

International Women's Day: Health Inequalities Workshop

Research theme



Women's metabolic health

Aim

For women to share their lived experiences of PolyCystic Ovary Syndrome (PCOS) and high-risk pregnancies to raise awareness and inspire others to take action

Involvement included

- Workshop which brought together researchers, wider university staff and members of the public to discuss and identify suggestions on how to tackle health inequalities for women.
- Screening of a co-created video highlighting cultural challenges and stigma that South-Asian women with PCOS face.
- Sharing personal stories such as racism and lack of cultural understanding in healthcare setting, particularly for migrant women.



2 public contributors involved

Best practice

- Public contributors saw the value in sharing their stories to help tackle issues of health inequalities.
- Public contributors noted that it was great to see how the video produced got people thinking about how culture can play a big role in women's health.

Impact of PPIE

- Word clouds generated by attendees highlighted key challenges and barriers in addressing inequality within research participation, dissemination and health interventions. Language, time, motivation and support were considered key – offering guiding principles to consider in developing future research proposals.
- Several attendees expressed an interest in learning more about how to participate as well as get involved in women's health research.

Methods



In-person meeting