or programs related to sex work public health social justice and gender based violence

**How Sex and Gender Impact Clinical Practice** Marjorie R. Jenkins, Connie B. Newman, 2020-12-02 How Sex and Gender Impact Clinical Practice An Evidence Based Guide to Patient Care enables primary care clinicians by providing a framework to understand differences and better care for patients in their practice Each chapter covers a subspecialty in medicine and discusses the influence of sex hormones on disease along with sex and gender based differences in clinical presentation physical examination laboratory results treatment regimens comorbidities and prognosis Illustrative case examples and practical practice points help each chapter come alive A special chapter on communication differences between men and women assists clinicians in their conversations with patients This book fills an important need by applying years of research findings to sex and gender specific medical care and demonstrating that an individualized approach to patient care will lead to improved detection treatment and prevention of disease Explores the effects of sex and gender on disease presentation treatment and prognosis and how these differences influence clinical decision making Provides practical guidance that helps clinicians implement a more individualized approach to patient care Contains information on diseases in each major specialty as well as chapters on communication pharmacology and public health challenges

*Sexuality and Gender for Mental Health Professionals* Christina Richards, Meg Barker, 2013-10-15 Questions of sexuality and gender affect everyone and therefore have an inevitable relevance in the consulting room Yet with interpretations and manifestations of both varying greatly from person to person understanding the inherent complexities of sexuality and gender can be a daunting task for the health professional Breaking down these complexities this practical guide familiarises the reader with all of the common and many of the less common sexualities genders and relationship forms and

explains experiences and issues relating to each The book contains Explanations of various forms of sexuality gender and relationship structures Common concerns relating to specific groups Key practises relating to specific groups The treatment of specific groups in contemporary Western society Details of some rules and ideals that are commonly found within specific groups Suggestions for professional practice with these groups Ideal for all members of the multidisciplinary team this accessible book is relevant to practitioners across theoretical backgrounds Whether you are a trainee or qualified psychotherapist counsellor nurse medic psychiatrist social worker or applied psychologist this is a vital text for your professional practice CHRISTINA RICHARDS is Senior Specialist Psychology Associate at the West London Mental Health NHS Trust Charing Cross Gender Identity Clinic MEG BARKER is a senior lecturer in psychology at the Open University and a sex and relationship therapist Designing and Conducting Gender, Sex, and Health Research John L. Oliffe, Lorraine Greaves, 2011-04-18 This book provides the first resource dedicated to critically examining gender and sex in study designs methods and analysis in health research In order to produce ethical accurate and effective research findings it is vital to integrate both sex biological characteristics and gender socially constructed factors into any health study This book draws attention to some of the methodological complexities in this enterprise and offers ways to thoughtfully address these by drawing on empirical examples across a range of topics and disciplines *The Palgrave Handbook of Gender and Healthcare* E. Kuhlmann, E. Annandale, 2012-06-26 An authoritative state of the art collection that brings together key experts to provide an overview of the field This new paperback edition includes 3 new chapters on human resources and health end of life care and complementary and alternative medicine as well as thorough updates to the introduction and conclusion

**Sexual and Gender Minority Health** Brea L. Perry, Allen J. LeBlanc, 2021-01-15 This volume of *Advances in Medical Sociology* showcases rich theoretical and empirical contributions on SGM health and wellbeing The chapters address a variety of topics drawing from classic and contemporary sociological frameworks and constructs and reflecting intersecting interdisciplinary approaches to SGM health Sex- and Gender-Based Analysis in Public Health Jacqueline Gahagan, Mary K. Bryson, 2021-06-17 This book is the first to focus on sex and gender based analysis SGBA in public health addressing the dearth of thinking practice and publication on SGBA and public health The Canadian government is a global leader in seeking gender equity and mandating SGBA in federal initiatives programs and policies continuing to advocate for the uptake of SGBA However there is differential uptake of SGBA in many fields and public health is lagging behind This book analyses the movement toward SGBA in Canada and internationally highlighting some key examples of public health concern such as HIV AIDS and tobacco use An international group of experts in the fields of SGBA public health program evaluation policy development and research comprise the authorship of the book Collectively the team of authors and editors have deep expertise in SGBA and public health nationally and internationally and have published widely in the SGBA literature Topics explored among the chapters organized under three thematic content areas the SGBA terrain in public health illustrative

examples from the field and the implications of SGBA in public health include Sex and Gender Based Analyses and Advancing Population Health Beyond Women's Cancers Sex and Gender in Cancer Health and Care Women Alcohol and the Public Health Response Moving Forward from Avoidance Inattention and Inaction to Gender Based Design Understanding Pandemics Through a Sex and Gender Based Analysis Plus SGBA Lens Sex and Gender Based Analysis and the Social Determinants of Health Public Health Human Rights and Incarcerated Youth Gender Transformative Public Health Approaches Sex and Gender Based Analysis in Public Health is an important text for graduate level students and trainees as well as public health practitioners in a variety of disciplines such as health promotion nursing health administration public administration sociology political science gender and women's studies The book also is an essential resource for specialists in public health policy programming research and evaluation **Better Science with Sex and Gender** Joy L.

