

Menstrual Health Equity Factsheet

Period poverty is a lack of access to menstrual hygiene products, education about menstruation, and access to safe and sanitary places to manage a period.¹

Menstrual equity refers to the affordability, access, and safety of menstrual products and the idea that all people should have access to manage their menstruation with dignity regardless of their income, gender, race, or disability.

Alabama levies a **4% state sales tax** on personal property², which includes tampons, pads, liners, and menstrual cups.

Lack of access to **menstrual hygiene products** can lead to **health risks** such as increased risk of cervical cancer³, reproductive and urinary infections, as well as negative mental health outcomes.¹

In addition to negative health outcomes, lack of access to menstrual hygiene products, education, and safe places to bleed can **limit a person's ability to participate fully in society with their peers, denying fundamental rights and privileges such as attending school and seeking employment.**

Women and girls are disproportionately affected by lack of access to menstrual products; however, **trans and non-binary people** experience menstruation as well and face additional barriers to access that their cisgender peers do not experience related to gender stigma, dysphoria, and access to safe places in public to manage their bleeding.⁴

Socioeconomic status is a direct indicator of access to menstrual hygiene products, with **folks living in poverty** experiencing the most disparate access. According to 2022 US Census data, **20.3% of Alabama women 18-44 live below the poverty level**, with **Hispanic women** ages 18-44 making up 30.8% and **Black women** 18-44 making up 30.2% of that figure.⁵ This means, these groups of people should be centered in any strategy or advocacy to eliminate the sales tax on period products.

Alabama collects approximately \$5.8 million from the sales tax on menstrual products. The tampon tax amounts to less than .01% of Alabama's total revenue.⁶

In Alabama, 58% of young voters think the economy and cost of living should be prioritized by policymakers.

¹ [Menstrual health: a neglected public health problem](#)

² [Alabama Sales Tax Rate - 2025](#)

³ [Prevalence and Sociodemographic Covariates of Cervical Cancer and Its Association With Menstrual Irregularities: Findings From the 2017 National Inpatient Sample Database - PMC](#)

⁴ [Period Poverty Affects Transgender and Gender Non-Conforming People, Too | Teen Vogue](#)

⁵ [Explore Poverty - Women in Alabama | AHR](#)

⁶ [Period Law_U.S. Tampon Tax Revenues + budgets v2.pdf](#)