

WORKSHOP SUMMARY

Sex and Gender Differences in Aging Research (2019)

On June 6-7, 2019, the RCCN convened a workshop on sex and gender differences in aging that brought together key thought leaders from the 6 National Institute on Aging center programs. The meeting included sessions on comparing males and females, pathophysiological differences, sex/gender in clinical care, and gender and health in the social context. Presenters from a wide array of disciplines identified opportunities for multidisciplinary research to address current gaps in the field and highlighted the need for a more systematic approach to understanding the how and why of sex/gender differences, as well as the health implications of these differences and the sex/gender biases that affect clinical treatment and outcomes. Below is a summary of key recommendations to move the field forward that were identified through the workshop proceedings.

- **Address intersectionality**
 - Consider the joint effects of sex, gender, race, ethnicity, geography, etc. Advocate for older adults in front of stakeholder groups and agencies
 - Collect survey and interview data from intergenerational and sexual and gender minoritized (SGM) families
 - Investigate the role of institutions and public health policies in creating systems of discrimination
- **Address the life course**
 - Assess changes in biomarkers over time in healthy and pathological aging
 - Study sex-based and gender-based mechanisms linking longevity to resilience and vulnerability
 - Incorporate hallmarks of aging and multiomics data in population-based studies
 - Use a broad comparative approach with animal models that mimic human aging
 - Connect prenatal exposures and fetal programming to health outcomes in adult offspring
- **Develop tools and resources**
 - Establish best practices for studying sex and gender differences in aging
 - Identify/develop validated, gender-based assessments for use in clinical research
 - Evaluate medical education programs that integrate sex/gender differences into clinical decision making

Workshop Publication

<https://bit.ly/3XiIPw6>