Johnson, Lorraine Greaves, Robin Repta, 2007 *Sex and Gender in the Pacific* Angela Kelly-Hanku, Peter Aggleton, Anne Malcolm, 2023-02-24 This book examines sex sexuality gender and health in the Pacific with a focus on three key sets of issues young people culture and education sexual and reproductive health and well being and belonging connectedness and justice Bringing together the work of scholars from across the Pacific region this innovative volume showcases traditional knowledge and diverse disciplinary scholarship of policy and practice relevance In addition to focusing on relationships health education family and community chapters engage with a number of cross cutting themes including violence justice and rights and sexuality and gender diversity Drawing on the diversity and richness of the Pacific its cultures languages and people the book lays the foundations for future conversations and scholarship for and by those within the Pacific Sex and Gender in the Pacific is an important resource for students researchers and practitioners working in Pacific studies sexuality and gender studies public health nursing public policy sociology education and anthropology Sex, Gender and Substance Use Lorraine Greaves, 2021-04-14 Sex Gender and Substance Use describes how both biological and social factors affect people's use of substances There is a lot of research carried out on substance use prevention and treatment in which sex and gender are missing This book describes the concepts of sex and gender what they mean and why including them in substance use research practice and policy is vital Substances such as alcohol drugs nicotine and tobacco all have differential effects on females and males Social and cultural gendered factors affect how women and men react to prevention treatment and policies The book includes numerous examples of how sex and gender sensitive research can increase our understanding and improve prevention and treatment and why striving for gender transformative substance use practice and research remains a gold standard **Sex and Gender** L. Zachary DuBois, Anelis Kaiser Trujillo, Margaret M. McCarthy, 2025-05-16 This open access book provides an interdisciplinary perspective on the study of sex and gender and suggests directions for future research in multiple fields Sex and gender are understood measured and applied in different ways across society and science To foster interdisciplinary dialogue and to promote informed applications in research policy medicine and public health the

Ernst Strüngmann Forum convened scholars from diverse fields to examine a widely held assumption that sex and gender are conceptually separate. Synthesizing the interdisciplinary perspectives that emerged from this discourse, this volume explores the entanglement of sex and gender, suggesting that they are co-constituted in ways that have not been fully understood. This entanglement is examined from multiple perspectives; research challenges are explored and ways to move forward are proposed to advance basic and developmental systems biology, human biomedical and clinical research, as well as policy and practice. The book should be of interest to policymakers as well as researchers working in anthropology, behavioral neuroendocrinology, cellular and molecular neuroscience, clinical psychology, epidemiology, and feminist gender and transgender studies.

**Routledge Handbook of Sexuality, Gender, Health and Rights** Peter Aggleton, Rob Cover, Carmen H. Logie, Christy E. Newman, Richard Parker, 2023-12-22. Thoroughly updated with over 30 newly written chapters, this edition of the Routledge Handbook of Sexuality, Gender, Health and Rights brings together academics and practitioners from around the world to provide an authoritative and up-to-date account of the field. Social researchers and their allies have worked hard in past decades to find new ways of understanding sexuality in a rapidly changing world. Growing attention is now given to the way sexuality intersects with other structures such as gender, age, ethnicity, race, and disability, and increasing value is seen in a positive approach focused on ethics, pleasure, mutuality, and reciprocity. This Handbook explores theory, politics, and early development of sexuality studies; ways in which language, discourse, and identification have become central to research on sex, sexuality, and gender; key issues across the broad media and digital ecology, demonstrating the centrality of representation, communication, and digital technologies to sexual and gender practices; research focusing on the body and its sexual pleasures; work on forms of inequality, violence, and abuse that are linked to sex, gender, and sexuality. The Handbook is an essential reference for researchers and educators working in the fields of sexuality studies, gender studies, sexual health, and human rights, and offers key reading for mid-level and advanced students.

*The Sage International Encyclopedia of Politics and Gender* Lia K. Roberts, 2025-09-02. This four-volume encyclopedia set is organized to allow the reader to explore gender and politics from an updated interdisciplinary, intersectional, and global perspective. The organization format will be an A-Z approach of approximately 500-600 entries, with entries ranging in word count from 1,500-3,000 words, with some entries on foundational topics at around 5,000. Coverage will examine both the role gender plays within the realm of politics, political participation, leadership, etc., as well as policies that are based in gender, abortion, and reproductive policies, transgender rights, etc. Foundational topics will include entries such as International Security and Gender, which will introduce gender and war, human trafficking, gender and militarism, and women and terrorism; and International Relations and Gender, which will introduce topics such as gender mainstreaming, the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW), and eco-feminism. A Comparative Politics foundational entry will focus on research areas surrounding political representation and participation, legislative

processes and law such as gender quotas gender gap in political participation and leadership intersectionality and barriers in representation and leadership Ni Unos Menos Not One Less Movement recent significant activist movements and transgender specific law Concepts connected to feminist and queer theory as applied in regional studies will also be covered For example marianismo or the connection between Catholicism and gender roles in Latin American and Latinx communities Asian American and Pacific Islander AAPI voters and political mobilization and LGBTQIA leaders and social movements will be included This encyclopedia will be essential for any undergraduate or graduate course on gender studies in gender studies programs as well as sociology political science history or other related programs disciplines gender and politics international relations and gender or area specific courses such as Gender and Latin American Politics or Gender and African Studies

