

INTERNATIONAL SYMPOSIUM ON NCD - KOSOVO

WHY ARE MEN AND WOMEN NOT EQUALLY AT RISK OF DEVELOPING CHRONIC DISEASES?

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Pristina, 28 September 2023

5 MAJOR RISK FACTORS



TOBACCO
USE



ALCOHOL
USE



UNHEALTHY
DIET



PHYSICAL
INACTIVITY

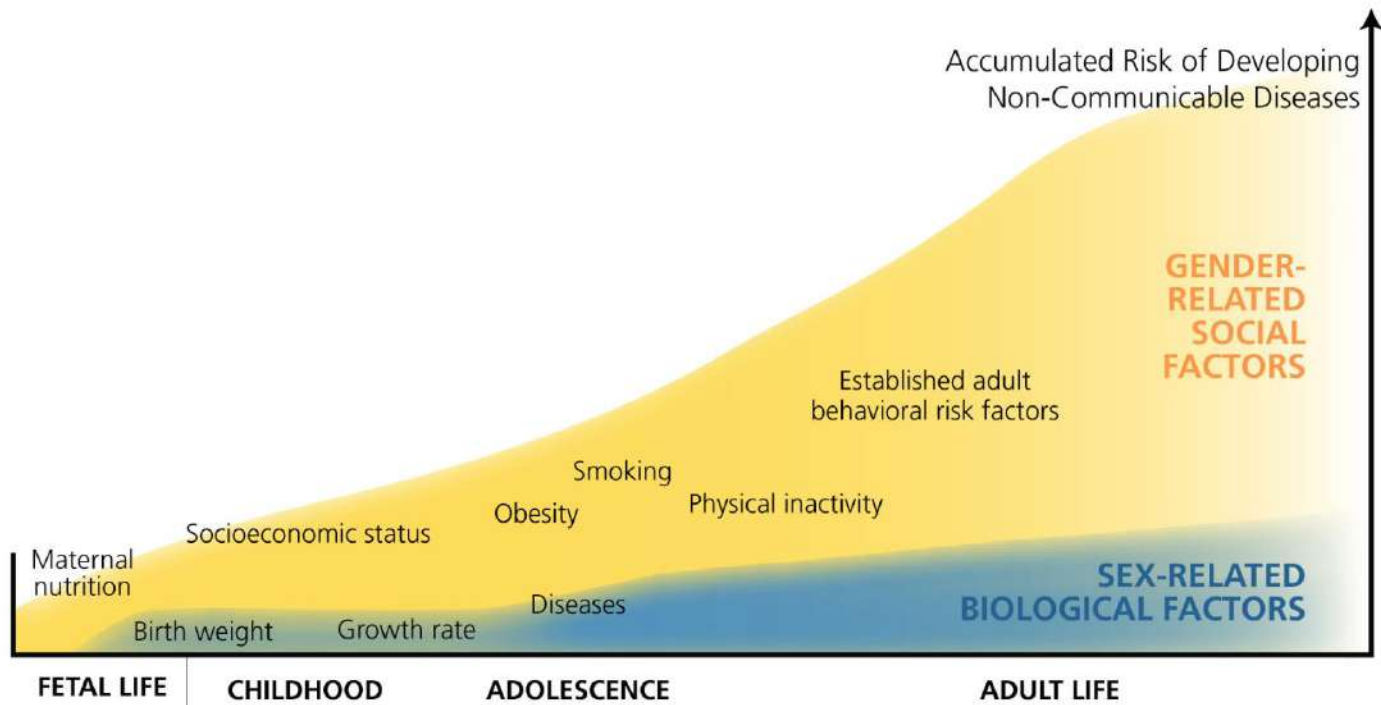


AIR
POLLUTION¹²

Men and women are not equally exposed to these risk factors so gender should be considered in NCDs prevention and control

Cumulative Life Course Risk Factors for Non-Communicable Disease (NCD)

Highlighting the influence of sex and gender-related factors



Adapted from Darton-Hill et al., 2004

Stanford University, Gendered Innovations, Nutrigenomics: Intersectional Approaches,
<https://genderedinnovations.stanford.edu/case-studies/nutri.html#tabs-2>

What is sex?

