

STATE OF NORTH DAKOTA

PROCLAMATION

PERIMENOPAUSE AWARENESS MONTH SEPTEMBER 2026

WHEREAS, there are an estimated 65.9 million women in the United States aged 40 and older, and according to a 2026 study, more women between the ages of 35 and 45 have reported a medical confirmation of perimenopause; and

WHEREAS, approximately 47,254 women between the ages of 35 and 45 are in the state of North Dakota; and

WHEREAS, perimenopause and the symptoms associated with this phase of life are a normal part of aging for women, but women and healthcare professionals don't know enough about it; and

WHEREAS, perimenopause can last anywhere from five to 10 years, symptoms vary widely, and the changes can cause severe disruptions in mood, sleep and physical health; and

WHEREAS, there is a need for better perimenopause awareness and education for women so they can receive the medical support needed to take proactive steps for the management of symptoms; and

WHEREAS, it is crucial that we raise awareness about perimenopause among the public, health professionals and policymakers to overcome the pervasive lack of information and the stigma that surrounds this transitional period which often leaves women suffering in silence.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
September 2026, **PERIMENOPAUSE AWARENESS MONTH**
in the State of North Dakota.




Kelly Armstrong
GOVERNOR

ATTEST: 
Michael Howe
SECRETARY OF STATE