**GENDER, HEALTH AND SEXUALITY**

**Capsule Statement:**

Recognizing the basic truth that good health of all men ,women and different sexual Identities is an indicator of a prosperous society, this course looks at the current health status of the Pakistani community by examining their health needs, facilities for addressing these needs, and more importantly, their awareness about their health needs. Health, in this course, means total wellbeing of humans, including physical, emotional, and psychological wellbeing. This course, thus, looks how men, women and different sexual identities perceive their personal health needs and how they look at each other’s health needs. In addition to the institutionalized health care- system, in this course we would also study traditional systems of cure and healing, and myths and belief systems. The core issue of investigation, throughout this course, is the question of decision- making whenever a need arises to seek health-care for women all through their

different stages of life. Thus, neglect of the health needs of the girls, of adult women, and of aged and old women is an important segment of the course. Related to this is the most significant issue of reproductive health.

#### Objectives:

After the completion of this course, students will be able to

* To understand the difference between the health-care needs of women and men.
* To understand the socio-cultural myths and stigma attached with health-care seeking behavior.
* To recognize the health issues of different sexual identities.
* To create awareness about women’s health needs.

#### Contents:

1. **Introduction:**
   1. Defining health
   2. Health as a gender issue variations in health status
   3. Access to health care
   4. Sources of data about health
   5. Role of traditions and myths
   6. Health Care governmental and international agencies

#### Women Health: Issues and Challenges:

* 1. Life cycle of women’s health
  2. Girl child (from birth to puberty)
  3. Reproductive span
  4. Problems of women’s health.
  5. Health as a human right
  6. Problems of aged and aging women

#### Male health issues and Challenges

* 1. Infertility problems in males
  2. Drug abuse and male health issues
  3. Depression and psychological issues in male
  4. Aging problem and work burden in males

#### Health problem of different sexual identities

* 1. Trans gender issues of identity and health
  2. Health issues of Gay and Lesbian

#### Governmental policies about male and female and different sexual identities in Pakistan

1. **Population policies of Pakistan**

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#### Suggested Readings:

Bird, Chloe E., and Patricia P. Rieker. (2008). *Gender and health*. Cambridge [u.a.]: Cambridge Univ. Press.

Brown, Louise. (2006). Social status, risk and HIV: an ethnographic interpretation of

health and well-being in the traditional brothel quarters of Lahore, Pakistan. *Pakistan Journal of Women’s Studies: Alam-e-Niswan, vol. 13, no. 2, 95-118. Curtis, Sara.* 2004. Health and Inequality. London: Sage.

Kariapper, Rehana. (2007). Unravelling realities: reproductive health and rights.Lahore: Shirkat Gah.

Khan, Ayesha. (2000). *Adolescents and reproductive health in Pakistan: a literature review: final report.* Islamabad, Pakistan: Population Council.

Kirkham, Marvis. (2006). *Social Pollution and Women’s Health.* New York: Routledge.

Lee, Christina. (1999). *Women’s Health: Psychological and Social Perspectives.* London: Sage.

Nelson, Debra L., and Ronald J. Burke. (2002). *Gender, work stress, and health.* Washington, D.C.: American Psychological Assoc.

Pakistan Journal of Women’s Studies. (2006). vol. 13, no. 2 (special issue on women’s health).

Pollard, Tessa M., and Susan Brin Hyatt. (1999). Sex, gender, and health. Cambridge: Cambridge University Press.

Schulz, Amy J., and Leith Mullings. (2006). *Gender, race, class, and health: intersectional approaches.* San Francisco, CA: Jossey-Bass.