



Characteristics of Women Ages 40–60 with Menopausal Symptoms: United States, 2025

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Key findings

Data from the National Health Interview Survey

- In 2025, nearly one in two women ages 40–60 who were not currently pregnant, postpartum, or in surgical menopause reported menopausal symptoms in the past 12 months (49.4%).
- White non-Hispanic women (54.3%) were more likely to report menopausal symptoms compared with Black non-Hispanic (45.3%), Hispanic (44.3%), and Asian non-Hispanic (36.1%) women.
- Women with a high school diploma or GED, some college or associate degree, or a bachelor's degree or more were more likely to report menopausal symptoms compared with women with less than a high school diploma.
- The percentage of women who report menopausal symptoms varied by urbanization level of their place of residence.
- Among women with menopausal symptoms in the past 12 months, approximately 15.6% indicated that they were currently taking a prescription medication for those symptoms.

Introduction

The menopausal transition is a critical window for the health of women and may serve as an inflection point for the onset of chronic disease (1). During this transition, a woman's ovaries become less efficient at producing estrogen and progesterone, and women may experience symptoms such as hot flashes, night sweats, insomnia or sleep disturbances, and abnormal uterine bleeding (2,3). This report describes demographic and geographic characteristics of

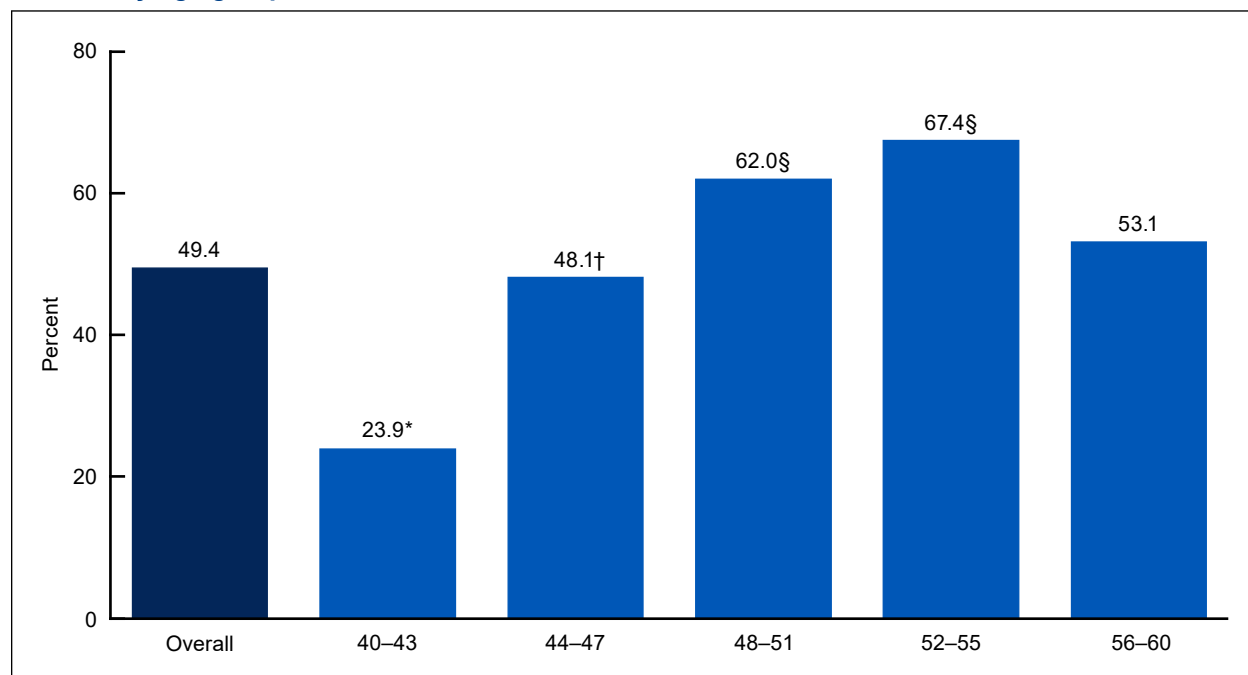


women ages 40–60 who reported menopausal symptoms in the past 12 months using data from the 2025 National Health Interview Survey (NHIS). Estimates of current prescription medication use for menopausal symptoms by age are also provided.

