

City of Philadelphia



Council of the City of Philadelphia Office of the Chief Clerk Room 402, City Hall Philadelphia

(Resolution No. 250885)

RESOLUTION

Recognizing October 2025 as Menopause Awareness Month in the City of Philadelphia, to affirm the importance of ending the stigma and cultural silence surrounding menopause, and to acknowledge it as a natural biological process that significantly impacts the physical and emotional well-being of many individuals.

WHEREAS, Menopause is a normal physiological transition that marks the end of menstrual cycles, is often preceded by perimenopause, and is experienced by many Philadelphians across our neighborhoods and workforce; and

WHEREAS, Perimenopause and menopause can involve vasomotor symptoms (hot flashes and night sweats), sleep disruption, mood and cognitive changes, genitourinary symptoms, and musculoskeletal discomfort, which may affect daily functioning, caregiving responsibilities, and job performance; and

WHEREAS, Stigma and misinformation too often silence discussion, delay care, and impede access to effective, evidence-based treatment, diminishing quality of life; and

WHEREAS, Barriers to care including limited access to culturally competent clinicians, coverage gaps, and out-of-pocket costs fall disproportionately on communities of color, LGBTQ+ residents, immigrants, people with disabilities, and low-income Philadelphians, demanding equity-focused solutions; and

WHEREAS, Employers can support affected employees by fostering respectful, inclusive workplaces and by considering practical steps such as temperature regulation and access to water, breathable uniforms, flexible scheduling and breaks, private spaces, and leave policies that recognize health needs; and

WHEREAS, Philadelphia health systems, community-based organizations, public health agencies, and advocates continue to expand education and services that help residents navigate perimenopause and menopause with dignity and accurate information; and

City of Philadelphia

RESOLUTION NO. 250885 continued

WHEREAS, Menopause Awareness Month provides a timely opportunity to elevate public understanding, reduce stigma, highlight reliable resources, and promote policies and practices that improve well-being; now, therefore, be it

RESOLVED, BY THE COUNCIL OF THE CITY OF PHILADELPHIA, Hereby recognizes October 2025 as Menopause Awareness Month in the City of Philadelphia and affirms its commitment to promoting public education, workplace support, and equitable access to quality, culturally competent menopause care.

City of Philadelphia

RESOLUTION NO. 250885 continued

CERTIFICATION: This is a true and correct copy of the original Resolution, Adopted by the Council of the City of Philadelphia on the ninth day of October, 2025.

Kenyatta Johnson
PRESIDENT OF THE COUNCIL

Elizabeth McCollum
CHIEF CLERK OF THE COUNCIL

Introduced by: Councilmember Ahmad

Sponsored by: Councilmembers Ahmad, Phillips, Gauthier, Landau, Lozada,
Brooks, Harrity, O'Rourke, Driscoll, Squilla and Bass