

# PERIOD POVERTY

*The limited or inadequate access to menstrual products or menstrual health education as a result of financial constraints or negative socio-cultural stigmas associated with menstruation.*

## NEW - State of the Period 2023

*The Widespread impact of period poverty on US Students. Commissioned by Thinx & PERIOD. (October 2023)*

**Nearly 1 in 4 students** have struggled to afford period products in the United States.

**44% of teens** report stress and embarrassment due to a lack of access to period products.

**92% of teens** agree periods should be recognized as an indicator of good health rather than as something dirty or gross - a 7-point increase from 2021.

**78% of teens** agree education around menstrual health should be part of the core curriculum, just like math.

## Impact on Mental Health

*BMC Women's Health (2021)*

Many young women cannot afford menstrual health products to meet their monthly needs, and this may impact their mental well-being. Improved access to affordable menstrual products is needed to support these young women.

Among the results, **14.2% of women had experienced period poverty ever in the past-year**; an additional **10% experienced it every month**.

Compared to those who had never experienced period poverty, adjusted analysis revealed that women with monthly past-year period poverty were the **most likely to report moderate/severe depression**, followed by those who had experienced it ever in the past year.

## Crampus Campaign Survey Results

*This study has been independently designed & conducted without bias by YouGov Surveys were conducted online among a representative sample of Canadians and Americans aged 18+; results have been weighted and are representative of all US and Canadian adults aged 18+.*

Over one in three (37%) American adults who menstruate say they or their family have struggled to afford menstrual products. Three in ten Canadian adults who menstruate say they or their family have struggled to afford menstrual products.

Visit [period.org](https://period.org) for more menstrual health information.