Symptoms overall and by age

In 2025, nearly one in two women (49.4%) ages 40–60 who were not currently pregnant, postpartum, or in surgical menopause reported menopausal symptoms in the past 12 months (Figure 1, Table 1). The presence of symptoms varied by age. Women ages 40–43 (23.9%) were the least likely to report symptoms among the five age groups presented. Symptom prevalence increased with age until ages 52–55, when 67.4% of women had symptoms, and then declined to 53.1% among women ages 56–60.

Figure 1. Percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months, by age group: United States, 2025



* Significantly different from women in all other age groups ($p < 0.05$).

† Significantly different from women ages 48–51 and 52–55 ($p < 0.05$).

§ Significantly different from women ages 56–60 ($p < 0.05$).

NOTE: Overall percentage (49.4%) is approximately 16.7 million women ages 40–60 who are not currently pregnant, postpartum, or in surgical menopause.

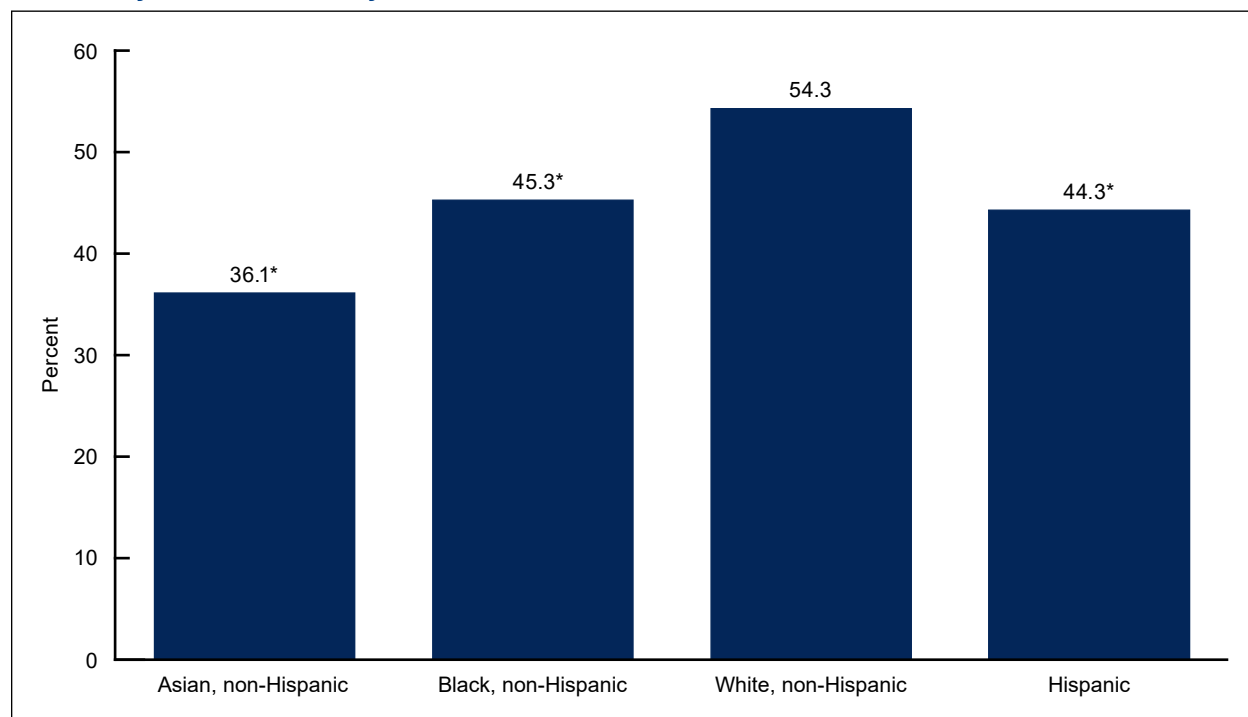
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

Race and ethnicity

The percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months varied by race and ethnicity (Figure 2, Table 2). White non-Hispanic women (54.3%) were more likely than Black non-Hispanic (subsequently, Black) (45.3%), Hispanic (44.3%), and

Asian non-Hispanic (subsequently, Asian) (36.1%) women to have reported menopausal symptoms in the past 12 months. The observed differences between Asian and Black women and Asian and Hispanic women were not significant.

