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12 States Declare September 2025 as Perimenopause Awareness Month

September 2, 2025 (Arlington, VA) - The National Menopause Foundation (NMF) and Perry announced today that 12 states have taken executive action to increase visibility and awareness of perimenopause. Approximately 1.3 million women enter menopause each year in the U.S. Many people don't know that perimenopause, the life stage leading up to menopause, begins 7-10 years before a woman experiences the end of her menstrual cycle. This is the first year that NMF and Perry have partnered with states to declare September as Perimenopause Awareness Month via proclamation.

The Governors of Colorado, Georgia, Illinois, Maryland, New Mexico, North Carolina, Ohio, Oregon, South Carolina, South Dakota, Vermont, and West Virginia have made gubernatorial proclamations and support seeking to raise awareness and declare September 2025 as Perimenopause Awareness Month. The states responded to this effort to ensure women are informed about the symptoms of perimenopause and can get access to care to meet their needs.

"Perimenopause can cause life-disrupting symptoms for millions of women," said Claire Gill, founder and president, NMF. "The changes that happen to women during this natural phase of life are not taught in schools or discussed during routine healthcare visits. We appreciate the state policy leaders who recognized the need to educate and support women at midlife and are helping raise awareness, so women are not suffering in silence."

"Perimenopausal symptoms may begin as early as age 35, so it is essential that we talk about it and offer women education and support," said Laura Okafor Crain, founder and CEO, Perry. "We recognized a critical gap in public understanding and support for women in the perimenopausal stage. We are pleased to partner with NMF to secure recognition of Perimenopause Awareness Month at the state level. We hope to secure all 50 states next year!"

Throughout September, NMF and Perry are offering educational programs and resources about perimenopause featuring leading clinical experts and influencers from across the country. To access these free, virtual and/or live events and for more information about perimenopause, please visit <https://www.perimenopauseawareness.com/>.

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About The National Menopause Foundation

The National Menopause Foundation (NMF) was established in 2019. We dedicate ourselves to empowering women with the knowledge and resources they need to navigate menopause through igniting community and harnessing science. Our mission is to be the trusted and relatable resource raising awareness and understanding of menopause through education, activism, and community building.” NMF is a 501(c)(3) organization. For more information, please visit our website at <https://nationalmenopausefoundation.org>.

About Perry

Perry is a digital wellness platform and community dedicated to redefining perimenopause care. Founded by Laura Okafor, Perry helps women navigate this life stage holistically through evidence-based education, expert-led resources, and peer support. Its Perry Academy® e-learning platform equips health professionals with accredited, expert-driven training to close the perimenopause care gap, empowering them to deliver compassionate, informed, and effective care. Recognized by *Oprah Daily* as the “powerhouse of perimenopause,” Perry partners with leading organizations and experts to make trusted information and midlife health support accessible to women everywhere. For more information, visit <https://heyperry.com>. www.perry.academy