

RECOMMENDATION:

👉 Fund gender-sensitive services, including male-friendly mental health care and safe transport for women in rural areas

LINKED CHALLENGES:

- Women and gender-diverse people face stigma, discrimination, and transport/financial barriers
- Men face pressure to “be strong”, reducing care-seeking, especially for mental health

SOME LINKED CHALLENGES:

- Health research often excludes women and gender-diverse people
- Male bodies treated as the “default” in medicine
- Women are underrepresented in clinical trials, including during COVID-19

RECOMMENDATION:

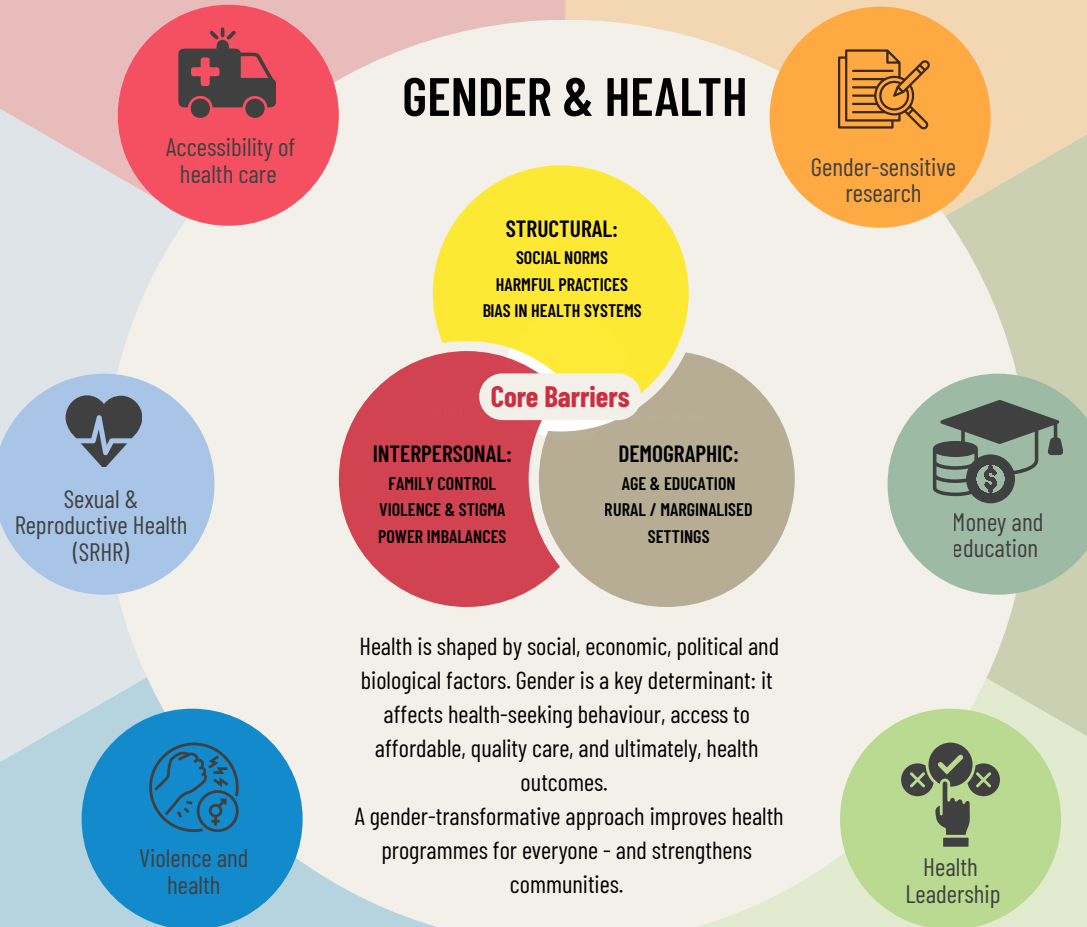
👉 Mandate gender-disaggregated data and inclusion of women and gender diverse people in clinical research, with ethics protocols adapted accordingly

SOME LINKED CHALLENGES:

- Harmful norms and violence limit women's control over sexual and reproductive choices
- Limited access to contraception, gynaecological care, menstrual products, and sanitation
- Stigma and restrictive laws deter women from seeking care
- Masculine norms reduce men's use of contraception and HIV/STI services

RECOMMENDATION:

👉 Invest in youth-led, community-based SRHR initiatives that combine comprehensive sexuality education and economic empowerment



SOME LINKED CHALLENGES:

- Women's lower income limits access to healthcare and nutrition
- Lack of financial decision-making power affects women and children
- Economic inequality increases vulnerability to transactional sex
- Girls leaving school early face lifelong health and income impacts

RECOMMENDATION:

👉 Integrate economic empowerment programs (e.g. vocational training, microfinance, savings groups, study scholarships) with reproductive health services to reduce financial barriers to care for girls, women and single mothers

Health is shaped by social, economic, political and biological factors. Gender is a key determinant: it affects health-seeking behaviour, access to affordable, quality care, and ultimately, health outcomes.

A gender-transformative approach improves health programmes for everyone - and strengthens communities.

SOME LINKED CHALLENGES:

- SGBV causes long-term physical and mental health harm
- Violence increased sharply during COVID-19 (“shadow pandemic”)
- Conflict amplifies violence, trauma, and health system breakdowns
- Male survivors face stigma and lack tailored support
- LGBTQIA+ people face higher risks of violence, stress, and suicide

RECOMMENDATION:

👉 Institutionalise one-stop centres for gender-based violence survivors, providing integrated medical, legal, psychosocial, and livelihood support for all genders, with confidential, discreet, and community-based access options

SOME LINKED CHALLENGES:

- Health leadership lacks gender, geographic, and ethnic diversity
- Women are the majority of health workers but hold few senior roles
- LGBTQIA+ representation in health leadership is largely invisible

RECOMMENDATION:

👉 Fund and mentor women and LGBTQIA+ leaders, especially from LMICs, with safety safeguards