

SENATE RESOLUTION

8657

By Senators Cleveland, Bateman, Cortes, Dhingra, Krishnadasan, Lovelett, Nobles, Orwall, Robinson, Shewmake, Trudeau, Warnick, Slatter, and C. Wilson

1 WHEREAS, Menopause is experienced when menstruation stops  
2 permanently, either naturally or medically-induced; and

3 WHEREAS, All people who have menstrual periods will experience  
4 menopause at some point in their lives, as such millions of  
5 Americans, particularly older women, experience menopause each year;  
6 and

7 WHEREAS, Many women in the United States enter the menopausal  
8 transition with little guidance on what to expect before, during, and  
9 after their reproductive years; and

10 WHEREAS, Transgender and nonbinary people who enter menopause  
11 face particular challenges due to the lack of relevant research and  
12 medical resources tailored to their needs; and

13 WHEREAS, Menopausal symptoms have the potential to be intense,  
14 disrupting daily routines and overall well-being, and can last for  
15 several years; and

16 WHEREAS, The vast potential impacts of menopause encompass a wide  
17 range of side effects that may include osteoporosis, oral and dental  
18 problems, metabolic disorders, cardiovascular diseases, hypertension,  
19 lung diseases, infectious diseases, musculoskeletal problems, urinary  
20 problems, breast cancer, defecation problems, genital disorders,  
21 special diseases such as eye diseases and hypothyroidism, conditions  
22 requiring hormone therapy, mental disorders, diminished cognitive  
23 function, sleep disorders, sexual disorders, diminished physical

1 activity, the need for supplement consumption, public health  
2 issues, needed additional health education, heightened fall  
3 risk, and diminished nutrition; and

4 WHEREAS, Menopausal symptoms are unique for each individual  
5 in duration and severity, and cannot be addressed easily or  
6 simply with one size fits all recommendations or solutions; and

7 WHEREAS, Researchers around the world have found that  
8 women's health decreases after menopause, and that more and  
9 better education on preventive actions and behaviors could  
10 reduce menopausal complications and improve women's health; and

11 WHEREAS, While the duration of menopause can vary, many  
12 postmenopausal women will spend up to 40 percent of their lives  
13 dealing with menopausal symptoms; and

14 WHEREAS, Women of color are more likely to experience  
15 menopause early, leading to a 40 percent higher risk of  
16 developing coronary heart disease over their lifetime; and

17 WHEREAS, AARP research has found 56 percent of women 35 and  
18 older in the workforce say menopause is taboo, stigmatized,  
19 uncomfortable, not discussed in the workplace, and can possibly  
20 lead to discrimination; and

21 WHEREAS, Nearly 11 percent of women aged 45 to 60 miss work  
22 due to symptoms of menopause; and

23 WHEREAS, The annual cost for those missed work days is \$1.8  
24 billion, yet does not account for reduced work hours, employment  
25 loss, or early retirement;

26 NOW, THEREFORE, BE IT RESOLVED, That the Senate support  
27 efforts to provide tools and treatment to improve quality of  
28 life and health outcomes for those affected by menopause; and

29 BE IT FURTHER RESOLVED, That copies of this resolution be  
30 immediately transmitted by the Secretary of the Senate to the  
31 Washington state Department of Health and the Governor of the  
32 State of Washington.

33 I, Sarah Bannister, Secretary of the Senate,  
34 do hereby certify that this is a true and  
35 correct copy of Senate Resolution 8657,  
36 adopted by the Senate

1 April 23, 2025

2 SARAH BANNISTER

3 Secretary of the Senate