Gender Based Health Issues

Why is it important to look at health based on gender?


A recent study notes it is an accepted fact that women live longer than men, current life expectancy for men in the United States if approximately 75 years for men versus 81 years for women; however women report experiencing poorer health than men on a variety of condition which may be explained by socio-economic and psychosocial differences.¹

Another study notes that gender differences in opportunities shape men’s and women’s choices and expectations regarding social roles and role-related activities, which in turn affect their exposures to various risks (including stress role overload, occupational health problems such as carpal tunnel syndrome and exposure to toxic chemicals) and their access to protective resources (including income, wealth, health and disability insurance and social support). Thus, men and women are the product of their own biology, their social experiences and the gendered roles they enact.²

The Utah Department of Health is committed to tracking and exploring the differences in men’s and women’s health in order to provide data and information about where to intervene most efficiently and effectively to improve the health and quality of life for Utah’s men and women.

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Helpful Resources to Address Health Concerns for Women

Local

**The Utah Women’s Health Coalition**, a diverse group of stakeholders who are committed to a collaborative, evidence-based approach to improve the health of Utah women. The mission of the Women’s Health Coalition is to promote optimal health for all Utah women through collaborative planning, community action, and policy/systems change. For more information please visit their website at: [http://womenshealthuwin.utah.edu/uwin_uwhc.php](http://womenshealthuwin.utah.edu/uwin_uwhc.php)

National

**The Office on Women’s Health** (OWH) was established in 1991 within the U.S. Department of Health and Human Services. Its vision is to ensure that "All Women and Girls are Healthier and Have a Better Sense of Well Being." Its mission is to "provide leadership to promote health equity for women and girls through sex/gender-specific approaches." The strategy OWH uses to achieve its mission and vision is through the development of innovative programs, by educating health professionals, and motivating behavior change in consumers through the dissemination of health information. For more information please visit their website at: [http://www.4women.gov](http://www.4women.gov)