Top Trends in Women's Health

According to a survey conducted by The Menopause Hub, perimenopausal and menopausal women are one of the fastest-growing demographics in the workplace. Additionally, 40% of menopausal women considered giving up their work. *
Meanwhile, according to our latest Workplace Wellbeing Index, women of all ages are lagging in mental wellbeing, compared to men.

* Menopause In the Workplace Research, The Menopause Hub

Women are more likely to struggle,

but less likely to take care of themselves.

Women are more likely than men to experience physical and psychological effects of poor mental wellbeing – including socialisation issues, sleep problems, weight gain and illness.

And yet they're less likely than men to take time to look after themselves.

How you can help women in your organisation

Being sensitive to women's struggles and proactive in your communication can spark transformative change.

1. Be alert and sensitive to struggles, particularly among women 25-34*, who may feel the most knock-on effects of anxiety and poor mental health.

2. Encourage employees to take time off for illness. If people report sick to work, whether online or in the office, encourage them to rest and recover.

3. Offer mental wellbeing days and promote them widely.

4. Increase menopause supports, and increase communication around them, bearing in mind only 16% of employees said their organisations have menopause leave, despite 36% of HR leaders saying the same*.

5. Make sure your team knows about their digital wellbeing resources from Laya healthcare, including Wellbeing Series webinars such as 'Celebrating International Women's Day' on 13th March at 12pm.

*Based on Laya healthcare's Workplace Wellbeing Index 2024