

THE UK POPULATION IS GETTING OLDER

Between 2007 and 2017, the population age 65+ has increased from **15.9% to 18.2%**¹. That's almost 12 million people

- 6 million of whom are women.

In 50 years, it is projected that there will be an additional 8.6 million people aged 65+, **a population roughly equivalent to the size of London**²

By 2040, it is estimated that nearly **one in four people, 24.2%, will be aged 65+**³

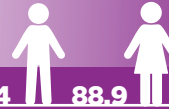


PEOPLE ARE LIVING LONGER BUT NOT HEALTHIER LIVES

Life expectancy is projected to reach **88.9 years** for women by 2066 - a projected increase of **6.0 years** for females.⁴



Women live on average 3.6 years longer than men.



LIFE EXPECTANCY 2066 **86.4** **88.9**

But as life expectancy increases, **time spent in poor health has also increased**⁵.

Our ageing population has an increasing amount of illness and disabilities. Inactivity in later life is expected to cost the NHS and extra £1.3 billion by 2030.

PEOPLE ARE WORKING FOR LONGER LATER IN LIFE

The average age of retirement for women has increased to **63.9 years old**. Menopausal women are currently the fastest growing demographic in the workforce⁶.

Impacts of the menopause negatively affects their work performance⁷.

Enabling women who are of menopausal age to continue working full-time is increasingly important.

1. Office for National Statistics (2018) Overview of the UK population: November 2018.
2. Office for National Statistics (2018) Estimates of the population for the UK, England and Wales, Scotland and Northern Ireland - Office for National Statistics.
3. Office for National Statistics (2015). National Population Projections for the UK, 2014-based.
4. ONS, (2017) Past and projected data from the period and cohort life tables, 2016-based, UK: 1981 to 2066.
5. Public Health England (2017) Research and Analysis. Chapter 1: life expectancy and healthy life expectancy of older workers.
6. Government Office for Science (2015) Future of an ageing population: the current and future contribution of older workers.
7. Department of Work and Pensions (2018). Economic labour market status of individuals aged 50 and over, trends over time: October 2018.

MENOPAUSE AS A GATEWAY TO LATER LIFE



The menopause is a natural part of the ageing process for women. It is the point at which women's periods stop and their ovaries lose their reproductive function as oestrogen level decline.



Most women will go through menopause between ages **45-55**, with the average age being **51**¹. Almost 5.1 million women are of this age.

Hormone changes can last 4-8 years and have a significant impact on women's lives. **1 in 10 women will experience symptoms for up to 12 years**³.

8 out of 10 women will experience side effects, including; **hot flushes, tiredness/fatigue, poor concentration and low confidence**⁴.

Women spend a significant proportion of their lives in post-menopause. **Chronic conditions that women are at increased risk of developing include; osteoporosis, cardiac disease and breast cancer**².

1. NHS Online. Overview: menopause
2. Sasser et al (2005). Economic burden of osteoporosis, breast cancer, and cardiovascular disease among postmenopausal women in an employed population.
3. NHS online. Symptoms: menopause
4. NHS online: Symptoms: menopause.



PHYSICAL ACTIVITY AS A TOOL



Physical activity can minimise the symptoms of the menopause through:

- Strengthening muscle and stopping bone decline
- Increasing cardiorespiratory function
- Reducing the risk of high blood pressure, stroke and heart disease.
- Improving balance and preventing falls in later life
- Managing weight
- Feeling good! Some women may experience anxiety. Being active can help to transfer this into positive energy, improving mental health
- Managing side effects, including hot flushes and fluctuating energy levels

MENOPAUSE AS AN OPPORTUNITY



RENEWED PURPOSE AND BELONGING: Taking part and trying new activities can help women redefine themselves and feel part of something through a time of change in their life.

CATALYST: Retirement, personal illness and / or death of someone close all present opportunities for change.

GOOD FOR ME: Women recognise that they 'should' be more active and want to feel good about themselves.