

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



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South Carolina Chapter

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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



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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.

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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

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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."



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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



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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

CATCH pre- and post- survey
Page 1

How well do you know your period?

Record ID _____

Is this your first or second time filling out this survey? First Second (or more)

Have you had your first period? Yes No

How old are you? < 9 9-12 13-15 16-18 >18

How many days per month do you miss school or an activity because you don't have a pad or tampon? Never 1-5 More than 5

How many days per month do you miss school or an activity due to painful cramps? Never 1-5 More than 5

True or false? It is normal for your period to be irregular (i.e. skip months, last more or fewer days, bleeding in between periods etc.) in the first 2 years after starting your period. True False

Which of the following statements is true? Ibuprofen (motrin) does not help with menstrual cramps At the beginning or end of your period you may have brown-tinged discharge It is abnormal to have small blood clots or clumps with your period

Which of the following are examples of period products? Pads Tampons Period Underwear Menstrual cup/disc All of the above

State your level of agreement with the following statements:

I feel confident that I know when I should go see my doctor for something that is concerning about my period. Agree Neutral Disagree

How well do you know your period?



Please complete this survey!

We are pediatric resident doctors at MUSC working on a medical research project about periods. Your information will not be tracked or shared. Thank you!

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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



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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.



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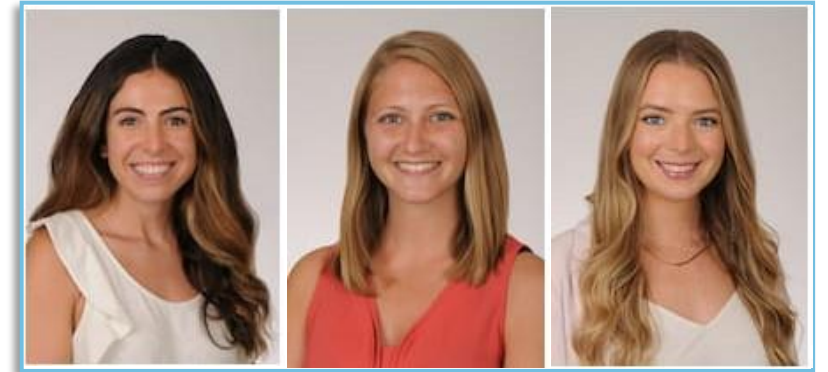
Q & A

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THANK YOU!

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2024 SCAAP CATCH MEETING