



**iGIANT Roundtable Scholars  
January 30, 2018  
UC Berkeley**

The second iGIANT Roundtable Scholars (iRS) event was held at UC Berkeley on January 30, 2018. Over 30 students were present, representing various disciplines (molecular cell biology, bioengineering, nutritional science, integrative biology, and public health).

Discussion highlights included:

1. We are often taught not to talk about gender differences, in the quest for equality, but it's important to realize that gender differences can have important implications on health, work efficiency, safety, and ergonomics. By recognizing these implications, we can work to create better outcomes for both men and women.
2. The medical care an individual receives can be highly impacted by the provider's understanding of sex/gender differences in clinical manifestations. For example, women often exhibit different symptoms of a heart attack or stroke from men, and if EMTs are unaware of these differences, a woman suffering from either condition may not receive appropriate medical attention. Generally speaking, studies show that the chief complaints of women are treated less aggressively than those of men, which is the result of a lack of education of providers on sex/gender differences in their fields.
3. Participation of women in fields such as sports and music is often limited by physical barriers that don't take into account gendered differences. For example, the keys of a piano can be too wide for the smaller hand range of a woman. Similarly, one participant's reflection of her physical therapy experience was that she was physically fit, but expected to move in ways that her body was not built for, and therefore could not successfully complete her therapy.
4. There exist aesthetic barriers as well to the experiences of women in clothing design, in sports or otherwise. For example, the aesthetics of sports differ greatly based on gender. While hockey players are given ample padding as part of their uniform, figure skaters have none, as reflected by one participant who had to wear bulky hockey pads to her figure skating practice. Casual clothing designs often don't have pockets for women, and when they do exist, they are much smaller and less usable compared to the pockets in men's clothing.

Call to Action:



- Students can catalyze change by getting their voices heard. Outlets include writing blogs, submitting on-line product reviews, and exercising consumer choice.
- We can ask questions about the products we're buying or the treatments we're being given, such as whether it has been truly made for and tested on an individual who looks like the consumer.
- In situations where sex/gender differences are not being acknowledged, we can provide feedback to those in charge- for example, educating a physical therapist on the differences of men and women's body movements.
- We can raise awareness through education, and not by not settling for the status quo. For example, for people part of an EMT program, one can speak to the instructor to ensure that different presentations of illness are included as part of the curriculum.
- Speak to those around us, whether it's family, friends, research advisors, or others to help them understand sex/gender differences and apply it in the work they do.
- Host roundtables with your sorority/fraternity, host annual roundtables with student groups and clubs, and open up the room for dialogue and discussion.