Figure 2. Percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months, by race and ethnicity: United States, 2025



* Significantly different from White non-Hispanic women ($p < 0.05$).

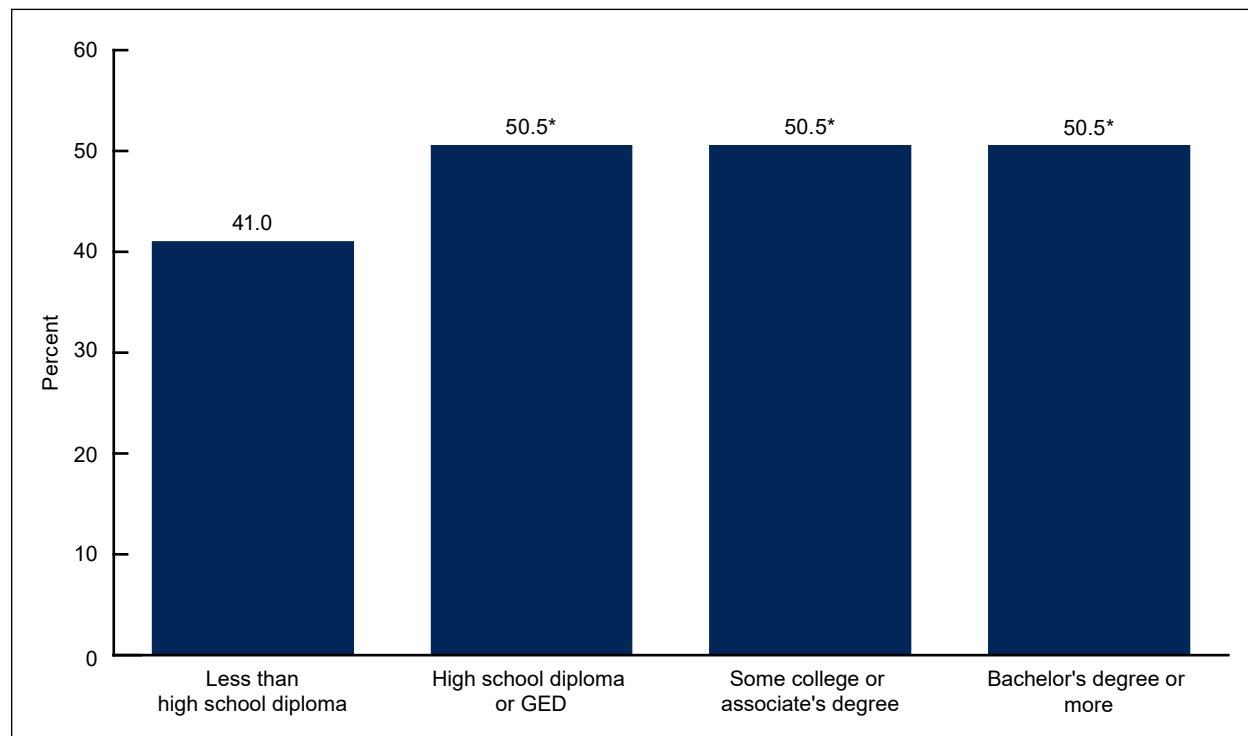
NOTE: People of Hispanic origin may be of any race.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

Educational attainment

The percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months was lowest among women with less than a high school diploma (41.0%) ([Figure 3](#), [Table 3](#)). Symptom prevalence was the same for women with a high school diploma or GED, some college or associate's degree, or a bachelor's degree or more (50.5%).

Figure 3. Percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months, by educational attainment: United States, 2025

