AGN. NO._____

MOTION BY SUPERVISOR HILDA L. SOLIS OCTOBER 6, 2026

Enhancing Access to Menopause Health Services for Incarcerated Individuals, and Proclaiming the Month of October as Menopause Month and October 18 as World Menopause Day

Menopause and its symptoms can have significant detrimental impacts on a woman's quality of life if left untreated, while the risk of osteoporosis and cardiovascular diseases increases postmenopause. Given these impacts, the importance of education and awareness of perimenopause, menopause, and postmenopause, including related symptoms and treatments have garnered greater recognition. In fact, the State's 2026 Budget Act included a $3.4 million investment to support statewide public awareness, improve prescription drug coverage for symptoms of perimenopause, menopause, and postmenopause, and screenings during primary care and OB/GYN appointments, among other initiatives. While these initiatives are critical to supporting the health and wellbeing of people experiencing perimenopause, menopause, and postmenopause, more must be done to support access to these services for incarcerated women.

According to the Los Angeles Times, nationally, 40% of incarcerated individuals who will experience menopause are within the age range for it yet receive inadequate care. This includes a lack of knowledge and information on symptoms and available

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treatments, which can help prevent osteoporosis, cardiovascular disease, and other chronic illnesses. As the County continues to strive for improved access to healthcare for incarcerated individuals, identifying opportunities to further improve access to perimenopause, menopause, and postmenopause information and care is critical to protecting their health and well-being, while enabling them to age with dignity.

The month of October provides an important opportunity to raise awareness on perimenopause, menopause, and postmenopause, and identify opportunities to improve health care, including for individuals in custody. October is considered Menopause Awareness Month, and October 18 is recognized as World Menopause Day, enabling the County to increase knowledge, promote education, and support those experiencing menopause, including incarcerated individuals in the County's care.

I, THEREFORE, MOVE that the Board of Supervisors proclaim October 2026 as Menopause Month, and October 18, 2026, as World Menopause Day, and encourage all employees and residents of the County to learn about perimenopause, menopause, and postmenopause symptoms and treatment.

I, FURTHER, MOVE that the Board of Supervisors direct the Los Angeles County Department of Health Services, Correctional Health Services to report back in writing in 45 days with information on the following:

1. The status of screenings, treatment and supportive services provided to

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incarcerated individuals experiencing perimenopause, menopause, and postmenopause.

2. The estimated number of incarcerated individuals who are currently experiencing perimenopause, menopause, and postmenopause.
3. Existing gaps in services for incarcerated individuals experiencing perimenopause, menopause, and postmenopause, and the resources needed to close those gaps.

# # #

HLS:jgd:am