



## Considering Sex and Gender for CCSA's Issues of Substance 2019 Conference

This year, we are requesting presenters to consider sex and gender as part of their work to help create more useful and specific evidence, guidance and perspectives for different groups of Canadians. As part of the abstract submission, applicants will be asked to describe how their work has considered issues related to sex and gender or could consider them in the future. The description should provide a brief summary (150 words or less) about how your project (i.e., research study, program, policy review, etc.) has considered sex and gender or could do so in the future.

### Sample Summaries of How to Consider Sex and Gender

#### Example 1

Examining the role of gender as a risk or protective factor for alcohol use and related health conditions in older adults is an important component of the proposed research. The LRDGs are gender-specific since males and females metabolize alcohol at different rates (Butt et al., 2011). Further, from a behavioural perspective, the type and volume of alcohol consumed by Canadians typically differ between men and women and so it is important to describe these patterns for both genders. In addition, women make up the largest proportion of the older adult population in Canada and, despite increasing life expectancies among both genders, this trend is expected to continue alongside the rapid expansion of the age group overall. As a result, stratified analyses by gender will be conducted to describe variations in alcohol use and factors uniquely linked to drinking patterns in each group separately. If any of the analyses reveal gender to be a significant factor in the variance of outcomes of interest, the dissemination of these findings will ensure that these differences and any implications for practice are highlighted to the relevant stakeholders.

#### Example 2

The proposed research will consider gender and sex in several ways. For example, the scoping literature review will take into account whether sex and gender are important moderators of the clinical presentation or the risk and protective factors for experiencing PDMA and related harms. For all proposed qualitative and quantitative studies, recruitment will target both male and female participants to ensure equal participation. The data collected for these studies will be disaggregated by sociodemographic factors, including gender, to allow for gender-specific analyses to be conducted. External data requests for administrative and/or longitudinal datasets (e.g., CIHI, CLSA, etc.) will also, wherever possible, include sex or gender variables such that stratified analyses can be conducted. In addition, examining whether healthcare practitioners' (HCPs) practice for responding to PDMA among older adults differs based on the gender of the patient or the practitioner will be an important component of the HCP survey analysis.



### Example 3

- Women have been largely ignored in addictions research.
- Much-needed research on gender differences in treatment response and gender-specific treatments.
- Increase efforts to reduce the stigma and discrimination faced by women who use substances.
- Adopt a multidisciplinary, holistic, comprehensive approach to treatment, prevention, health promotion.
- Coordinated and integrated systems of care and services with gender and cultural competence.

### Additional Helpful Resources

*Applying a Sex/Gender/Diversity-based Analysis within the National Framework for Action to Reduce the Harms Associated with Alcohol and Other Drugs and Substances in Canada* (2009).

Available from [www.ccsa.ca/Resource%20Library/Sex%20Diversity%20Paper%20EN.pdf](http://www.ccsa.ca/Resource%20Library/Sex%20Diversity%20Paper%20EN.pdf)

*New Terrain: Tools to Integrate Trauma and Gender Informed Responses into Substance Use Practice and Policy* (2018). Available from [bccewh.bc.ca/wp-content/uploads/2018/05/NewTerrain\\_May-22-2018.pdf](http://bccewh.bc.ca/wp-content/uploads/2018/05/NewTerrain_May-22-2018.pdf)

Gender-Based Analysis Plus Course (2018). Available from [swc-cfc.gc.ca/gba-ac/s/course-cours-en.html](http://swc-cfc.gc.ca/gba-ac/s/course-cours-en.html)

Online Training Modules: Integrating Sex & Gender in Health Research (2017). Available from [www.cihr-irsc.gc.ca/e/49347.html](http://www.cihr-irsc.gc.ca/e/49347.html)



Canadian Centre  
on Substance Use  
and Addiction

CCSA was created by Parliament to provide national leadership to address substance use in Canada. A trusted counsel, we provide national guidance to decision makers by harnessing the power of research, curating knowledge and bringing together diverse perspectives.

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