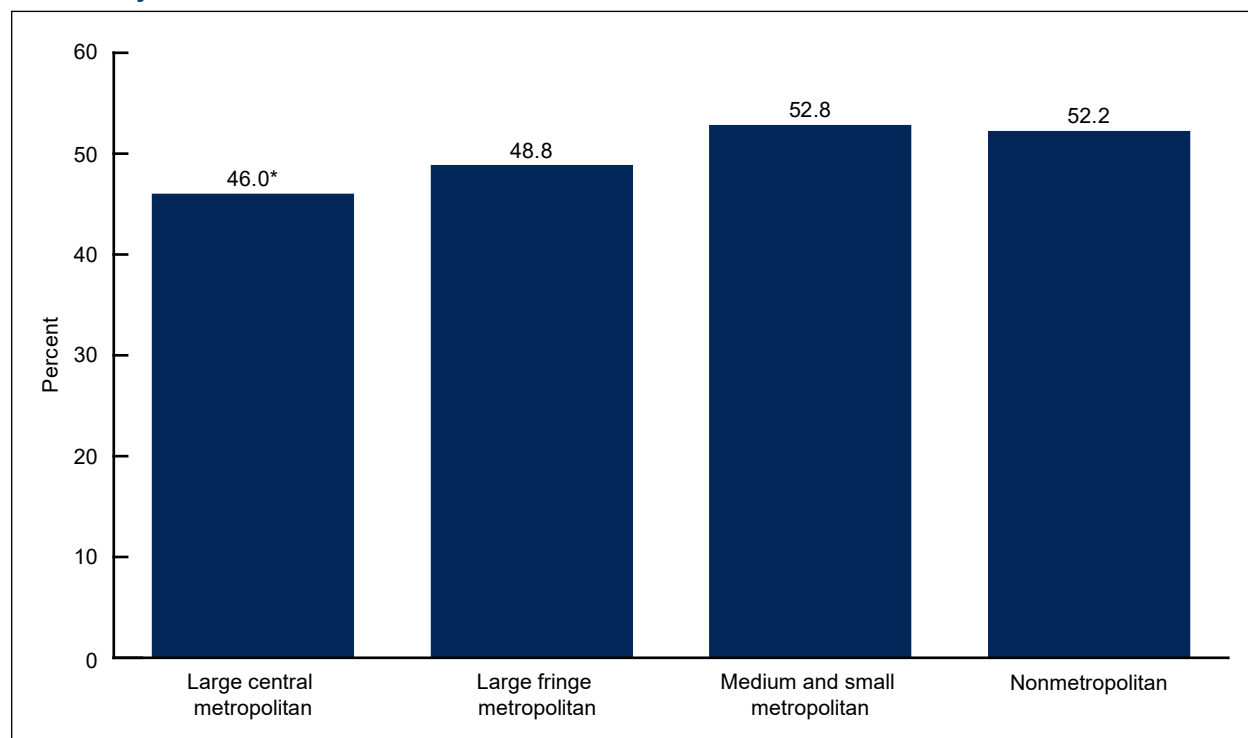


* Significantly different from women with less than a high school diploma ($p < 0.05$).
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

Urbanization level

The percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months increased from 46.0% among women living in large central metropolitan areas to 48.8% among women living in large fringe metropolitan areas and 52.8% among those living in medium and small metropolitan areas ([Figure 4](#), [Table 4](#)). The percentage of women with menopausal symptoms living in nonmetropolitan areas (52.2%) was similar to those in medium and small metropolitan areas.

Figure 4. Percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months, by urbanization level: United States, 2025



* Significant linear test of trend by urbanization level ($p < 0.05$).

