

## **INTEGRATING SEX AND GENDER CONSIDERATIONS IN UK BIOMEDICAL, HEALTH AND CARE RESEARCH**

Sex and gender play fundamental roles in individual and population health. Sex and gender influence the medical conditions people develop, the symptoms they experience, the treatments and quality of care they receive, their disease progression and their overall outcomes. Studying and understanding sex and gender differences and similarities is essential for ensuring the safety and effectiveness of medicines and care, to improve the health of all people in the UK.

High-quality, reproducible and inclusive biomedical, health and care research requires consideration of sex and gender at every stage, from study design and recruitment, to data analysis and transparent reporting of results. Unlike other high-income countries – notably Canada, the United States and European nations under Horizon Europe – the UK currently has no standard, unified guidance for researchers about how adequately to consider sex dimensions in cell and animal studies, and sex and gender dimensions in human studies. We have been working with the MESSAGE initiative which is co-designing a sex and gender policy which will be available in 2024. Culture change in this space is needed to cement the UK's position as a world leader in rigorous, sustainable science and provides the most effective evidence to improve outcomes for patients and society.

At Alzheimer's Research UK, we already require the sex of study populations to be specified in research applications, with an expectation that male and females will be included, and that equity, diversity, and inclusion (EDI) is considered in the selection of study populations. We will continue to review our guidance and processes to ensure that sex, gender, and EDI considerations are integrated in the research we fund.