
Citation:

Welsh, A and Rawson, J and Smith, T and Hanson, S (2025) Menopause Matters: Eating Well, Moving More, and Feeling Heard. Project Report. Norfolk and Waveney Integrated Care Board. (Submitted)

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Document Version:

Monograph (Published Version)

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Behaviour change interventions to promote bone health among individuals experiencing menopause.

Menopause Matters: Eating Well, Moving More, and Feeling Heard

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What is the problem?

People going through menopause are more likely to have osteoporosis (easy to break bones) because of changes in hormones. This is even more common among people from ethnic minority backgrounds. Regular strength training and eating a balanced diet can strengthen bones, make people feel good and improve health. But, we don't yet know how to best encourage individuals experiencing menopause to do this. So, we set out to find the best ways to support those experiencing menopause to eat well and move more.

What did we do?

This project used Research Capability Funding. First, we looked at what research had been done in this area. And, to understand what things helped people to eat well and move more, we used a tool called the Behaviour Change Technique Ontology.

Second, we held three workshops: one in Norwich, one in Great Yarmouth and one in South Leeds. Thirty-three people from different ethnic groups, who were currently, or had experienced menopause, took part. We listened to their experiences of menopause, and we heard about the challenges they faced when trying to eat a balanced diet and when having a go at strength training.

What did we find?

When looking at previous research, although there were 49 relevant research papers, we didn't find much that specifically looked at how eating well and moving more could strengthen bones. Setting goals and increasing knowledge were some of helpful things they found that helped people to change their behaviour.

From the workshops, we learnt that people had very different experiences of menopause and that they didn't have much support around them. Most didn't know

that menopause affected their bones. Many had tried different types of strength training, but it wasn't fun or easy to do. Most people also did not know that eating well could improve how menopause was affecting them.

People told us that social connections mattered to them, and that they would like community-based programmes tailored to their culture, preferably women-only, and where they can share experiences, connect, and support each other. They want 'EASY' ways to eat a balanced diet (effortless, affordable, simple, yummy!). They told us strength training should be fun, in a safe space, and straightforward to join in with.

We have shared posters with each group we worked with, that summed up what we learnt from them, and what we will do next. The groups we worked with are keen to continue giving their opinions on our research. They will join our advisory group to help guide our future research plans.

What will we do next?

This project has also helped us to build a strong research team and find partnerships with diverse community organisations. We will continue to listen to them about their menopause experiences and about how they want to be supported. Based on this, we will come up with a programme that helps people experiencing menopause to improve their bone strength, by eating well and moving more. This work has made us think about what is important to people and how we can continue to be inclusive.

Supporting Women Through Menopause: Insights from Group 1

Thank You for Your Contribution

We are grateful to St.Giles Trust for sharing your experiences and insights on menopause, eating well, and being active. Your voices have helped us understand the real challenges women face and how support can be improved.

What Next?

Your conversations have been part of a research project funded by the Research Capability Funding (RCF) from Norfolk and Waveney ICB. Your insights will contribute to a report aimed at guiding future decisions on menopause support and community health initiatives.

What we heard from you

We had open and supportive discussions where you shared your personal experiences. Here are some highlights you told us:



Menopause Symptoms Impact Daily Life

Memory loss, low energy, mood swings, and anxiety make everyday tasks harder. You may feel isolated, disconnected, and unsure how to manage, affecting relationships.



Limited Access to Info & Care

Many learn about menopause late. Healthcare support is hard to access, with long waits and little advice beyond HRT. You want to know more, turning to TikTok and the NHS.



Activity Should Be Enjoyable & Accessible

Finding time, motivation, and confidence is tough. Progress over perfection matters—something is better than nothing. Many prefer group activities over structured fitness.



Healthy Eating Needs to Be Realistic

High costs, time, and overwhelming nutrition info make eating well harder. Planning, shopping, and cooking feel daunting, so simple meals like one-pot dishes work best.



Safe Spaces for Support Matter

Women want judgment-free spaces to share, connect, and support each other. A welcoming environment helps you feel heard and empowered through menopause.

We appreciate your voice. Thank you for contributing towards creating better menopause support for all women.

Supporting Women Through Menopause: Insights from Group 2

Thank You for Your Contribution

We are grateful to Herhills for sharing your experiences and insights on menopause, eating well, and being active. Your voices have helped us understand the real challenges women face and how support can be improved.

What Next?

Your conversations have been part of a research project funded by the Research Capability Funding (RCF) from Norfolk and Waveney ICB. Your insights will contribute to a report aimed at guiding future decisions on menopause support and community health initiatives.

What we heard from you

We had open and supportive discussions where you shared your personal experiences. Here are some highlights you told us:



Menopause Impacts Daily Life

Memory loss, low self-esteem, and daily struggles make responsibilities harder. Anxiety about ageing adds stress, and many feel pressured to keep going without slowing down. Relationships are also impacted.



Limited Access to Info & Care

More education on menopause and menstrual health is needed. Women prefer women-only healthcare, but long waits, privacy issues, and language barriers make support difficult.



Activity Should Be Enjoyable & Accessible

You stay active but some struggle with health barriers. Social activity is preferred, with interest in Zumba, dance, Pilates, and yoga. Tailored programmes are of interest to support you in the gym at Bilal.



Healthy Eating Needs to Be Realistic

Often a focus on 'weight-loss' rather than fuelling the body. High costs, time, and confusing advice make it harder. Family, Ramadan, and cultural diets shape food choices, but advice isn't often culturally relevant.



Safe Spaces for Support Matter

Women-only spaces where you can talk openly, share experiences, and support each other without fear of judgment.

We appreciate your voice. Thank you for contributing towards creating better menopause support for all women.

Supporting Women Through Menopause: Insights from Group 3

Thank You for Your Contribution

We are grateful to Feathers Futures for sharing your experiences and insights on menopause, eating well, and being active. Your voices have helped us understand the real challenges women face and how support can be improved.

What Next?

Your conversations have been part of a research project funded by the Research Capability Funding (RCF) from Norfolk and Waveney ICB. Your insights will contribute to a report aimed at guiding future decisions on menopause support and community health initiatives.

What we heard from you

We had open and supportive discussions where you shared your personal experiences. Here are some highlights you told us:



Menopause Symptoms Impact Daily Life

Joint pain, low energy, mood swings, and fluctuating periods make everyday tasks harder. You may feel isolated, disconnected, and unsure how to manage, affecting relationships.



Limited Access to Info & Care

Many haven't learnt much about menopause. Healthcare support is hard to access, and there is little advice given. You want to know more, turning to TikTok and the NHS.



Activity Should Be Enjoyable & Accessible

Finding time, motivation, and confidence is tough. You would like to try women's only classes and swim sessions, that won't make experiences of pain worse.



Healthy Eating Needs to Be Realistic

High costs, time, and overwhelming nutrition info make eating well harder. Planning, shopping, and cooking feel daunting, so simple meals like one-pot dishes work best.



Safe Spaces for Support Matter

Women want judgment-free spaces to share, connect, and support each other. A welcoming environment helps you feel heard and empowered through menopause.

We appreciate your voice. Thank you for contributing towards creating better menopause support for all women.