



**BLACK WOMEN'S
HEALTH IMPERATIVE**

2025



A BLACK WOMEN'S HEALTH IMPERATIVE SURVEY

**Exploring the Lived Experiences
of Black Women During the
Menopausal Transition**

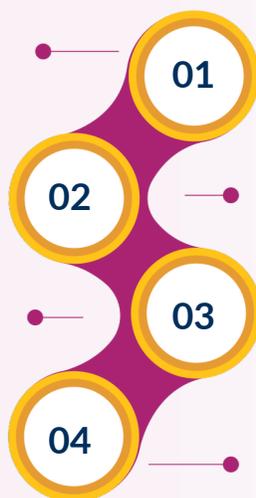
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Evaluation Objectives

Examine Black women's knowledge, awareness, and perceptions of menopause.

Explore cultural, social, and systemic barriers to care.



Identify challenges in recognizing, reporting, and managing menopause-related symptoms.

Assess the resources Black women need to better manage symptoms and age healthfully.

BWHI conducted the largest ever cross-sectional online survey in 2025 of U.S. based Black women ages 30 and older to better understand their experiences, symptoms, needs and knowledge related to menopause. The mixed-methods analysis included quantitative data and qualitative responses. After data cleaning, the final sample included 2,251 eligible respondents of which 1,547 identified themselves as Black women.



Participant Profile

- Highly educated group: majority college-educated, **33%** with graduate degrees
- **96%** reported having health insurance
- **78%** employed; **67%** employed full-time
- Strong individual earnings: over half earn \$75,000 or more annually
- **54%** live in the South, reflecting regional population trends
- **46%** married, **21%** single, **16%** divorced

Overall, the sample represents an educated, insured, and professionally active group of Black women with strong earning power and access to care.



Key Preliminary Findings Knowledge & Awareness Gaps

- 54% said they did not have enough information to manage their symptoms effectively.
- 52% reported they didn't know which recommendations to follow.
- Many only associated menopause with hot flashes, unaware of issues like brain fog, joint pain, weight gain, depression, hair thinning, and digestive problems.



Symptom Burden

Women reported experiencing symptoms for 9+ years, far longer than many expect.

Night sweats, brain fog, and fatigue were often described as more disruptive than hot flashes.

55% struggled with weight gain.
42% struggled with depression.



Women's Voices

“ I literally only heard of one symptom which was hot flashes. The brain fog and low energy is the absolute worst thing. I truly thought that I was going into early Alzheimer's.

“ I did not realize all of the other symptoms associated with menopause like joint pain, hair thinning, digestive issues—all of which I have.

“ Ignored by my doctor. I'm just miserable going through this.

“ When I brought up menopause with a Caucasian OB/GYN, she told me I was too young. I am African American, 47 years old, with a history of a hysterectomy.

“ There should be more information readily available about the impact perimenopause has on mental health—the rage and anxiety are so scary.

“ I wish more was said in my 30s about perimenopause. I wish I had better access to healthcare I could trust.



Healthcare Barriers

- 43% of respondents reported being discriminated against or treated unfairly when seeking healthcare.
- In qualitative responses, many women shared that their menopause symptoms were not taken seriously by healthcare providers. Participants described instances where clinicians minimized or ignored their concerns, leaving them feeling dismissed and unsupported.



Resource Needs

- 66% expressed a need for greater culturally grounded education beginning in their 30s.
- Through qualitative feedback, many women shared that they are seeking more affordable treatment options and better access to trusted providers. Participants also expressed a desire for safe spaces to share their experiences and reduce the stigma surrounding menopause.



What this study reveals is that education and access alone are not enough. Even among Black women who are well-resourced, insured, and highly educated, there is still a lack of information and guidance around menopause. That gap speaks to a deeper disconnect in how information is shared, how care is delivered, and whose experiences are centered. We have to do more to make sure Black women are seen, heard, and supported through this stage of life.

Ifeoma C. Udoh, Ph.D
EVP of Policy and Research

Black Women's Health Imperative (BWHI) is the only national nonprofit dedicated to solving the most critical health issues that Black women and girls face through innovative programs, transformative research, and life-saving policies.



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