TABLE 2 | Prevalence of non-communicable disease risk factors, stratified by sex and highest level of education attained (Kosovo Non-Communicable Disease Cohort, Kosovo, 2019).

Risk factor	All participants (n = 977)	Sex		p-value
		Male (n = 402)	Female (n = 575)	
Current smoker	201 (20.6)	110 (27.4)	91 (15.8)	<0.001 ^{†a}
Physical inactivity	687 (70.3)	250 (62.2)	437 (76.0)	<0.001 ^{†a}
Poor nutrition	831 (85.1)	340 (84.6)	491 (85.4)	0.725 ^a
Alcohol consumption	44 (4.5)	43 (10.7)	1 (0.2)	<0.001 ^{†a}
Obesity	515 (52.7)	151 (37.6)	364 (63.3)	<0.001 ^{†a}

PHC users from the Kosovo NCD cohort baseline study

Obas KA, Bytyci-Katanolli A, Kwiatkowski M, Ramadani Q, Fota N, Jerliu N, Statovci S, Gerold J, Zahorka M, Probst-Hensch N. Strengthening Primary Healthcare in Kosovo Requires Tailoring Primary, Secondary and Tertiary Prevention Interventions and Consideration of Mental Health. *Front Public Health*. 2022



Source: Wikipédia



Health-related
behaviour are not
determined by
biology, but by
social norms
(**gender system**)

GENDER
Socially-constructed roles, behaviours, expressions and identities of girls, women, boys, men and gender diverse people.

SEX
Biological attributes of humans and animals, including physical features, chromosomes, gene expression, hormones and anatomy.

Have you considered the possibilities?
Learn more: www.cih-irsc.gc.ca/shapingscience.html

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WHICH DIMENSION(S) OF GENDER ARE RELEVANT?



GENDER IDENTITY

How an individual self-identifies, including how they behave, express their gender, and are perceived by other people



GENDER RELATIONS

How individuals interact with and are treated by other people based on their perceived and/or expressed gender identity



GENDER ROLES

Social expectations and norms typically associated with a given gender



INSTITUTIONALIZED GENDER

The way power, resources, and opportunities are distributed in society based on gender

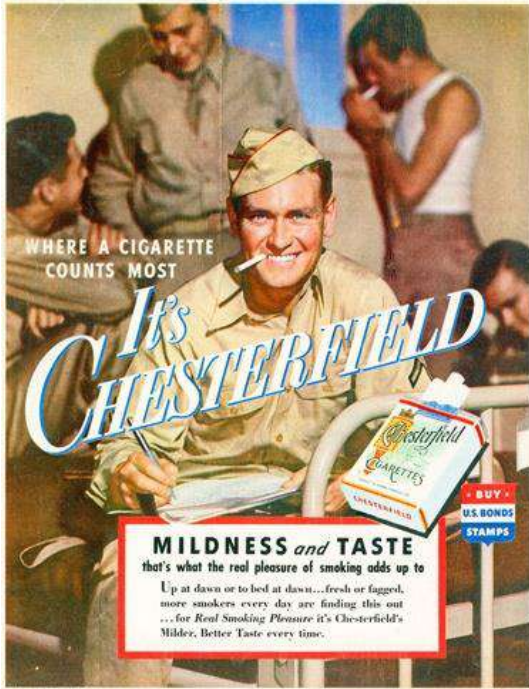


- Gender-based violence
- Smoking
- Drinking alcohol
- Diet
- Gendered division of labour
→ exposure to air pollution
- Sexism in public spaces
→ physical activity
- Access to healthy food and physical exercise

