

Women's Health: Sex, Intimacy, and Menopause



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www.healthyagingpoll.org



Q1. In the past year, have you experienced any of the following symptoms?

	Yes	No
Menstrual changes		
Hot flashes/night sweats		
Weight gain/slowed metabolism		
Reduced libido or sexual drive		
Mood swings/irritability		
Pelvic/bladder pain		
Sleep problems		
Urinary Tract Infections (UTIs)		
Other		

Q2. How much do these symptoms interfere with your day-to-day life?

1. Quite a bit
2. Somewhat
3. Not too much
4. Not at all

Q3. Have you talked with your health care provider about any of these symptoms?

1. Yes
2. No

Q4. Have you discussed potential treatment for these symptoms with your health care provider?

1. Yes
2. No

Q5. Did you treat/receive treatment for your symptoms?

1. Yes
2. No

Q6. Overall, how well do you think your symptoms are managed?

1. Very well
2. Somewhat well
3. Not very well
4. Not at all



Q7. Do your symptoms interfere with your...

	A lot	Somewhat	A little	Not at all	NA - I am not sexually active
self-confidence					
romantic relationships					
ability to be sexually active (sexual activity could include caressing, foreplay, masturbation, and intercourse)					

Q8. Do any other aspects of your health interfere with your ability to be sexually active?

1. Yes
2. No

Q9. Does your partner’s health interfere with your ability to be sexually active together?

1. Yes
2. No

Q10. In the past year, have you been sexually active?

1. Yes
2. No

Q11. Overall, how satisfied are you with your sexual activity in the past year?

1. Very satisfied
2. Somewhat satisfied
3. Somewhat dissatisfied
4. Very dissatisfied

Q12. Overall, how satisfied are you with the intimacy between you and your spouse/partner in the past year?

1. Very satisfied
2. Somewhat satisfied
3. Somewhat dissatisfied
4. Very dissatisfied

Data Source and Methods

This National Poll on Healthy Aging report presents findings from a nationally representative household survey conducted exclusively by NORC at the University of Chicago for the University of Michigan’s Institute for Healthcare Policy and Innovation. National Poll on Healthy Aging surveys are conducted using NORC’s AmeriSpeak probability-based panel. This survey module was administered online and via phone between January and March 2022 to a randomly selected, stratified group of U.S. adults age 50–80 (n=2,277). The sample was subsequently weighted to reflect population figures from the U.S. Census Bureau. The completion rate was 68% among panel members contacted to participate. This report focuses on questions asked of the 1,225 women who completed the survey. The margin of error is ±2 to 4 percentage points for questions asked of all women and higher among subgroups.

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