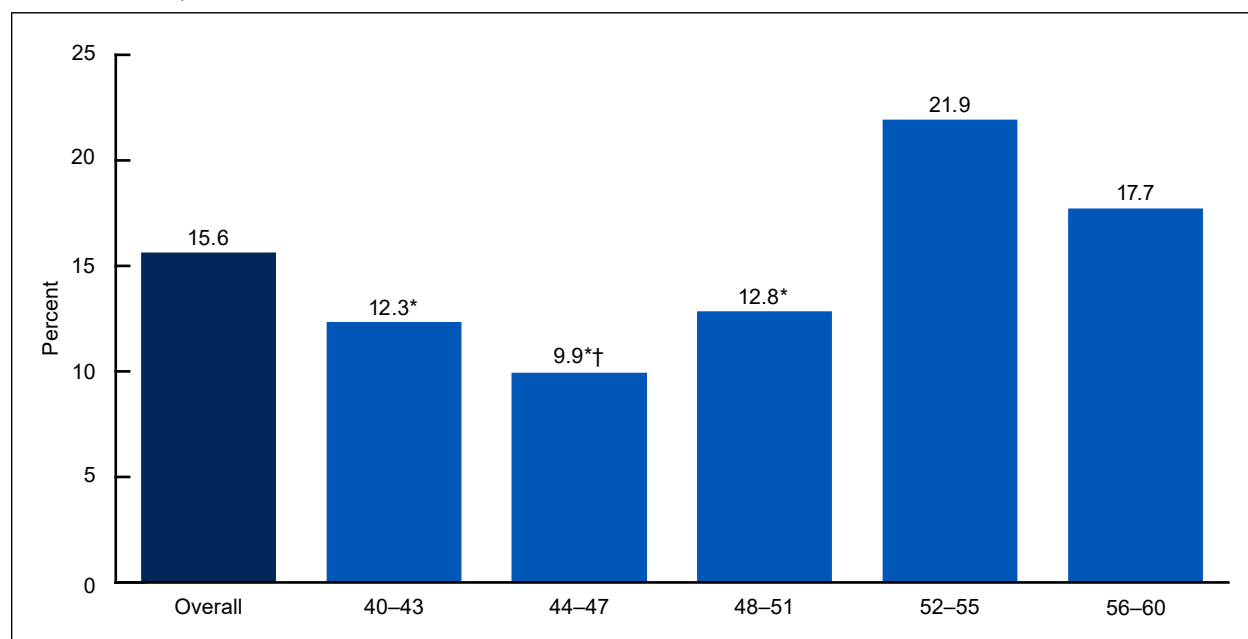
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

Symptom treatment overall and by age

Among women ages 40–60 who reported menopausal symptoms in the past 12 months, 15.6% were currently taking a prescription medication for those symptoms ([Figure 5](#), [Table 5](#)).

Prescription medication use for menopausal symptoms among this population varied by age, from a low of 9.9% among women ages 44–47 with menopausal symptoms to a high of 21.9% among women ages 52–55 and 17.7% among women ages 56–60.

Figure 5. Percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months and were currently taking a prescription medication for those symptoms, by age group: United States, 2025



* Significantly different from women ages 52–55 ($p < 0.05$).

† Significantly different from women ages 56–60 ($p < 0.05$).

NOTE: Overall percentage (15.6%) is approximately 2.6 million women ages 40–60 who are not currently pregnant, postpartum, or in surgical menopause who had menopausal symptoms in the past 12 months.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

Summary

In 2025, approximately 49.4% of women ages 40–60 who were not currently pregnant, postpartum, or in surgical menopause reported menopausal symptoms in the past 12 months. The presence of symptoms varied by age, race and ethnicity, educational attainment, and urbanization level. Women ages 48–51 (62.0%) and 52–55 (67.4%) were the most likely to have reported menopausal symptoms compared with younger and older women.

Among the nearly one-half of women ages 40–60 who reported these symptoms, 15.6% indicated that they were currently taking a prescription medication for those symptoms. Of these women, prescription use was highest among women ages 52–55 and 56–60.

Definitions

Menopausal symptoms: In 2025, the National Institutes of Health Office of Research on Women’s Health sponsored a series of questions on menopause on NHIS. The question set began with the following statement, “The next questions are about menopause. Symptoms commonly associated with menopause include hot flashes, night sweats, insomnia or sleep disturbances, irregular vaginal bleeding or menstrual cycles, and vaginal dryness.” Women ages

40–70 who were not currently pregnant, postpartum, or in surgical menopause were asked, “In the past 12 months, have you experienced any of these symptoms associated with menopause?” This analysis focused on women ages 40–60 who answered this question.

Prescription medication to treat menopausal symptoms: Among those who answered yes to experiencing menopausal symptoms in the past 12 months, women were then asked, “Are you currently taking any prescription medication to treat symptoms associated with menopause?” The following clarification was available for interviewers to read if needed: Examples of medication to treat symptoms associated with menopause may include Veozah® and paroxetine, also known as Brisdelle®, estrogen hormone therapy such as Premarin® as tablets or cream, or birth control.

Race and ethnicity: Adults categorized as Hispanic may be any race or combination of races. Non-Hispanic adults categorized as Asian, Black, or White indicated one race only. Estimates for non-Hispanic adults of races other than Asian, Black, or White are not shown due to the inability to make statistically reliable estimates for these groups, but they are included in total estimates.

