

Free online webinar of the ICOH Scientific Committee Aging & Work

Topic: Menopause and Work: New insights on lifestyle and work-related factors

Date: Tuesday, November 18th, 2025

Time: 9:30–10:30 AM CET

Format: Free access via Zoom

<https://uni-wuppertal.zoom-x.de/j/63659612145?pwd=PJpYhPVwryICljbW83UM6EOo8VcBeb.1>

Meeting-ID: 636 5961 2145, Password: VX99LGpm

Admission: Free, no registration required

About the webinar: Middle-aged women often experience (peri-)menopause between the ages of 45 and 60, with various physical and mental symptoms such as hot flashes and sleep problems. These symptoms can negatively impact work functioning and lead to increased sick leave during this life stage. As the share of middle-aged working women has substantially increased over the past decades, understanding the relationship between menopause and work functioning requires greater attention in occupational health research. This webinar will present new insights on lifestyle and work-related factors in relation to work functioning among menopausal women, supporting the development of evidence-based preventive interventions.

Presenters and Topics:

1. **Are health-related, lifestyle, work-related, and socio-demographic factors associated with work productivity among menopausal women?**
Sandra van Oostrom, Department of Behavior and Health, National Institute for Public Health and the Environment, the Netherlands
2. **Do psychosocial work factors moderate the association between menopausal symptoms and work impairment?**
Michelle Clevis, Department of Behavior and Health, National Institute for Public Health and the Environment & Department of Public and Occupational Health, Amsterdam UMC, the Netherlands
3. **Do lifestyle behaviors moderate the association between menopausal symptoms and need for recovery after work?**
Bette Loef, Department of Behavior and Health, National Institute for Public Health and the Environment, the Netherlands

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