



MARYLAND
CATHOLIC
CONFERENCE

March 3, 2026

House Bill 1365
Health Occupations and Insurance - Menopause - Provider Training and
Coverage Requirements
House Health Committee

Position: Favorable

The Maryland Catholic Conference (MCC) is the public policy representative of the three (arch)dioceses serving Maryland, which together encompass over one million Marylanders. Statewide, their parishes, schools, hospitals, and numerous charities combine to form our state's second largest social service provider network, behind only our state government.

House Bill 1365 requires health occupations boards that require licensees or certificate holders to complete certain continuing education to grant a certain number of hours for every hour of continuing education for menopause and menopause-associated symptoms; requiring certain insurers, nonprofit health service plans, and health maintenance organizations to provide coverage for the evaluation and management of menopause and menopause-associated conditions.

Promoting women's health at every stage of life is an essential part of upholding human dignity and fostering a culture that respects and promotes life. Menopause is a natural biological transition, yet it has historically been under-addressed in medical education and public health policy. A 2025 analysis of Maryland healthcare data estimates that approximately 310,000 Maryland residents experience menopause-related symptoms each year.¹ These symptoms can include vasomotor instability, sleep disruption, mood changes, bone density loss, and increased long-term risks such as cardiovascular disease and osteoporosis.

Despite the prevalence and health implications of menopause, education in this area remains limited in many medical training programs. Fewer than 10% of residents in internal medicine, family medicine, and obstetrics and gynecology report feeling adequately prepared to manage

¹ chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://mhcc.maryland.gov/mhcc/pages/home/meeting_schedule/documents/presentations/2025/20251211/agd4_menopause_prst.pdf

menopause after graduation.² This lack of standardized training contributes to inconsistent care and leaves many women without evidence-based guidance during a significant stage of life. Ensuring regular, evidence-based training for healthcare providers improves clinical knowledge, builds provider confidence, and strengthens the ability to manage complex and long-term health risks associated with menopause. Women may experience menopausal symptoms across a wide age range—sometimes as early as their 30s through their 60s and beyond—and evolving research and treatment options require ongoing professional education.

Supporting menopause education affirms that women’s health does not end with fertility. Respect for life and human dignity includes caring for women in every phase of life, including the menopause transition. By investing in provider education, this legislation helps ensure that women receive comprehensive, compassionate, and scientifically grounded care that honors their health, well-being, and inherent dignity.

For these reasons, the Maryland Catholic Conference asks for a favorable report on **HB 1365**.

Thank you for your consideration.

² <https://www.pharmacytimes.com/view/menopause-care-varies-by-provider-highlighting-need-for-standardized-education#:~:text=%E2%80%9CEducation%20in%20menopause%20management%20is,the%20health%20of%20women%20everywhere.%E2%80%9D>