Women’s health: the need for a life course approach: *and it is not a competition!*

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Objectives

• Emphasize the need for considering both sex and gender in health care
• Uncouple the value laden aspects of sex, gender and health care
• Discuss the need for a life course approach
• Opportunity to collectively strategize to influence policy, practice, education and research
A life course approach to health and well-being
• On average, women live six to eight years longer than men globally.
• In 2007, women’s life expectancy at birth was more than 80 years in 35 countries, but only 54 years in the WHO Africa Region.
• Girls are far more likely than boys to suffer sexual abuse.
• Road traffic injuries are the leading cause of death among adolescent girls in high- and middle-income countries.
• Essentially all (99%) of the half a million maternal deaths every year occur in developing countries.
• Breast cancer is the leading cancer killer among women aged 20-59 years in high-income countries.
• Globally, cardiovascular disease, often thought to be a “male” problem, is the leading killer of women.
Women constitute one-third of the world's labour force ...
Women work two-thirds of the world's working hours ...
Women earn one-tenth of the world's income ...

If the societies of the world are to advance, women must be educated and empowered.
• unequal power relationships between men and women
• social norms that decrease education and paid employment opportunities
• an exclusive focus on women’s reproductive roles
• potential or actual experience of physical, sexual and emotional violence
United Nations Entity for Gender Equality and the Empowerment of Women
Millennium Development Goals

• Goal 3: Promote Gender Equality and Empower Women

• Goal 5: Improve Maternal Health
“Gender equality must become a lived reality”

Michelle Bachelet
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<th>Strategic directions: Six priorities</th>
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<td>1. Increasing women’s leadership and participation</td>
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<td>2. Increasing women’s access to economic empowerment and opportunities</td>
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<td>3. Preventing violence against women and girls, and expanding access to services</td>
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<td>4. Increasing women’s leadership in peace, security and humanitarian response</td>
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<td>5. Strengthening the responsiveness of plans and budgets to gender equality at all levels</td>
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<td>6. A set of global norms, policies and standards on gender equality and women’s empowerment to provide a basis for action</td>
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End child marriage

• UN agencies have come together to focus on child marriage, which is a fundamental human rights violation and impacts all aspects of a girl’s life.

• Globally, more than one in three young women aged 20-24 years were married before they reached age 18. One third of them entered into marriage before they turned 15.

• Preventing child marriage will protect girls’ rights and help reduce their risks of violence, early pregnancy, HIV infection, and maternal death and disability.
Women and heart disease: what we know and what we need to know more about.
Go Red Day is a national health campaign to raise awareness about heart disease among women. It was founded by the American Heart Association and is celebrated on February 4th, which is National Wear Red Day for Women. The campaign encourages women to wear red and support increased awareness of heart disease.

**Why wear red?:**

- **Increased awareness:** Heart disease is the leading cause of death among women, and raising awareness is crucial.
- **Support for research:** Every dollar raised helps fund research into heart disease.
- **Encouragement for change:** Changing habits and lifestyle choices can prevent heart disease.

**Important Facts Everyone Should Know:**

- **Cardiovascular Disease:** It is the No. 1 killer of women over the age of 25.
- **Staggering gap:** 15% more women than men have died of heart disease, stroke, and other cardiovascular diseases.
- **Congenital heart defects:** The most common cause of infant death from birth defects.
- **Early intervention:** Early treatment can help prevent heart disease.

**TIPS on how to Go Red!**

1. **Plan your day.**
2. **Ask everyone.** Staff, family, etc.
3. **Share it.** A loan is helpful.
4. **Have fun!**

For more information, visit americahart.org/GoRed.

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**1908**

Cardiovascular Disease Became the Number One Killer of Women
Prevalence of cardiovascular disease in adults ≥20 years of age by age and sex (NHANES 2007-2010)

These data include coronary heart disease, heart failure, stroke, and hypertension.

Give it to me straight, Doc... I can take it... What's wrong with me?

You're not a white male.
Why women don’t take action against heart disease?

