



Cara Tannenbaum

Scientific Director, Institute of Gender and Health of the Canadian Institutes of Health Research, Canada ; Professor, Faculties of Medicine and Pharmacy, Université de Montréal, Canada

Dr. Tannenbaum was appointed Scientific Director of the Institute of Gender and Health of the Canadian Institutes of Health Research in January 2015. In this role she works with the Canadian gender, sex and health research community and stakeholders to identify research priorities, develop research-funding opportunities, promote gender equity, strengthen research capacity, build partnerships and translate research evidence to improve the health of Canadians.

Dr. Cara Tannenbaum is a Professor in the Faculties of Medicine and Pharmacy at the Université de Montréal with a long-standing interest and leadership in the field of gender and health. As a practicing internist/geriatrician and women's health specialist, Dr. Tannenbaum continues to treat men and women with a variety of health problems, fueling her understanding of and passion for driving evidence-based improvements in health for men and women across the lifespan. Dr. Tannenbaum maintains a highly productive national and international program of research.

She was awarded the May Cohen Gender Equity Award presented by the Association of Faculties of Medicine of Canada to recognize outstanding achievement in improving the gender equity environment in academic medicine in Canada. She is also the recipient of the CIHR Betty Haven's Knowledge Transfer Prize in Aging, and several research prizes from the North American Menopause Society, the American Geriatrics Society, and the International Continence Society. Dr. Tannenbaum was recognized with a "Women of Distinction Award" from the Canadian YWCA.

Transformative strategies for integrating sex and gender into research, policy and practice

Evidence shows that including sex as a biological variable and gender as a social determinant of health in research and practice improve the quality and applicability of findings. However, persuading researchers, funders and physicians to apply a sex-and-gender lens in their daily work can be challenging. The Institute of Gender and Health (IGH), one of the 13 Canadian Institutes of Health Research, is an international leader in advocating for the integration of sex and gender in health research, policy and practice. This presentation will provide a Canadian perspective on promoting sex and gender inclusion in the health and medical sciences. Dr. Tannenbaum will discuss five core mechanisms through which IGH influences practice and policy: measuring and monitoring, building capacity, creating incentives, coaching and auditing impact. Dr. Tannenbaum will present some key successes, including innovative funding initiatives and recent advocacy work on improving sex and gender integration into Canadian clinical practice guidelines. She will also outline lessons learned and strategies through which researchers, institutions and policymakers can advocate for and work towards inclusion of sex and gender in their work.