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International Women's Day 2023

The theme for 2023 is Embrace Equity, which highlights the importance of gender equality in creating a fair and equitable world.

Saraswathi embraces equity as a clinician researcher and health professional educator by ensuring women with racialized and non-dominant identities have equitable access to high quality perinatal services.

What does it mean to you to embrace equity?

If we centre the most marginalized in our work, everyone benefits. Women and people who dedicate their lives to uplifting and caring for families and their communities have known this for centuries.

In research and practice, this means asking the right questions, and listening well to service users.

Embracing equity means being accountable to principles of justice and inclusion in the provision of health services.

How can others actively support and embrace equity?

Others can support and embrace equity by working to remove barriers that reinforce marginalization, and to amplify the diverse voices of women about respectful care from preconception through pregnancy, childbirth, and early parenting.

Most often, this starts with openly listening to individuals from other cultures and communities about their experiences.

Also, when we collaborate across the health system to provide services, we commit to quality care for all.

Any advice to women in or thinking about working in health care?

Build relationships with your community partners - they will sustain you through the tired days, and shine the light on the rewards of a life of service.