



March 28th, 2025

Senator Ingwersen, Representative Meyer, and Honorable Members of the Health and Human Services Committee,

I join you today on behalf of the Maine Women's Lobby. For over forty years, the Maine Women's Lobby has worked to build gender justice in Maine through legislative advocacy and systems change.

We are here today in support of LD 1079, "An Act to Provide Comprehensive Perimenopause and Menopause Education" and we thank Representative Cloutier for sponsoring this important bill.

We are ardent supporters of any efforts to expand comprehensive and affirming education on reproductive and sexual health and healthcare at every stage of life. Comprehensive sex education is critical to healthy sexual development and ability to make informed decisions about health and medical needs throughout life<sup>1</sup>. A lack of comprehensive and empowering education about reproductive and sexual health can lead to the spread of false information and symptoms going untreated<sup>2</sup>.

There is a consistent *lack* of reproductive and sexual health education however, with education on menopause and perimenopause being especially lacking. This leaves many women without critical knowledge related to changes in their body, menstrual cycles and hormones. A study even found that OB GYN residents would benefit from more education on menopause to properly inform and support their patients<sup>3</sup>.

DHHS creating and distributing dedicated informational materials on menopause and perimenopause would be a monumental step forward in growing awareness about menopausal and perimenopausal symptoms and treatments, and supporting those navigating this phase of their life. There must be increased attention to and prioritization of expanded comprehensive and affirming education on reproductive and sexual health and healthcare, and this bill would be a critical step in the right direction.

**We hope you will vote 'ought to pass' on LD 1079.** Thank you for your time, and I'm happy to answer any questions you may have.

Lily Bohen James  
Maine Women's Lobby

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<sup>1</sup>[https://www.guttmacher.org/fact-sheet/adolescents-teens-receipt-sex-education-united-states?qad\\_source=1&gclid=CjwKCAjw7pO\\_BhAlEiwA4pMQvFEV1tyPmh\\_dHrR4wnrNsUyviYD2xlrqGTsxkzAvFtMVoh7Y9uvx9hoCVTUQAvD\\_BwE](https://www.guttmacher.org/fact-sheet/adolescents-teens-receipt-sex-education-united-states?qad_source=1&gclid=CjwKCAjw7pO_BhAlEiwA4pMQvFEV1tyPmh_dHrR4wnrNsUyviYD2xlrqGTsxkzAvFtMVoh7Y9uvx9hoCVTUQAvD_BwE)

<sup>2</sup> Ibid.

<sup>3</sup> <https://pubmed.ncbi.nlm.nih.gov/37738034/>