**Gender, Health and Healthcare** Jacqueline H. Watts, 2016-03-09 Health status and the experience of working in health care roles are both strongly shaped by gender and although there have been attempts to incorporate gender awareness in both health and employment policies the significance of gender in these areas continues to be marginalised within public debates and academic discourses Taking a social constructionist perspective Watts considers the ways in which gender impacts upon health in all its elements including access technology professionalisation health promotion and health as an important sector of the labour market She discusses gender as a developing and diversified category exploring ideas about masculinity and the fluidity of gender boundaries in determining individual identity Chapters that follow discuss men s and women s health ideology of gender and health specifically exploring different social norms and ideas about male and female health and the dominant ideological association between femaleness and caring working for health with particular focus on the gendered interplay of caring and curing roles technology and changes to gender health and healthcare health promotion as a gendered activity and finally the importance of introducing an intersectional approach beyond gender to articulate a deeper understanding of health in a postmodern context The concluding chapter draws together these themes to underscore the importance of placing gender at the centre of health and health care delivery to fully take account of both the different life and health experiences of men and women and the gendered dimensions of working in health care Women's

Healthcare in Advanced Practice Nursing Ivy M. Alexander, Versie Johnson-Mallard, Elizabeth Kostas-Polston, Joyce Capiello, Joyce D. Capiello, Heather S. Hubbard, 2023-10-30 Holistically addresses women s health encompassing the needs of transgender and nonbinary individuals and considering ethnicity social class and disability ableness Delivering incisive and comprehensive information on the healthcare needs of women transgender and nonbinary persons the third edition of this distinguished text incorporates a strong focus on the provision of high value equitable and unbiased care It expands research and clinical frameworks for understanding women s health to encompass transgender and nonbinary persons and places women s health within a holistic perspective considering ethnicity social class and disability ableness All chapters are significantly updated with new evidence based research clinical updates and guidelines drug information Covid related

information racism and health disparities This text also covers current and pertinent health topics such as substance use and abuse mental health early pregnancy decision making and LGBTQ care as well as abundant integrated information on care of transgender and nonbinary individuals and enhanced information on pregnancy and primary care issues that disproportionately affect females The book is organized for ease of use and is comprised of three distinct but interrelated sections on theoretical frameworks to guide approach and care health promotion and prevention and managing health conditions Rich instructor resources include mapping content to AACN Essentials case studies a test bank and PowerPoint slides New to the Third Edition Focuses on providing equitable unbiased care for all women including transgender and nonbinary individuals Updated with new evidence based research clinical updates and guidelines drug information Covid related information and racism and health disparities information Expanded information on care of transgender individuals Enhanced content on pregnancy and related issues Four color presentation to enhance readability Incorporates content in WHNP and CNM national certification examination blueprints Key Features Distills cutting edge information on women s health issues through a sociocultural framework Edited by renowned scholar educators for AP nursing students Organized to provide easy retrieval of clinical information Addresses genetics LGBTQ health endocrine related problems health considerations for women caregivers dementia care and more Includes relevant web resources and apps in each chapter Provides extensive instructor toolkit to foster critical thinking

*Oxford Textbook of Global Public Health* Roger Detels, Martin Gulliford, Quarraisha Abdool Karim, Chorh Chuan Tan, 2017 Sixth edition of the hugely successful internationally recognised textbook on global public health and epidemiology comprehensively covering the scope methods and practice of the discipline

**The Oxford Handbook of Sexual and Gender Minority Mental Health** Esther D. Rothblum, 2020-06-30 The Oxford Handbook of Sexual and Gender Minority Mental Health provides a comprehensive and authoritative review of research on the mental health of sexual minorities defined as those who identify as lesbian gay bisexual queer or same gender attracted as well as the mental health of gender minorities defined as individuals who do not fully identify with their sex assigned at birth including people who are transgender or gender non binary The twenty first century has seen encouraging improvements in sampling methods and funding opportunities for research with sexual and gender minority SGM populations nevertheless a key purpose of this Handbook is to identify lingering gaps in research in order to motivate future scientists to expand knowledge about SGM mental health The volume begins with a historical overview followed by sections on mental health categories diagnoses such as anxiety trauma eating disorders and suicide and specific sexual and gender minority populations including examinations of diverse ethnicities and orientations identities The handbook concludes with chapters on stigma the role of resilience and future directions for research with SGM groups The volume is aimed at researchers conducting studies on the mental health of SGM populations clinicians and researchers interested in psychiatric disorders that affect SGM populations clinicians using evidence based practice in the treatment of



SGM patients clients students in mental health programs clinical psychology psychiatry clinical social work and psychiatric nursing and policy makers      Sex, Gender, and Women's Health Disease Control Priorities Project,2008

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