THE UK POPULATION IS GETTING OLDER

Between 2007 and 2017, the population age 65+ has increased from 15.9% to 18.2%. That’s almost 12 million people – 6 million of whom are women.

In 50 years, it is projected that there will be an additional 8.6 million people aged 65+, a population roughly equivalent to the size of London.

By 2040, it is estimated that nearly one in four people, 24.2%, will be aged 65+.

PEOPLE ARE LIVING LONGER BUT NOT HEALTHIER LIVES

Life expectancy is projected to reach 88.9 years for women by 2066 – a projected increase of 6.0 years for females.

Women live on average 3.6 years longer than men.

Life expectancy 2066

<table>
<thead>
<tr>
<th>Male</th>
<th>Female</th>
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<tbody>
<tr>
<td>86.4</td>
<td>88.9</td>
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But as life expectancy increases, time spent in poor health has also increased.

Our ageing population has an increasing amount of illness and disabilities. Inactivity in later life is expected to cost the NHS and extra £1.3 billion by 2030.

PEOPLE ARE WORKING FOR LONGER LATER IN LIFE

The average age of retirement for women has increased to 63.9 years old. Menopausal women are currently the fastest growing demographic in the workforce.

Enabling women who are of menopausal age to continue working full-time is increasingly important.

RENEWED PURPOSE AND BELONGING:
Taking part and trying new activities can help women redefine themselves and feel part of something through a time of change in their life.

CATALYST:
Retirement, personal illness and / or death of someone close all present opportunities for change.

GOOD FOR ME:
Women recognise that they ‘should’ be more active and want to feel good about themselves.

MENOPAUSE AS A GATEWAY TO LATER LIFE

The menopause is a natural part of the ageing process for women. It is the point at which women’s periods stop and their ovaries lose their reproductive function as oestrogen level decline.

Most women will go through menopause between ages 45-55, with the average age being 51. Almost 5.1 million women are of this age.

Hormone changes can last 4-8 years and have a significant impact on women’s lives. 1 in 10 women will experience symptoms for up to 12 years.

8 out of 10 women will experience side effects, including: hot flushes, tiredness/fatigue, poor concentration and low confidence.

Women spend a significant proportion of their lives in post-menopause. Chronic conditions that women are at increased risk of developing include; osteoporosis, cardiac disease and breast cancer.

• Strengthening muscle and stopping bone decline
• Increasing cardiorespiratory function
• Reducing the risk of high blood pressure, stroke and heart disease.
• Improving balance and preventing falls in later life
• Managing weight
• Feeling good! Some women may experience anxiety. Being active can help to transfer this into positive energy, improving mental health
• Managing side effects, including hot flushes and fluctuating energy levels

PHYSICAL ACTIVITY AS A TOOL

Physical activity can minimise the symptoms of the menopause through:

MENOPAUSE AS AN OPPORTUNITY

1. NHS Online. Overview: menopause
3. NHS online. Symptoms: menopause
4. NHS online: Symptoms: menopause.
5. Most women will go through menopause between ages 45-55, with the average age being 51. 1 in 10 women will experience symptoms for up to 12 years.
6. 8 out of 10 women will experience side effects, including; hot flushes, tiredness/fatigue, poor concentration and low confidence.
7. Chronic conditions that women are at increased risk of developing include; osteoporosis, cardiac disease and breast cancer.