



## Legislation Text

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### Res. No. 408

Resolution declaring May 28 as Menstrual Hygiene Day in the City of New York.

By Council Members Louis, Cabán, Gutiérrez and Farías

Whereas, Observed annually on May 28 since 2013, Menstrual Hygiene Day is a global advocacy initiative aimed at raising awareness about menstrual hygiene management, promoting access to menstrual hygiene products, and breaking the stigma surrounding menstruation; and

Whereas, Menstrual hygiene plays a crucial role in the overall health, well-being, and empowerment of individuals who menstruate; and

Whereas, Lack of access to menstrual hygiene products and inadequate knowledge about menstrual health can lead to adverse health outcomes and perpetuate gender inequality; and

Whereas, According to a 2022 Journal of Global Health report, an estimated 500 million people in the United States lack access to adequate menstrual products; and

Whereas, Additionally, 16.9 million menstruating people live in poverty, two-thirds of whom reported not being able to afford menstrual hygiene products in the past year, and half of whom had to choose between menstrual products and food; and

Whereas, This lack of period supplies, commonly referred to as period poverty, can have adverse effects on individuals' health and well-being; and

Whereas, According to Alliance for Period Supplies, in New York, 4,235,336, or 1 in 6 women and girls between ages 12 and 44, live below the federal poverty line and are potentially experiencing period poverty; and

Whereas, Nationally, 1 in 4 teens reported missing school while 1 in 5 low-income women reported missing work, school, or similar obligations due to the challenges associated with period poverty; and

Whereas, Individuals experiencing period poverty may resort to using products longer than they are intended or utilize makeshift alternatives like socks or toilet paper, risking urogenital infections like urinary tract infection, bacterial vaginosis, and in rare occasions, toxic shock syndrome, compromising their health; and

Whereas, Period poverty is also linked to higher rates of depression, as a 2021 study on the impact of period poverty on college-aged women in the United States found that out of 471 participants, 68.1% experienced moderate to severe depression; and

Whereas, Period poverty perpetuates the cycle of poverty by forcing menstruators to disengage from daily life, resulting in lost wages and missed educational opportunities; and

Whereas, Easy access to period products for students and low-income individuals reduces disruptions to their education and jobs, which enhances their ability to actively participate in daily activities while increasing their quality of life; and

Whereas, In recognition of these issues, during the 2021- 2022 session, Congresswoman Grace Meng of NY-6, introduced H. Res. 1145, which called to nationally recognize and observe May 28 as Menstrual Hygiene Day to raise awareness of menstrual hygiene and access to menstrual health management; and

Whereas, While H. Res. 1145 is yet to be reintroduced during the current session, dedicating May 28 as Menstrual Hygiene Day in New York City would provide an opportunity to highlight the importance of menstrual hygiene, educate the public, and mobilize efforts to address the challenges faced by individuals who menstruate; and

Whereas, This dedicated day shall serve as an opportunity for educational campaigns, community engagement, and advocacy activities aimed at raising awareness about menstrual hygiene management, promoting access to menstrual products, and fostering a supportive and inclusive environment for individuals who menstruate; now, therefore, be it

Resolved, That the Council of the City of New York declares May 28 as Menstrual Hygiene Day in the City of New York.

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5/08/2024  
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