Achieving Equitable Access to Menstrual Health Care and Products for Adolescents and Young Adults

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Access to safe, clean, affordable menstrual products is a basic health care and human right. While we continue to develop the research on menstrual health, there are strategies decision-makers in education, health and human services and other sectors can implement to improve menstrual equity for young people.

Supported by a PolicyLab pilot grant, this issue brief reviews the existing literature on adolescent menstrual health and inequities and proposes actionable policy and systems recommendations to address these issues, as well as areas for future research.

Authors: Davies S, Darien K, Pennotti R, McGlone N, Medley L

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