

The Role of Lifestyle Medicine in Menopausal Health

Factsheet 6: Healthy Relationships in Menopausal Health

These factsheets are based on the IMS White Paper *The Role of Lifestyle Medicine in Menopausal Health: A Review of Non-Pharmacologic Interventions (2025)*. They share clear, practical information on six key areas of lifestyle medicine; healthy eating, physical activity, mental wellbeing, avoidance of risky substances, restorative sleep and healthy relationships, to support health and wellbeing during and after menopause.



World Menopause Day is held every year on 18 October.

Founded by the International Menopause Society (IMS) in 2009, it is a global awareness day that shines a spotlight on the challenges facing women during the menopause transition and highlights advances in research, education, and resources.

As the founder of World Menopause Day, IMS sets the annual theme, commissions and publishes the White Paper, and creates resources to support women, healthcare professionals, and communities worldwide.

Healthy Relationships in Menopausal Health

Why it matters

Strong social connections are critical for healthy ageing. They are linked with longer life, better management of chronic diseases, and improved quality of life. In contrast, loneliness and social isolation increase the risk of chronic illness, disability, and early mortality.

During the menopause transition, supportive relationships can ease symptoms, protect mental health, and help women feel more resilient.

Health benefits of social connection

Positive and supportive relationships can:

- ✓ Improve control of chronic conditions such as diabetes, heart disease, and osteoporosis.
- ✓ Lower the risk of stroke, cardiovascular disease, and metabolic syndrome.
- ✓ Increase longevity in women with higher levels of social integration.
- ✓ Support better bone health, particularly when close and intimate support networks are present.
- ✓ Ease vasomotor symptoms (hot flashes and night sweats).

Risks of loneliness and isolation

Loneliness can have serious health consequences:



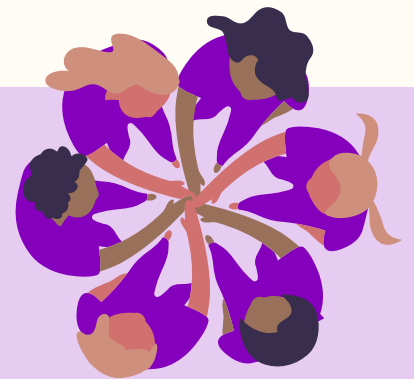
Higher risks of stroke, cardiovascular disease, metabolic syndrome, disability, and fractures.



Linked with reduced physical activity and poorer diet quality.



A strong predictor of depression, anxiety, and other mental health challenges.



How relationships support health

Supportive relationships protect health in many ways:



Encouraging positive behaviours such as more exercise and healthier eating.

Protecting against depression and anxiety.

Improving overall resilience and coping during menopause.

The role of intimate partnerships

Close partnerships can play a significant role in menopausal wellbeing:



Marital harmony and strong partnerships are linked with fewer menopausal symptoms.



Partner support improves quality of life and helps women cope with changes during menopause.



Educating partners about menopause can strengthen relationships and enhance wellbeing for both partners.



Key takeaway

Healthy relationships are a vital pillar of menopausal health, improving physical, emotional, and social wellbeing. Fostering strong, supportive connections, whether with partners, friends, family, or communities, can lower disease risk, ease symptoms, and promote a longer, healthier life.



What you can do: lifestyle strategies that work

- Spend time with friends and family who make you feel supported.
- Talk openly with your partner about menopause and share reliable information.
- Join a group or community activity to reduce feelings of isolation.
- Reach out to peers or support networks when you need to talk.
- Stay socially active. Connection is linked to better heart, bone, and mental health.

Additional Resources

Strong relationships improve mood and help with healthy habits.

Read the Mental Wellbeing & Stress and Healthy Eating factsheets to find out how they connect.





The International Menopause Society hopes these factsheets will provide useful, trustworthy guidance to support conversations with healthcare professionals, families, and communities.

Together, we can continue to improve understanding of menopause and ensure women worldwide have access to the care and support they deserve.

Access all World Menopause Day factsheets on Lifestyle Medicine in Menopausal Health online at worldmenopauseday.com

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