Urbanization level: Categories are based on the 2023 National Center for Health Statistics (NCHS) Urban–Rural classification scheme for counties (4). Large metropolitan areas are metropolitan statistical areas of 1 million people or more and are categorized into central and fringe counties. Medium and small metropolitan areas are counties of metropolitan statistical areas of 250,000–999,999 people and 50,000–249,999 people, respectively. Nonmetropolitan areas are counties in micropolitan statistical areas and noncore counties.

Data source and methods

Data from the 2025 NHIS were used for this analysis (5). NHIS is a nationally representative household survey of the civilian, noninstitutionalized U.S. population. Interviews are typically initiated face-to-face in respondents’ homes, but follow-ups to complete interviews may be conducted over the telephone. For more information on the survey, visit the [NHIS website](#).

Point estimates and the corresponding confidence intervals for this analysis were calculated using SAS-callable SUDAAN software (6) to account for the complex sample design of NHIS. All estimates are based on self-report and meet NCHS data presentation standards for proportions (7). Differences between percentages were evaluated using two-sided significance tests at the 0.05 level. Linear trends were evaluated using orthogonal polynomials.

About the authors

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Figure tables

Data table for Figure 1. Percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months, by age group: United States, 2025

Age group	Percent (95% confidence interval)	Standard error
Overall	49.4 (47.2–51.6)	1.1
40–43	23.9* (20.2–27.8)	1.9
44–47	48.1† (43.1–53.2)	2.5
48–51	62.0§ (56.5–67.2)	2.7
52–55	67.4§ (62.7–72.0)	2.3
56–60	53.1 (49.0–57.2)	2.1

* Significantly different from women in all other age groups ($p < 0.05$).
† Significantly different from women ages 48–51 and 52–55 ($p < 0.05$).
§ Significantly different from women ages 56–60 ($p < 0.05$).
NOTE: Overall percentage (49.4%) is approximately 16.7 million women ages 40–60 who are not currently pregnant, postpartum or in surgical menopause.
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

Data table for Figure 2. Percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months, by race and ethnicity: United States, 2025

Race and ethnicity	Percent (95% confidence interval)	Standard error
Asian, non-Hispanic	36.1* (28.9–43.8)	3.7
Black, non-Hispanic	45.3* (39.2–51.5)	3.1
White, non-Hispanic	54.3 (51.6–56.9)	1.3
Hispanic	44.3* (39.1–49.5)	2.6

* Significantly different from White non-Hispanic women ($p < 0.05$).
NOTE: People of Hispanic origin may be of any race.
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

Data table for Figure 3. Percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months, by educational attainment: United States, 2025

Educational attainment	Percent (95% confidence interval)	Standard error
Less than high school diploma	41.0 (33.1–49.2)	4.0
High school diploma or GED	50.5* (45.9–55.1)	2.3
Some college or associate's degree	50.5* (46.1–54.8)	2.2
Bachelor's degree or more	50.5* (47.5–53.5)	1.5

* Significantly different from women with less than a high school diploma ($p < 0.05$).
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

Data table for Figure 4. Percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months, by urbanization level: United States, 2025

Urbanization level	Percent (95% confidence interval)	Standard error
Large central metropolitan	46.0* (42.0–49.9)	2.0
Large fringe metropolitan	48.8 (44.3–53.3)	2.3
Medium and small metropolitan	52.8 (49.0–56.5)	1.9
Nonmetropolitan	52.2 (46.1–58.2)	3.0

* Significant linear test of trend by urbanization level ($p < 0.05$).
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

Data table for Figure 5. Percentage of women ages 40–60 who reported menopausal symptoms in the past 12 months and were currently taking a prescription medication for those symptoms, by age group: United States, 2025

Age group	Percent (95% confidence interval)	Standard error
Overall	15.6 (13.4–17.9)	1.1
40–43	12.3* (7.2–19.2)	2.9
44–47	9.9*† (6.4–14.3)	1.9
48–51	12.8* (9.1–17.2)	2.0
52–55	21.9 (17.2–27.2)	2.5
56–60	17.7 (13.5–22.5)	2.2

* Significantly different from women ages 52–55 ($p < 0.05$).
† Significantly different from women ages 56–60 ($p < 0.05$).
NOTE: Overall percentage (15.6%) is approximately 2.6 million women ages 40–60 who are not currently pregnant, postpartum, or in surgical menopause who had menopausal symptoms in the past 12 months.
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

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