

2026-2031

Strategic Research Action Plan

Weston and O'Born Centre for Mature Women's Health

Message from Leadership

We are proud to present the Weston and O’Born Centre for Mature Women’s Health Strategic Research Action Plan 2026-2031.

Menopause is a pivotal milestone that represents an important chapter in a much broader health journey. Yet, mature women continue to be underrepresented in research and are at risk of receiving care that does not fully reflect their needs. Closing this knowledge gap requires a fundamental shift in how research addresses women’s health care across the lifespan and will require a collective effort, shared purpose and collaboration across disciplines.

For more than a century, Sinai Health has prioritized care for women, starting in 1923 when it began as a maternity hospital, to 2000 when the Menopause Clinic first opened under Dr. Wendy Wolfman's leadership. It is also home to one of Canada’s largest hospital-based geriatric medicine programs, enabling an integrated approach to addressing the unique needs of mature women.

In 2022, Sinai Health Foundation embarked on a campaign to establish the Centre for Mature Women’s Health, dedicated to advancing mature women’s health care, research and education. Thanks to the generosity of The Hilary and Galen Weston Foundation and Janice and Earle O’Born, alongside the Sinai Health Foundation community, they surpassed their campaign goal and the Centre was renamed the Weston and O’Born Centre for Mature Women’s Health.

As one of the only academic health science centres in the world to make menopause and women’s health a key strategic priority, Sinai Health is well positioned to lead research that will have a lasting impact on improving mature women’s health for generations to come.

Advancing the centre’s research agenda was guided by a shared vision of Sinai Health leadership, including Drs. Mathew Sermer, Obstetrics and Gynaecologist-in-Chief, Chaim Bell, Physician-in-Chief and Nathan Stall, Site Lead, Department of Geriatrics.

This Research Action Plan outlines a clear, mission-driven roadmap built on three strategic pillars. It leverages Sinai Health’s strengths while expanding research impact to improve care and equity for women as they age.

At the Weston and O’Born Centre for Mature Women’s Health, we have the opportunity to lead research that will have a lasting impact on improving mature women’s health for generations to come. We are excited to build a future where research informs better care for mature women at Sinai Health and beyond.

Dr. Paula Rochon

Director of Research, Weston and O’Born Centre for Mature Women’s Health,
Barry J. Goldlist Chair in Geriatric Medicine,
Sinai Health

“Mount Sinai Hospital has supported women’s health for more than a century. With the Weston and O’Born Centre for Mature Women’s Health Research Strategic Action Plan, we will shape women’s health care for centuries to come.”

Dr. Gary Newton

President and CEO, Sinai Health

The Future of Mature Women's Health Research

Research at the Weston and O'Born Centre for Mature Women's Health is dedicated to improving the health and well-being of women as they age. Our research will look into the ways in which conditions present, develop and affect mature women. Applying these findings to clinical practice and addressing the health challenges that disproportionately or differently impact them will ultimately lead to better, more equitable care for women as they age.

The future of the Centre will be built on inclusive and interdisciplinary research initiatives, enhanced capacity for collaboration across a wide spectrum of health disciplines, and generate new opportunities to translate knowledge into impact. Women are asking for a future where they are no longer invisible. By bringing everyone together, we will fill critical gaps in research and care for women and create a more inclusive, evidence-informed health system.

"The Weston and O'Born Centre for Mature Women's Health Research Strategic Action Plan represents exactly the kind of bold, focused research leadership that Sinai Health is committed to advancing. By charting a clear course to address the longstanding underrepresentation of mature women in health research, the Centre is poised to generate evidence that will not only strengthen care at Sinai Health, but shape practice and policy well beyond our walls."

Dr. Anne-Claude Gingras

Vice President, Research, Sinai Health and Director, Lunenfeld-Tanenbaum Research Institute

Dr. Susanna Mak

Deputy Director, Clinical Research, Sinai Health

Strategic Planning Process

Defining a shared vision for advancing mature women's health research meant co-creating a strategic research action plan that was built on input from the Sinai Health community. Key groups included:

- **Sinai Health strategic leadership and senior administrators** with oversight of clinical programs, research priorities, and system planning, bringing insight into institutional alignment, feasibility, and long-term sustainability of the Weston and O'Born Centre for Mature Women's Health research agenda.
- **Researchers and clinician-scientists** with experience in women's health, health services research, implementation science, and population health.
- **Clinical leaders and clinicians** with interest in mature women's health including cardiology, emergency medicine, gastroenterology, general internal medicine, geriatrics, hematology, maternal-fetal medicine, obstetrics and gynaecology, and psychiatry.
- **Nursing and other health disciplines** whose work intersects with mature women's health.



15 key informant interviews



Strategic planning forum



3 drafted pillars

Strategic Research Action Plan

Direction

A world where mature women are included in all health research

Purpose

To inspire, support and lead patient-centered research on mature women's health

Guiding Principles

We will strive to:



Curiosity

Be a driver of growth, exploration and learning to shape the future of health research



Collaboration

Foster multidisciplinary collaboration within and beyond Sinai Health, nationally and internationally



Excellence

Uphold best research practices that are ethical, rigorous and evidence-based



Equity

Ensure equitable, inclusive and patient-oriented research practices to reduce health disparities and close the gaps in mature women's health

3 Strategic Pillars

Advance Inclusive Research



Lead interdisciplinary research

Conduct research informed by patients and mature women in the community

Guide the inclusion of sex, gender, and age in all research

Build Capacity for Collaboration



Build a collaborative research environment

Provide mentorship and training opportunities

Cultivate new and strengthen existing partnerships

Translate Knowledge into Impact



Prioritize patient-informed knowledge mobilization

Elevate Sinai Health as a leading source of knowledge

Advocate for the prioritization of mature women's health

Alignment with Sinai Health Research

The Weston and O’Born Centre for Mature Women’s Health Strategic Research Action Plan has been intentionally designed to have strong alignment with the Sinai Health Research Strategic Plan and the broader Sinai Health Strategy. We recognize this as an important component to ensuring feasibility, success, and long-term sustainability of the Weston and O’Born Centre for Mature Women’s Health research agenda.

