



Dear Senator Cwodzinski,

The [Minnesota Society for Public Health Education](#) (MN SOPHE) is a coalition of public health professionals with a mission of exemplifying leadership and strengthening public health education for students and professionals in pursuit of health and wellness. MN SOPHE envisions healthy people, healthy communities, and health equity for all people. For these reasons, MN SOPHE fully supports passage of SF50, which would require school districts and charter schools to supply free menstrual products through a minimal increase of the operating revenue.

According to a nationally representative 2021 survey, 23% of U.S. students struggle to afford menstrual hygiene products<sup>1</sup>. This problem is compounded among low-income students and students of color; 23% of Hispanic students said they had to choose between buying menstrual hygiene products or food and clothing compared to 16% of all individuals surveyed<sup>1</sup>. Supply chain issues and lack of access to free period products due to COVID-19 related shutdowns have also exacerbated the issue at hand. The 2021 study also found that “more than 4 in 5 students (84%) in the US have either missed class time or know someone who missed class time because they did not have access to period products”<sup>1</sup>. Students across the nation report feelings of shame, self-consciousness, and embarrassment about even having their periods which is worsened by lack of access to menstrual products that are needed for an individual to have a healthy menstrual cycle.

The facts show that access to menstrual products will improve numerous health outcomes for youth around the world, though especially in Minnesota where school nurses report that “every single day students come to [the] health office for period products... which many students don’t have the money or the means to get” (2021, S. Gelbard and K. Marohn, MPR News). As a viable solution to the menstrual health disparities that persist due to lack of access to menstrual products, MN SOPHE strongly supports the passage of HF2750 in the 2023 legislative session. Passage of this bill will support bodily autonomy for youth and will end period poverty that exacerbates health inequities that persist in Minnesota, and around the nation.

MN SOPHE urges for the passage of this bill to support the youth of Minnesota today, and of future generations.

Sincerely,

Minnesota Society for Public Health Education  
(MN SOPHE)

1. Thinx, & PERIOD. (2021). *State of the Period* [Review of *State of the Period*]. <https://period.org/uploads/State-of-the-Period-2021.pdf>