

NIH Office of Research on Women's Health (ORWH)



2026 Women's Health Initiative Investigator Meeting

Changing the future of women's health



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Transforming Women's Health Through Science and Scale

NIH's First Large-Scale Randomized Trial in Women's Health

- The Women's Health Initiative (WHI) became a landmark as the largest national women's health study
- Focuses on strategies for **preventing chronic disease in postmenopausal women**
 - Menopausal hormone therapy (estrogen, estrogen + progestin, each compared to placebo)
 - Dietary modification
 - Calcium/Vitamin D
- **Rigor of randomized clinical trials** and large observational studies
- Creates a robust foundation and significantly contributed to the knowledge base since inception
- Represents what is possible when women participate in research at scale and remain engaged
- Thank you:
 - Investigators—past and present—scientific leadership and dedication
 - Previous NIH leadership for vision and commitment
 - Current NIH leadership for sustaining and advancing that commitment
 - Volunteer women participants (>161,000)

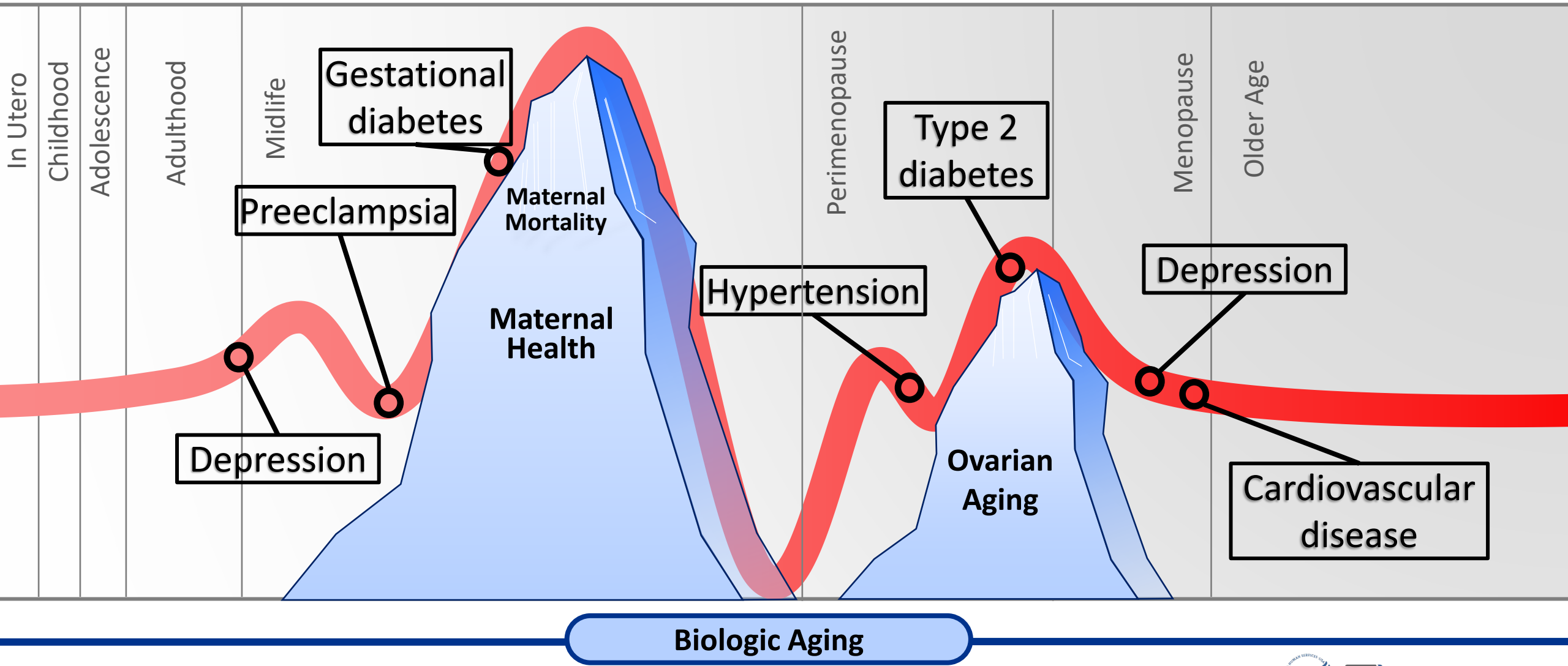


Because of the Women's Health Initiative...

- We know more about **women's health, particularly AFTER midlife in postmenopausal women**
- Together with studies like the Study of Women's Health Across the Nation (SWAN), we have **clearer insights into women's midlife health leading to menopause**
- Over the last 30 years, new options have emerged: - **multiple formulations, doses, routes** of menopausal hormone and **non-hormonal therapy**
- We can now ask more **precise questions**, such as optimal symptom management during the menopausal transition and its role in chronic disease development
- We identified critical gaps in defining menopausal status, underscoring the need for **common data elements and biomarkers** reflecting ovarian aging and menopause status
- We now view **menopause as a health inflection point** for managing physiologic changes and symptoms to influence overall health and chronic disease risk



Perimenopause: A Systems-Level Inflection Point in Women's Health Trajectories



Driving Innovation in Menopause Research, Education, and Care

April 15–17, 2026

Pathways to Prevention (P2P) Workshop: Advancing Research to Improve Health During the Menopausal Transition

- Convene federal agencies, researchers, clinicians, and community members to assess current evidence and identify **critical research gaps** in management of the menopausal transition
- **Key Precipitating Themes across NIH:**
 - **What are the most effective treatments** for menopausal symptoms?
 - **How do treatment effects vary** by timing, formulation, and population?
 - **How are benefits and risks balanced** across outcomes and development of chronic disease?
 - **How can care be improved** for women with different needs and contexts?

Videocast -
<https://videocast.nih.gov/watch/341cd96f-0138-11f1-9f14-124f0a52e769>

COMING SOON

COMpetency in Menopause & Integrated Therapy (COMMIT) Challenge

- Identify, amplify, and reward curricula that comprehensively address the menopausal transition, including menopause hormone therapy, within U.S. health education programs
- **Focus Areas:**
 - **Menopausal transition & symptom management**
 - **Hormone and non-hormone therapies**
 - **Integrated / multidisciplinary care approaches**
 - **Addressing gaps in clinician education**

For more information:
<https://bit.ly/3PGmA3f>

Division of Program Coordination, Planning, and Strategic Initiatives (DPCPSI)/ORWH Initiative

Computational Modeling of Hormone Homeostasis

OTA-26-004



Requires

The development of any **in silico computational methods** that integrate biological data with mathematical representations to simulate **human** hormone homeostasis, with clear relevance to **women's health** and **therapeutic** efficacy and toxicity evaluation.

NIH Seeks

Technology-led, innovative, high-impact research that will generate the critical empirical support needed for evaluating an intervention's clinical benefit in a sex-specific manner.

Announces

Awards in FY26

Visit

The [Research Opportunity Announcement \(ROA\)](#)

- NIH may allocate \$5,000,000 per year for up to 3 years per award.

Learn More

Informational Webinar: Available at <https://dpcpsi.nih.gov/hormone-homeostasis>

Questions? Email us:

ORWHResearch@nih.gov



“The Evolving Future of Women’s Health Research”

Carolyn M. Mazure, Ph.D.

Norma W. Spungen and Joan L. Bildner Emerita Professor in Women’s Health Research
Emerita Professor of Psychiatry and Psychology
Founding Director, Women’s Health Research at Yale
Yale University School of Medicine
Chair (2023-2025), White House initiative for Women’s Health Research



Dr. Rebecca (Becky) Jackson Lecture