Sinai Health Research Strategic Priorities	Weston and O’Born Centre for Mature Women’s Health Research Strategic Pillars		
	Advancing Inclusive Research	Build Capacity for Collaboration	Translate Knowledge into Impact
1. Transform our corporate culture and approaches to embrace research			
2. Structure and organize the Sinai Health Research enterprise			
3. Attract, support, and retain top research talent			
4. Catalyze collaboration across Sinai Health Research			
5. Enhance, align and streamline research administration and operations			
6. Renew and plan for expansion of Sinai Health’s research infrastructure			
7. Maximize Sinai Health’s research identity and recognition			
8. Enhance and strategically bolster the financial sustainability of Sinai Health Research			
9. Lead the development of local and global partnership networks			

Advance Inclusive Research

Advancing inclusive research means listening to the needs of mature women and opening opportunities for interdisciplinary research across all areas affecting mature women's health. This research will shape evidence-informed, patient-centred approaches to care for women everywhere.

To advance inclusive research, we will:

- Lead interdisciplinary research to advance understanding of conditions that impact mature women's health.
- Conduct patient-oriented research co-designed with diverse patient partners to generate evidence that will inform care.
- Guide the inclusion of sex, age, and gender-based analysis into all health research so that the unique needs of mature women are met, informing tailored approaches to care.



What we Heard

"There is an opportunity to identify and lead research in flagship priority areas to distinguish the Centre as a leader in mature women's health research."

"Research needs to strategically align with Sinai Health priorities, leverage and build on clinical strengths, and resonate with the broader health system."

"It is critical to have patient and community voices reflected in the research from the very beginning."

"Researchers would benefit from guidance and resources on how to effectively incorporate a sex and gender lens into their studies."

Key Areas of Activity

- Identify key areas of research focus and develop investigator-led, grant funded studies, leveraging the Centre's clinical expertise.
- Build strategic presence through participation at Sinai Health leadership tables, and contributing to hospital priorities by bringing visibility and expertise in mature women's health.
- Engage patients and mature women in the community as partners to co-design research that is meaningful and relevant to them
- Develop evidence-based resources, educational tools and provide unique backbone supports to guide the incorporation of sex, gender and age considerations into all research.

Build Capacity for Collaboration

Building capacity for collaboration means we create an environment that actively supports multi-disciplinary research with integration across subspecialties and departments, while fostering mentorship, developing talent, and expanding partnerships to advance mature women's health research.



To build capacity for collaboration, we will:

- Build an environment that supports collaboration between scientists, clinicians, nursing and other health disciplines, pharmacy, staff, trainees, and community members to engage in research.
- Provide mentorship and training opportunities to nurture research talent in mature women's health.
- Cultivate new and strengthen existing partnerships to generate knowledge that will advance mature women's health.

What we Heard

"Broaden multi-disciplinary inclusivity by ensuring that members across the Sinai community beyond researchers, including front line providers, are actively engaged in co-generating ideas."

"Move beyond fragmentation by breaking down silos and finding innovative ways to foster collaborative research initiatives through combining resources and expertise."

"Build a nurturing learning and mentorship environment, and provide joint fellowship opportunities to attract emerging learners and research talent."

"Engage with other institutions, and community organizations, locally and internationally."

Key Areas of Activity

- Establish intentional spaces for research collaboration by hosting interdisciplinary research-in-progress meetings to catalyze idea development.
- Create opportunities for career acceleration that supports rising talent in the field, including mentorship and innovative research fellowships.
- Develop local and international partnerships through the creation of an International Advisory Board that provides strategic guidance from leaders in the field.

Translate Knowledge into Impact

Translating knowledge into impact means bridging research and clinical care to improve mature women's health, positioning Sinai Health as knowledge leader, and advocating for systems change.



To translate knowledge into impact, we will:

- Prioritize patient-informed knowledge mobilization initiatives and disseminate learnings to maximize research impact.
- Elevate Sinai Health as a leading source of knowledge on mature women's health to inform care.
- Lead advocacy efforts and raise awareness to create a research and health system that prioritizes mature women's health.

What we Heard

"There is an important relationship between research, clinical excellence and knowledge mobilization. Moving the dial on research will help inform better clinical care and build capacity through knowledge mobilization efforts."

"Develop evidence-based resources to build institutional and public awareness and help raise the profile of mature women's health research."

"It is important to have representation from the community, listen to what women want, and involve them in moving the ideas forward"

"Contribute to system-level change by scaling research insights informed by the direction of the Ministry of Health."

Key Areas of Activity

- Lead knowledge translation efforts to ensure research findings related to mature women's health are communicated clearly and effectively to the public and to policymakers.
- Elevating mature women's health research through thought-leadership activities to position the Centre and Sinai Health as an expert and trusted voice in the field.
- Co-design tailored knowledge mobilization tools with mature women in the community and diverse partners to
- Support evidence-informed decision-making, policy and advocacy efforts to maximize impact on mature women health.

Acknowledgements

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Closing gaps in women's health is a cause driven and supported by the broader community. In 2022, **Sinai Health Foundation** set out to raise \$50 million to establish the **Weston and O'Born Centre for Mature Women's Health**, a world-class centre dedicated to improving care for women before, during and after menopause. We would like to thank the generosity of Sinai Health Foundation donors who have helped us create this first centre of its kind in the world.

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Sophia Ikura, Founder and Executive Director

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