• don’t put their health as a top priority
• think heart disease is a man’s disease
• think they’re not old enough to be at risk
• feel too busy to make changes in their lives
• public health messages and media emphasize reproductive health
Explanations for Disparities in Women

• Blame the victim – women do not seek healthcare for symptoms and/or delay seeking attention

• Ageism – women are older on average and older patients are less aggressively treated

• Sexism (medical judgment) – women are less likely to have and/or die from CAD

• Biological sex differences in CVD – women more often present with “female-pattern” disease, which is not recognized compared to “male-pattern” disease
  — C Noel Bairey Merz 2013
Smoking Statement Issued in 1956 by American Heart Association

“It is the belief of the committee that much greater knowledge is needed before any conclusions can be drawn concerning relationships between smoking and death rates from coronary heart disease. The acquisition of such knowledge may well require the use of techniques and research methods that have not hitherto been applied to this problem.”
EXCLUSIVE  THE HIT MAN HUNTING OSAMA

The Bulletin

SPECIAL HEALTH REPORT  BY TONY WRIGHT

100
(THE NEW 80)

80
(THE NEW 60)

60
(THE NEW 40)

Olive Riley, 104 years old

Australians are living longer. One in three children will reach 100. How we're turning back the years.

LION SCHOFIELD  THE GREAT  UGH! BOOM DEBATE
The Feminization of Aging: How Will This Impact on Health Outcomes and Services?

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We conducted an integrative review to identify issues and challenges that face aging women and to distinguish areas for future research. We found that many older women continue to face inequalities related to health and often are invisible within the discourse of aging policy. In this article we argue for a greater focus on the unique needs of women, a gendered approach to policy and intervention development, and promotion of the health of women across the life span. Policymakers, health care workers, and researchers need to consider the perspective of gender as well as age when implementing and evaluating effective interventions.

Population aging is emerging as a pressing issue for health and social services globally (Kasl, 1997; World Health Organization, 2003). Gender is a dynamic and socially defined construct comprising role enactment, values, and beliefs of both men and women (Frye, Putnam, & O’Campo, 2008). Gender-based roles, enactment, and health outcomes are shaped by social, economic, political, and cultural factors, rather than by biology alone (Raymond, Greenberg, & Leeder, 2005). Social determinants of health are the economic and social...
An Integrative and Socio cultural Perspective of Health, Wealth, and Adjustment in Widowhood

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Women comprise a larger proportion of the ageing population, often outlive their spouses, and face a variety of challenges upon widowhood. Discrete aspects of the health impact of widowhood have been described in the literature; however, the expanse of sociocontextual issues that impact on older women’s adjustment is less prominent.

We undertook a literature review to synthesize recent research and interventions and identify current trends and gaps in knowledge and services. Although many health, social, cultural, and economic factors impact on recently widowed older women throughout the world, we found few interventions targeting this population incorporating these factors.

The proportion of women in ageing populations throughout the world is larger than men because they commonly outlive their male spouses (United Nations Department of Economic and Social Affairs [UN DESA], 2010). The

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Adverse outcomes

- social isolation
- socioeconomic disadvantage
- depression
- marginalization
Health as a human right

“Based on decades of international work, we know that there will be no global peace or security until we secure every women’s right to a just and healthy life. Only healthy women whose human rights are protected can be fully productive workers and effective participants in their country’s political processes. Only when women are healthy and empowered can they raise and educate healthy children. These are imperative in their own right, and also the building blocks of stable societies and growing economies.”

The International Council on Women’s Health Issues is an international not-for-profit association dedicated to the goal of promoting health, health care, and well-being of women throughout the world through participation, empowerment, advocacy, education, and research.

Women’s health is the health and well-being of our modern world: a White Paper from the International Council on Women’s Health Issues.

• Safe womanhood begins before conception with a safe environment with adequate resources and a healthy lifestyle

• positive environment that supports the physical, social and emotional needs of the woman and her family
heart healthy holidays

Planning an Easter break? Take care. Researchers say holidaying in an unfamiliar place brings new challenges that may trigger a heart attack in those with risk factors.

**FACT #1** Heart attacks are more than twice as likely to occur among people who travel by car than plane or other forms of transportation.

**FACT #2** Also, heart attacks are nearly 10 times more likely among those who stay in a tent or mobile home rather than a hotel.

**DO YOU GO?** Yes, the researchers say, but if you’re at risk, avoid mental pressures and out-of-the-ordinary physical exertion on holiday.
Poverty
Access to Care
Environmental Exposure
Racism

Why is he looking at risk factors and behaviors when the key lies in social determinants?

Looking in a different place for the key.
• socially created problems can likely be socially transformed
Women’s Health is Everyone’s Business

Any condition or clinical encounter where a women’s gender or sexuality has an impact
The Health of Women and Girls Determines the Health and Well-Being of Our Modern World
A place where exceptional people discover possibilities that forever change their lives and the world.