



HealthyWomen is a proud supporter of [National Women's Health Week \(NWHW\)](#). For over two decades, NWHW has been a valuable annual reminder to women to prioritize and take care of their health. It is important for all women, especially those with underlying health conditions such as hypertension, respiratory conditions, cardiovascular disease and diabetes to take care of their health now.

“As we honor National Women’s Health Week, it’s important to remember that women's health is about the whole body from head to toe, not just reproductive health,” said Martha Nolan, HealthyWomen’s senior policy advisor. “We are different biologically from men in many ways, from our hearts to our bones to even how we experience pain. Women face many unique health challenges, and understanding the [social and biological impacts](#) of sex and gender on our health is critical to ensuring the best health outcomes for women.”

Women are affected by diseases and illnesses differently than men and in disproportionate numbers. Through our work, HealthyWomen seeks to educate and inform women so they are able to better understand their bodies and make informed decisions with their healthcare providers. We believe it is critical that women be empowered to be able to be a part of the decision process.

HealthyWomen supports research into sex and gender differences and sex as a biological variable in order to better understand women's health and to identify treatments, therapies and practices that will improve women’s care and outcomes. For too many years, biomedical science and the medical community ignored sex and gender differences in diseases and illnesses as well as in treatment options and outcomes. Tremendous gains have been made in the last decade to shed light on women and their specific health needs. We want women to receive the best information and treatment options appropriate for them.

HealthyWomen would like to recognize the important work of the National Institutes of Health Office of Research on Women’s Health and its [continued efforts](#) to drive research into women's health and enhance our understanding of diseases and illnesses through examination of data for sex and gender differences. In honor of NWHW, they’ll be hosting the [5th Annual Vivian W. Pinn Symposium](#) this week, focused on integrating sex and gender into biomedical research.

HealthyWomen would also like to recognize all the offices of women's health in our federal agencies ([DHHS](#), [FDA](#), [CDC](#), [SAMHSA](#) and other federal agencies) for the important work they do year-round on behalf of all women, and we’re grateful for their efforts and leadership.