

# Integrating sex and gender in UK biomedical, health and care research

**MESSAGE**  
Medical Science Sex and Gender Equity

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

The [MESSAGE project](#), hosted at [The George Institute for Global Health](#), has co-designed a sex and gender policy with research funders, regulators, researchers, patients and publishers, which will be launched in early 2024. MESSAGE is committed to providing our research community with the guidance, skills and tools to support them in this process and to ensure that future research meets the needs of all people, no matter their sex or gender. Culture change in this space will ensure the UK cements its position as a world leader in rigorous, sustainable science and provides the most effective evidence to improve outcomes for patients and society.

***This statement is united with other members of the UK research community who are committed to advancing the integration of sex and gender in research. These organisations include:***

- Academy of Medical Sciences
- Alzheimer's Research UK
- Alzheimer's Society
- Association of Medical Research Charities (AMRC)
- Asthma + Lung UK
- The BMJ
- BMJ Medicine
- BMJ Open
- Breast Cancer Now
- British Heart Foundation
- Diabetes UK
- The Dunhill Medical Trust
- Elsevier, including The Lancet Group and Cell Press
- Epilepsy Action
- Fight for Sight/Vision Foundation
- Health Research Authority (HRA)
- Heart Research UK
- JDRC
- Mankind Initiative
- Medical Research Council (MRC)
- Medical Research Foundation
- Medical Women's Federation
- Men & Boys Coalition
- Men's Health Forum
- National Institute for Health and Care Excellence (NICE)
- National Institute for Health and Care Research (NIHR)
- Stroke Association
- Trans Learning Partnership
- Wellcome Sanger Institute



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