

Quick Facts for Leaders: Menopause and the Workplace – United Kingdom

- According to a survey conducted in the U.K., over 90% of women surveyed report that their menopause symptoms are negatively impacting their work.
- For some women, menopause symptoms may be severe and cause significant disruptions in quality of life, both at home and work.
- Difficulty concentrating, poor memory, fatigue, diminished confidence and feeling depressed are among some of the most common problems reported by menopausal women in the workplace.
- Hot flashes have also been linked to women leaving the workforce.
- Two thirds of women experiencing three or more menopause symptoms admit to having lost interest in their work or making mistakes on the job.
- Two thirds of women going through menopause say they have **no support** in place at work.
- Menopause education and support in the workplace can greatly increase staff satisfaction and retention, but only 1 in 20 women surveyed between the ages 40-65 were aware of proactive policies or menopause support.



Sources: menopausesupport.co.uk; missionmenopause.com