Resident CATCH Grant:
Addressing Period Poverty and Menstrual Equity in Charleston

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Learning Objectives

At the conclusion of this presentation, learners will be able to:

▪ Define period poverty and menstrual equity
▪ Examine the incidence of period poverty among pediatric patients
▪ Understand how to address period poverty among adolescents
▪ Examine a current project aiming to achieve menstrual equity
Defining the Problem

▪ What is period poverty?
  • Lack of access to menstrual products and inadequate education surrounding menstruation

▪ What is menstrual equity?
  • The affordability, accessibility, and safety of menstrual products

▪ What is the incidence of period poverty among pediatric patients?
  • Studies show that of teens aged 13-19 in the US, 20% have struggled to afford period products and 25% have missed class due to lack of access to period products.

▪ Are supplies accessible through benefit programs?
  • Benefit programs such as the Supplemental Nutrition Assistance Program (SNAP) and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), do not cover menstrual hygiene products.
Our Project

Addressing Period Poverty

Four "packing parties" throughout the year
Supplying community sites, local high schools and clinics, with period products

Achieving Menstrual Equity

Creating educational materials
Pre- and post-surveys assessing knowledge around menstruation and where to access products
Community Partner

LowCountry Period Pixies

Their mission: "to assure that every menstruator is afforded dignity by providing period products, education, and advocacy in our area. Period."
Progress and Successes

- Hosted 2 of 4 "packing parties"
  - August 21, 2023
    - ~200 period packs
  - November 28, 2023
    - ~125 period packs
- Partnered with OBIG and PIG at MUSC
Challenges

• Finding local schools to partner with

• Getting approval from the school district to distribute our survey to students

• Logistically figuring out how to get students to complete the survey
Most recent success

- Local High School Health Fair booth on 12/12/23
  - Menstruation educational booth with two pediatric residents
  - Distributed ~70 period packs
  - Provided ~50 educational brochures
  - 21 students completed the pre-survey
Next steps

▪ Continue finding local school/clinic partners

▪ Analyze data from our survey to identify:
  • local menstrual product access
  • missed school days secondary to menstruation
  • knowledge surrounding menstruation pre and post education materials.

▪ Publish educational material on the Low Country Period Pixie website

▪ Create a sustainable partnership between MUSC residents and the Low Country Period Pixies to continue period packing parties and product/education distribution.
Q & A

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THANK YOU!