SMOKING AND GENDER

Cigarette smoking and masculine norms

... and women's emancipation



SMOKING PREVALENCE

Smoking prevalence in Switzerland

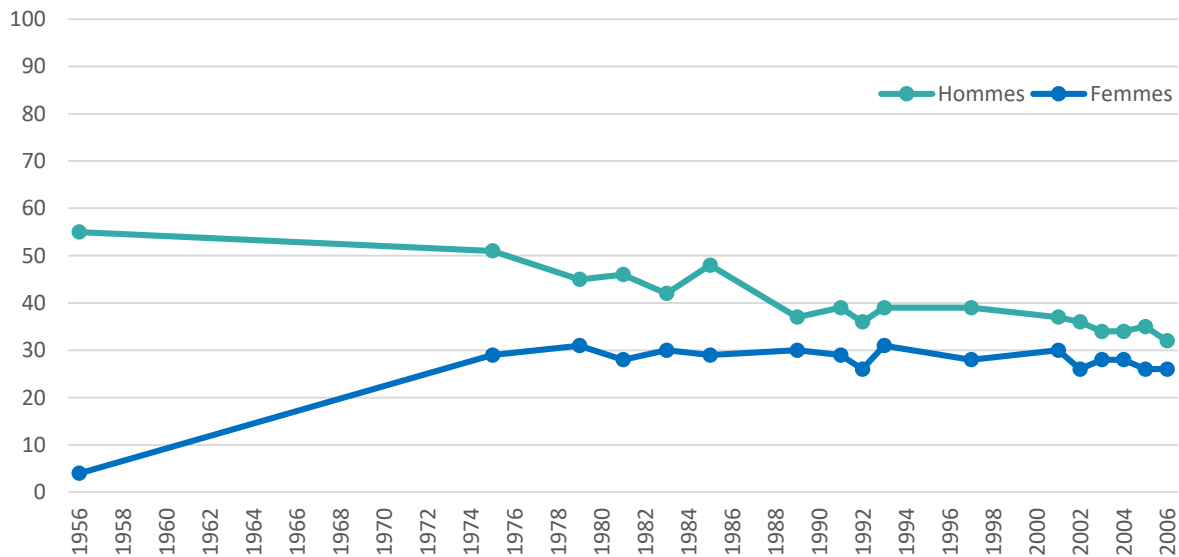
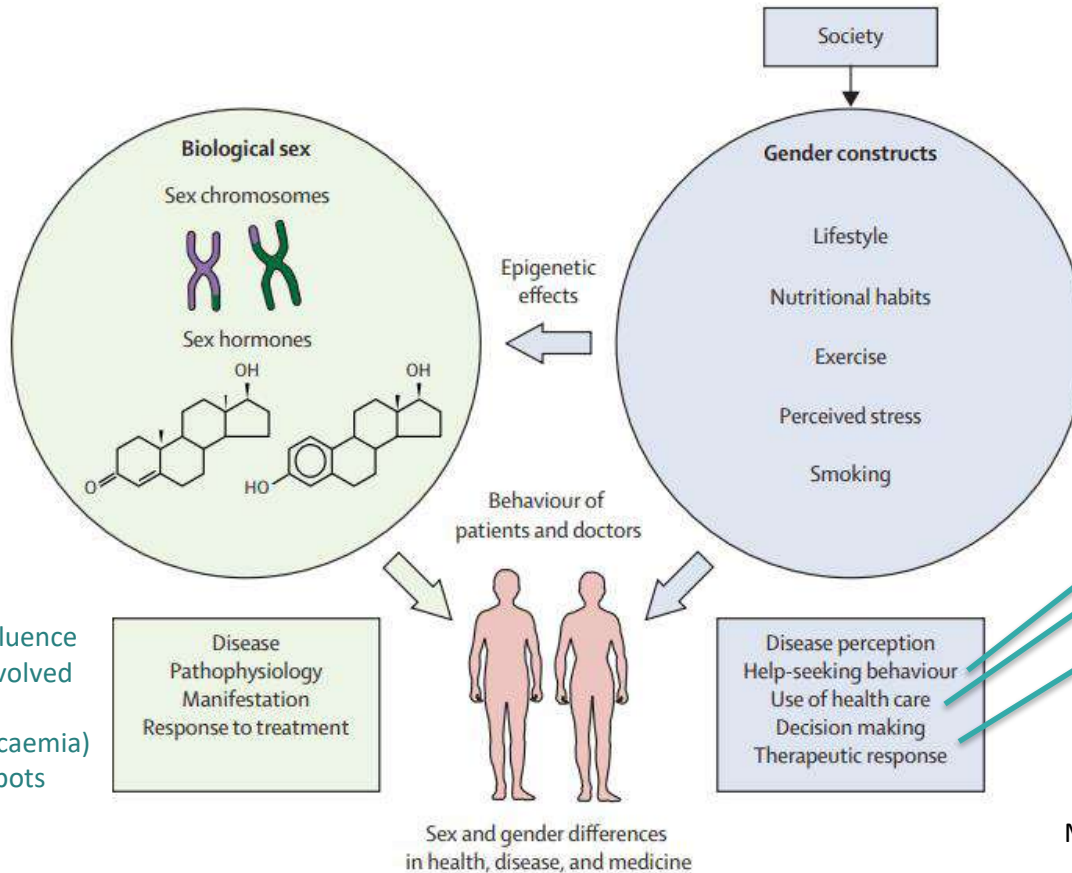


