

AN OPEN LETTER TO THE UK ON CLOSING THE GENDER HEALTH GAP

In 2023, the gender health gap still has far-reaching effects on every aspect of women's lives, from sex and relationships to their mental health and careers.

The knock-on effect on wider society and the economy is vast. Research shows that if the gender health gap were eradicated immediately, the UK economy would stand to save at least £18 billion a year.

Women would no longer lose as many as 31 million working days per year because of the menopause and PMS, and the career prospects of millions of women suffering from reproductive health conditions would improve, with more succeeding in the workplace and reaching higher levels of seniority.

Women's quality of life would improve immeasurably, with diagnosis times for conditions such as endometriosis significantly reduced and lower rates of depression and anxiety as a result. The impact even extends to sex and relationships, with better sex and fewer breakups for all if health discrepancies were eradicated.

That's why intimate wellbeing brand INTIMINA is calling on healthcare providers, educators, companies and government organisations to commit to the 8-point plan below to close the gap by 2035:

1. Teach all school pupils, male and female about menstrual and reproductive health in PSHE.
2. Create a supportive company culture, free from stigma, where women's health issues can be discussed openly.
3. Teach all medical students about menstrual and reproductive health and female sexual function as part of medical school training, equipping them to provide emotional and psychological support alongside symptom management.
4. Prioritise research and development for all menstrual and reproductive health issues, doubling investment in this area.
5. Increase funding into menstrual and reproductive health tenfold, matching investment in gender-neutral conditions.
6. Invest funding into research and development to tackle female sexual dysfunction.
7. Improve care for new and expectant mothers, with an additional post-natal check for the mother's health at nine months.
8. Develop new, improved methods of contraception, making male contraceptives available.

Closing the gap would have a transformative effect on the nation. The challenges are complex and deeply rooted, and the scale of catching up cannot be underestimated, but if the 8-point plan outlined above is adhered to, a world without the gender health gap could become a reality.

Regards,
INTIMINA UK