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Quiz: How Much Do You Know About Women's Health?

Test your knowledge around women's health in this quick seven-question quiz.

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Women face a complex set of health challenges, in the realms of reproductive and sexual health, mental health, and beyond.

At Project HOPE, we prioritize the health and well-being of women and girls. We have worked to save the lives of mothers and babies around the world since 1985. We focus on [building a more equitable world](#) and delivering health care to the world's most marginalized and underserved communities — and in every context, that includes women.

How familiar are you with the health issues women face? Test your knowledge with seven true-or-false questions.

Take the Quiz

1. Women who regularly provide care for others with illnesses or disabilities are less likely to experience depression and anxiety. ☐ TrueFalse
2. A woman's lifetime risk of maternal death is 1 in 530 in high-income countries and 1 in 490 in low-income countries. ☐ TrueFalse
3. Women are over 14 times more likely to be killed by natural disasters. ☐ TrueFalse
4. Women are twice as likely as men to experience depression. ☐ TrueFalse
5. Globally, one in three women experience gender-based violence. ☐ TrueFalse
6. Women were only required to be included in medical research starting in 1970. ☐ TrueFalse
7. Cancer is the leading cause of premature death for women in the U.S. ☐ TrueFalse

How did you do?

1. Women who regularly provide care for others with illnesses or disabilities are less likely to experience depression and anxiety.

False. Women who are caregivers are at greater risk of developing mental health conditions. In the U.S., two of every three caregivers are women. Globally, women make up 67% of the health and social care workforce, providing essential health services for 5 billion people around the world.

The stress of these personal and professional roles was heightened in the context of COVID-19. In the U.S., nearly half of women health workers experienced burnout during the pandemic, compared to around 42% of men, and nearly 40% reported mental health issues of anxiety and depression, compared to 26% of men.



Women comprise 70% of the global health care workforce and are more likely than their male counterparts to experience burnout, depression, and anxiety. Photo by James Buck for Project HOPE, 2024.

2. A woman's lifetime risk of maternal death is 1 in 540 in high-income countries and 1 in 450 in low-income countries.

False. In high-income countries, a women's risk of death due to pregnancy is 1 in 5,300, versus 1 in 49 in low-income countries. That's about 108 women in a low-income country for every one woman in a high-income country.

Why is the difference so drastic? Women in low-income countries have more pregnancies on average, and they're also less likely to have skilled care. Only 68% of births are attended by trained health workers, while in high-income countries, 99% of births are in the presence of skilled care.



The difference in health care services available to women varies widely around the world, especially when it comes to maternal health. For every woman who dies during childbirth in high-income countries, 108 women die in low-income countries. Photo by Marie Arago for Project HOPE, 2022.

3. Women are over 14 times more likely to be killed by natural disasters.

True. Women are disproportionately vulnerable to the effects of climate change.

Climate change has serious implications for maternal and reproductive health. Research has shown that women and girls are also more likely to experience food insecurity, 14 times more likely to die in extreme disaster, and more likely to feel the mental health impacts of climate change.

It's also harder for women to migrate away from places prone to climate change and disaster due to sociocultural norms and limited financial resources and land rights — and if they do leave, they face heightened risks of human trafficking and gender-based violence. They will also have a harder time finding new work.

Women are more likely to experience food insecurity due to climate change and face greater difficulties in migrating after disaster. Photo by James Buck for Project HOPE, 2022.

4. Women are twice as likely as men to experience depression.

True. Women are more likely to experience mental health conditions in general and twice as likely to experience depression.

Researchers point to a list of gender-specific risks and social distresses to help explain the trend, including the disproportionate responsibility for the household and caregiving, socioeconomic disadvantages, income inequality, and low status and rank, as well as gender-based violence.

Paula, who lives in Atlanta, has struggled with mental health issues her entire life. Thanks to support from Good Samaritan Health Center, a charitable clinic Project HOPE supports, she was able to receive counseling and other services to manage her health. Project HOPE supported charitable clinics across five states to help increase access to COVID-19 vaccines. Photo by Emily Nichols for Project HOPE, 2022.

5. Globally, one in three women experience gender-based violence.

True. It's estimated that some 736 million women will experience physical or sexual violence in their lifetime. The risk of exposure to such violence increases during times of crisis, when women are displaced and traveling alone, or when women are isolated with their domestic partners. During the COVID-19 pandemic, cases of GBV increased by 20%, with over 1 million additional cases of domestic violence occurring every single week as of May 2021. In the first few months of COVID-19, the UN sounded an alarm for the "Shadow Pandemic" happening with the rising levels of violence against women during lockdown.

Gender-based violence is a flagrant violation of human rights, and there are a myriad of lifelong health consequences including injury, pregnancy, and mental health conditions like depression and post-traumatic stress disorder. Women are twice as likely as men to experience depression and affected by PTSD more than any other group of people.

6. Women were only required to be included in medical research starting in 1970.

False. In the U.S., it wasn't until the passage of the National Institutes of Health Revitalization Act in 1993 that women and people of color had to be represented in federally funded research.

And there are still huge gaps in knowledge on women's health. As scientists race to catch up, women live the consequences every day. For example, it can take years for women to get properly diagnosed with autoimmune diseases (which impact more women than men) and as long as a decade to be diagnosed with conditions like endometriosis, one of the most common gynecological diseases.

Despite advances in women's health, there are still huge gaps in knowledge, and many women go years without proper diagnoses. Photo by Emily Nichols for Project HOPE, 2022.

7. Cancer is the leading cause of premature death for women in the U.S.

False. Heart disease is the leading cause of premature death for women living in the U.S., responsible for around 1 in 5 female deaths in 2021. And research suggests mental health can impact heart health, particularly for women, which is especially alarming.

If you're still wondering why it matters that women be included in clinical research, consider the 2021 study that finds doctors may have been using the wrong metric for women's blood pressure — that the target systolic blood pressure for women should be less than 110, not less than 120 like it is for men. This means many women at risk of heart disease have gone without preventative care.