Table 2. Percentage of current smokers by age group and gender – Kosovo STEPS survey 2019

Age Group (years)	Men			Women			Both Sexes			P-value
	n	% Current smoker	95% CI	N	% Current smoker	95% CI	n	% Current smoker	95% CI	
18-44	458	34.3	28.7-40.0	682	14.7	11.5-18.0	1140	24.6	21.4-27.9	P<0.0001 Chi test=59.3
45-69	657	37.8	33.2-42.5	892	19.0	15.9-22.2	1555	28.5	25.7-31.3	P<0.0001 Chi test=68.3
18-69	1115	35.3	31.1-39.5	1580	15.9	13.3-18.6	2695	25.7	23.4-28.1	P<0.0001 Chi test=134.8

WHO Stepwise
Approach to
surveillance (STEPS)

INFLUENCE OF SEX AND GENDER IN HEALTH



- Oestrogens influence metabolism involved in blood sugar regulation (glycaemia)
- Visceral fat depots

• Check-ups and screening

• Adherence to treatment to control HTA, glycemia, etc.

INCLUDING INTERSECTIONALITY

- The social categories of women and men are not homogenous
- There are other dimensions that affect social position and health: ethnicity, age, SES...



RECOMMENDATIONS FROM 2022 CONSULTANCY (1)

Service delivery

- Motivational counselling, avoiding a discourse on individual responsibility that may be stigmatising. Assess the capacity for individuals to adhere to clinical recommendations such as physical activity, diet, etc. and include structural perspectives (external factors and norms that drive health-related behaviour)
- Screening and control of NCDs: organise activities with men only to discuss and understand their perceptions of a healthy body / ill body, of the pertinence of clinical screening, and the best venues and approaches to attract men in such activities.



RECOMMENDATIONS FROM 2022 CONSULTANCY (2)

Health promotion

- Assess if gender-specific health promotion / prevention activities are pertinent in addressing the gender inequality in physical activity and obesity, to ensure that women are reached.
- When identifying personal and structural barriers to physical activity in the specific context of Kosovo, ensure that gender norms and roles are taken into account.

Health in all policies



KEY MESSAGES

- Risk factors for NCD are gendered
- Gender intersects with age, class, ethnicity
→ Prevention should be gender+ sensitive / specific

A Continuum of Approaches to Action on Gender and Health



THANK YOU FOR YOUR ATTENTION!

HEALTH AND GENDER UNIT:

WWW.UNISANTE.CH/FR/FORMATION-RECHERCHE/RECHERCHE/GROUPES-RECHERCHE/SANTE-GENRE

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