

BY: Senator PERSAUD

MEMORIALIZING Governor Kathy Hochul to proclaim October 2026, as Menopause Awareness Month in the State of New York

WHEREAS, This Legislative Body takes great pride in recognizing months dedicated to raising awareness of health issues that affect countless residents of this great State; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, this Legislative Body is justly proud to memorialize Governor Kathy Hochul to proclaim October 2026, as Menopause Awareness Month in the State of New York, in conjunction with World Menopause Awareness Month; and

WHEREAS, This purposeful month raises public awareness, reduces stigma, promotes education, and encourages access to healthcare and workplace support for those experiencing menopause and perimenopause; and

WHEREAS, Menopause is a natural biological process marking the end of menstruation and typically occurs between the ages 45 and 55, affecting more than half of the population at some point in their lives; and

WHEREAS, Perimenopause, menopause, and post menopause involve significant hormonal changes that can affect physical, mental, and emotional health in individuals; and

WHEREAS, Menopause-related symptoms such as hot flashes, sleep disturbances, mood changes, and cognitive effects can significantly impact the quality of life, productivity, and long-term health of those affected; and

WHEREAS, Stigma and lack of open conversations relating to menopause contribute to misinformation, underdiagnosis, and undertreatment of menopause-related health concerns; and

WHEREAS, Menopause is associated with an increased risk of developing osteoporosis, cardiovascular disease, and other chronic conditions; and

WHEREAS, Many individuals experiencing menopause remain in the workforce, yet workplace policies and culture often fail to provide adequate understanding, accommodations, and support; and

WHEREAS, Disparities in menopause care disproportionately affect marginalized communities, including women of color, low-income individuals, and those in rural areas; and

WHEREAS, Public awareness campaigns and ongoing provider education

can help increase public understanding of this biological process, reduce stigmas, and promote proactive health management during midlife and beyond; and

WHEREAS, Greater public awareness of menopause, perimenopause, and post menopause in New York State and beyond will contribute to better health outcomes in our citizenry, thusly contributing to a more healthy and happy society; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim October 2026, as Menopause Awareness Month in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York.