

## Celebrating World Menopause Day and Menopause Awareness Month 2023

October is World Menopause Month, and October 18th celebrated as World Menopause Awareness Day, with the focus this year on cardiovascular health. Established in 2009 by the [International Menopause Society](#) in collaboration with the World Health Organization (WHO), World Menopause Month aims to raise awareness of the menopause and the possible associated health issues, whilst promoting support options available to improve the health and wellbeing of those navigating the menopause transition.

To show our support to colleagues experiencing menopause, Healthwatch Sandwell, delivered by Engaging Communities Solutions (ECS), is a signatory of the Workplace Menopause pledge:



**WE HAVE SIGNED!**

*We pledge to support our employees going through menopause in the workplace*

Supported by 

#MenopauseWorkplacePledge

**MENOPAUSE**  
WORKPLACE PLEDGE  
WELLBEING OF WOMEN  
**HELLO!**

The graphic features a circular logo with the text 'MENOPAUSE' at the top, 'WORKPLACE PLEDGE' on the sides, and 'WELLBEING OF WOMEN HELLO!' in the center. Below the text are three stylized silhouettes of women's heads in profile, colored purple, teal, and dark blue. The background is a light teal color.

### World Menopause Day 2023

World Menopause Day is held each year on 18 October to raise awareness, break the stigma and highlight the support available for improving health and wellbeing for those experiencing menopause.

Menopause is not just a gender or age issue; it is an organisational issue which can impact colleagues both directly or indirectly. Awareness around this topic is key to reducing the stigma attached to menopause and encouraging people to talk more openly about it

The theme for World Menopause Day 2023 is cardiovascular disease. The link between reproductive factors and cardiovascular disease is another important aspect of menopause that women need to be aware of.

Researchers have recently discovered that a woman's reproductive experiences (including menstruation, pregnancy, any breast cancer treatments, and menopause) can affect the chances of developing cardiovascular disease later in life. Awareness of this can help determine an individual's risk.

[The International Menopause Society](#) has a range of resources available to support this year's theme, available in different languages.

At Healthwatch Sandwell, we are proud to be a signatory of the Workplace Menopause Pledge, showing that we will provide support, information and resources to our colleagues experiencing menopause.