



Inclusive excellence in medicine (InkE) – systematic integration of sex and gender aspects into prevention and health promotion research

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Background

- Sex and gender aspects are ubiquitous modifiers of health and disease: epidemiological indicators, symptoms, as well as management, prevention, and health promotion reveal significant sex and gender differences for a multitude of common diseases.¹
- However, research across medical fields has systematically neglected sex and gender aspects.²
- A lack of consideration of sex and gender (and their intersection with other dimensions of diversity) may have important implications for risk prediction, diagnosis, treatment, and prevention.^{3,4}
- Consideration of sex and gender in biomedical research should thus be considered an integral component within a framework of evidence based and individualized medicine.

Aims

1. To assess the current status of **sex- and gender-sensitive medical research (SGMR)** at the University Medicine Greifswald.
2. To increase **awareness for SGMR** for early career researchers, their supervisors, and senior researchers through innovative and **interdisciplinary research training** and support in individual research projects.
3. To **systematically integrate aspects of SGMR** into research conducted at the University Medicine Greifswald and thereby **promoting translational significance and health equity** for diverse patient populations.
4. To establish and foster **research collaboration** across multiple disciplines, both locally and (inter-)nationally.

What is Inclusive Excellence in Medicine (InkE)?

„Inclusive Excellence in Medicine“ (InkE) is an interdisciplinary collaboration between the University and University Medicine Greifswald funded by the Federal Ministry of Research and Education (BMBF) for a period of 5 years to establish a research infrastructure at UMG to facilitate systematic and sustainable integration of sex and gender aspects into biomedical research.

To achieve this goal, a core team consisting of scholars from different academic backgrounds (e.g., Social Sciences, Humanities, Medicine, Psychology) collaborates in different working packages (Figure 1) to increase awareness of SGMR and inform (early career) researchers on best practices how to consider sex and gender aspects in their work.

Advisory structure for researchers on sex and gender dimensions in research

Establishment of internal communication structure at UMG
Screening & advice on research proposals and e-applications
Project evaluation

Science communication & networking

Development of social media presence and website for dissemination of InkE activities and recent development in SGMR
InkE podcast
Establishing and maintaining a (communication) network with relevant stakeholder in SGMR

Coding of sex and gender dimensions in epidemiological & clinical studies

Integration of the gender dimension in data use and data management plans
Semantic enrichment in the database
Establishing the gender dimension in data dictionaries

Integration into education program

Journal club on SGMR
Lecture series on SGMR
Workshops for early career researchers and their supervisors
Summer Schools „Sex, Gender, and Health“ (2025 / 2027)

Figure 1 Schematic representation of the structure of the InkE-project.

InkE provides a platform for interdisciplinary research and collaboration

Due to the various academic backgrounds of the InkE core team members, we provide an interdisciplinary perspective on the complex roles of sex and gender (and their intersection with other domains of diversity) in disease prevention, health promotion, and further areas of basic and clinical medical research. We welcome everyone to join our upcoming educational programs (i.e., workshops, journal clubs, summer schools), public events, and research consultation. **Together, we may be able to promote health equity through biomedical research that appreciates diversity.**

Are you interested in further information and collaboration?

If you are interested in collaboration with or further information about InkE, please don't hesitate to talk to us in person or get in touch via: inke-projekt@med.uni-greifswald.de

References

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Figure 2

Preliminary results of keyword-based analysis of all UMG original research articles (n=4174) published between 2019 until today suggest a lack of sex and gender sensitive content. For preliminary analyses only titles, but not abstracts were screened for the following terms: „sex“, „gender“, „men“, „women“, „male“, „female“, „Geschlecht“, „Mann“, „Frau“. Data are shown as relative proportion of total research output (in %). Data were derived from FIS. Analyses were conducted by M.P. & P.T.

