



## FOR IMMEDIATE RELEASE

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## Senator Barbara Sharief and Representative Yvonne Hayes Hinson file legislation on the Impact of Perimenopause and Menopause on Women's Health

Tallahassee, FL — **Senator Barbara Sharief (D-Davie)** and **Representative Yvonne Hayes Hinson (D-Gainesville/Ocala)** have filed **SB 190** and **HB 161** to enlighten the public about the impacts of perimenopause and menopause on women.

### Press Conference: Wednesday, December 10, 2025 @ 11:30 AM on 4<sup>th</sup> Floor Rotunda

Menopause affects over 1.3 million U.S. women each year, with many spending up to half their lives postmenopausal. The transition, typically beginning between ages 45–55, lasts 7–14 years.

These changes also heighten long-term health risks including but not limited to:

- **Osteoporosis:** Women may lose up to 20% of bone density in the first 5–7 years post-menopause, though screening often doesn't begin until age 65.
- **Heart disease & stroke:** Menopause-related hormonal changes can raise blood pressure and cholesterol.
- **Breast cancer:** Later menopause increases risk (about 3% per year after age 55).
- **Weight gain & obesity:** Estrogen loss shifts fat to the abdomen and disrupted sleep increases hunger hormones.

- **Mental Health:** Changes in mood, irritability, depression, or anxiety.

The bill requires the Department of Health to develop the Perimenopause and Menopause Policy Workgroup. The workgroup will: develop key messages and priorities related to perimenopause and menopause, ensure that outreach and educational initiatives create a communications strategy to reach various audiences, including women, men, employers, and medical providers, identify community-based locations for disseminating information (e.g., gyms, salons, religious centers) and support efforts to communicate accurate scientific information on the safety and effective use of hormone replacement therapy (HRT) and non-hormonal therapies including supplements.

The Department of Health, working with the workgroup, the Office of Women’s Health, and other agencies, must also develop and publicly share online resources on perimenopause and menopause. The workgroup will include health care providers, women with lived experience, advocates, and other relevant stakeholders.

**Senator Barbara Sharief** stated, “Far too many women navigate perimenopause and menopause in silence, without access to accurate information, support, or care. With SB 190, we are taking meaningful steps to change that. This legislation ensures that Florida women—of every community and every background—receive the science-based resources, trusted guidance, and compassionate care they deserve. I am proud to join Rep. Hinson in championing this effort to bring women’s health out of the shadows and empower women to take control of their well-being throughout midlife and beyond.”

**Representative Yvonne Hayes Hinson** said, “The challenges of perimenopause and menopause are affecting countless women—our mothers, sisters, grandmothers, and aunts—and they deserve attention. HB 161 will help us all gain a clearer picture of what women experience during these transitions and shed light on the life-changing situation that affects women statewide. Menopause is a major public health and economic issue. This legislation provides resources and educational materials from trusted health organizations to better help the community understand the changes affecting women as well as offer treatment alternatives covered by insurance providers.”

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