











Meryam Schouler-Oc...

Emily Hewlett O...

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Impact of Sex and Gender



- Biological factors influence women's mental health.
- Women are a diverse group and we must examine women's mental health through different intersections of age, education, ethnicity, social positions, and social structures.



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Facts and Figures



PREVALENCE

- Women have higher rates of internalising disorders such as **depression** and **anxiety** compared to men.
- The depression gap widens with increasing age. Among those aged 50 to 64 years, twice as many women report chronic depression compared to men.
- Women are 2 - 3 more times likely to suffer from an **eating disorder** compared to men.
- **Perinatal depression** affects as many as 1 in 5 pregnant women. **Postnatal depression** affects 1 in 10 women.
- **1 in 3 women** in Europe have experienced physical or sexual violence in their lifetime.
- Women's caring responsibilities can impact the time they have for their own mental health and to seek support. 80% of care is provided informally (unpaid) and **75% of informal carers** are women.
- Women's well-being was more adversely affected by the COVID-19 crisis.
- Vulnerable population groups, people living with disabilities, young people and adolescents, migrant populations, as well as LGBTQI+ communities are more at risk of mental health issues.



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Policy



- Women's Health Interest Group in the EU Parliament.
 - Objective is to embed women's health in the work of the EU Parliament.
 - Women and mental health will be topic for discussion.
- Mapping Models of Good Practice in Women's Health.
 - 8 European countries: Austria, Belgium, England, France, Ireland, Scotland, Spain, and Sweden.
- EIWH Manifesto for Women's Health.
 - Includes the EU Commission Comprehensive Approach to Mental Health.
- **EU Strategy for Women's Health.**

