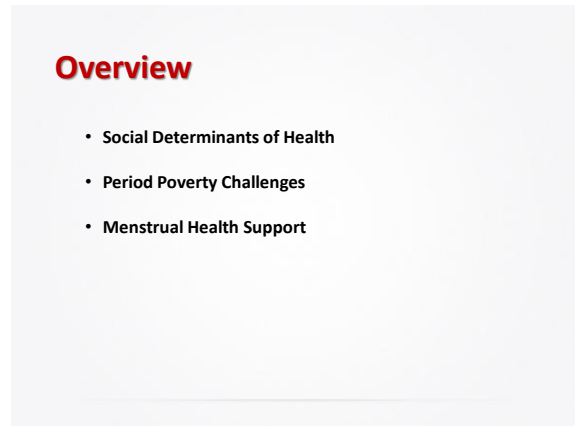
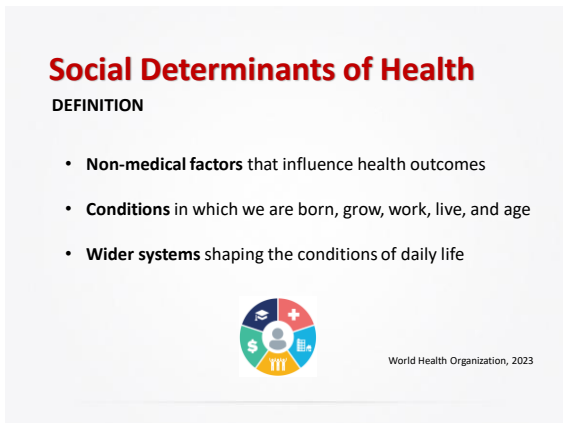


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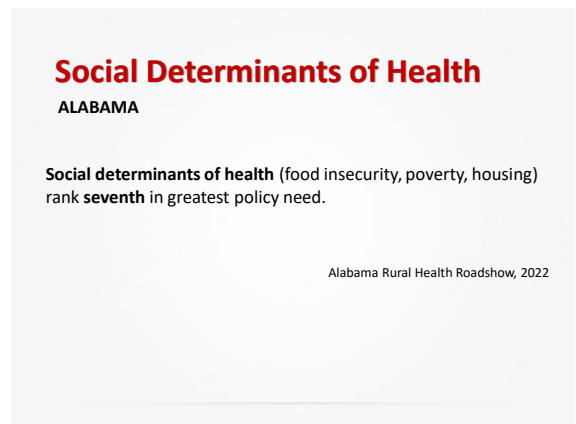
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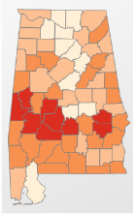
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Social Determinants of Health

ALABAMA



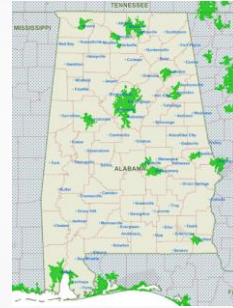
Percent of population in poverty



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Social Determinants of Health

ALABAMA



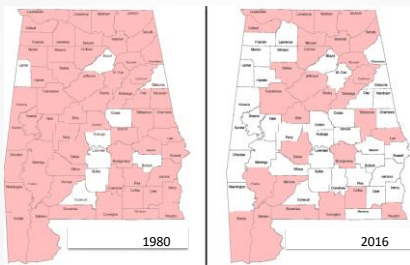
- 54 counties are rural
- Rural areas exist in all 67 counties

Urban ≥ 50,000

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Social Determinants of Health

ALABAMA



Counties With Hospitals Providing Obstetrics

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Period Euphemisms

- SharkWEEK**
- On The RAG**
- AuntFLOisVISITING**
- Little Red Riding Hood**
- Riding the CRIMSON Wave**
- that time of the month**
- The Curse**
- Red Balloon (Italian)**
- MOON Time**
- Fetchup week (FRENCH)**
- LADY BUSINESS**
- Red Badge of courage**

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Period Poverty

DEFINITION

Inability to access menstrual hygiene products




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Period Poverty



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THINK about your reaction to the basket/sign.
 What is the best way to provide period products?
 What should the sign say?

PAIR to discuss with someone.

SHARE with the group.

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Period Poverty

DEFINITION

Also includes:

- inadequate access to **toilets, hand washing supplies, and hygienic waste management**
- lack of access to **education** surrounding menstruation






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Period Poverty

SCOPE



Nearly *one in four* struggle to afford period products.

- Hispanic, Black, rural, low income, and college students are most impacted.
- Almost half of Black and Hispanic students and over a quarter of White students feel period poverty negatively impacts their academic achievement.
- **23% of Hispanic students** have to choose between buying period products and food/clothing.
- 51% of students have worn period products for longer than recommended.


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Period Poverty

CHALLENGES

Paper towels, rags, prolonged tampon use, and reused pads increase risk for:

- Urinary tract infections
- Bacterial vaginosis
- Skin irritation and vaginal itching
- Toxic shock syndrome
- Anxiety, depression, and distress




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Period Poverty

CHALLENGES

Menstrual hygiene products are NOT covered by WIC (food stamps) or SNAP.




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Period Poverty

ACTION: Policy

CARES Act (2020)

Flexible spending accounts or health savings accounts may be used to buy menstrual products with pre-tax dollars.



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Period Poverty

ACTION: Policy

Alabama



Prisons and Jails (2019)

Requires county sheriffs and Department of Corrections to provide pads and tampons upon request.

Schools (2020)

Urges Local Board of Education to have feminine hygiene products available at schools at no cost.

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Period Poverty

ACTION: Nonprofits



• Women In Training

Alabama-based menstrual equity and education nonprofit that provides education, menstrual supplies, and other hygiene items

• #HappyPeriod

Black-led nonprofit that provides menstrual hygiene kits and education nationwide in support of people with low incomes, including the unhoused.

• Alliance for Period Supplies

Advocates for menstrual health and provides nearby locations that offer free tampons and pads (text [211](tel:211) or visit 211.org).

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Period Poverty

ACTION: Companies

- CVS
- Ruby Cup
- Diva Cup
- GladRags



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Period Poverty

ACTION: Individual



- **Normalize** conversations about periods
- **Talk to teens** about how to purchase products
- Serve as an **advocate for period products policy**
- Support **menstrual health education**
- **Save costs** and buy generic, in bulk, and/or reusable products

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Period Poverty



THINK about how you can support menstrual health given your role and environment.

PAIR to discuss with someone.

SHARE with the group.

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Summary

- Social Determinants of Health
- Period Poverty Challenges
- Menstrual Health Support

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Questions & Comments



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Sources

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Thank you!

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