

# Iowa

## STATE FACT SHEET ON PERIOD POVERTY

In **Iowa**, **1 in 7** women and girls between the age of 12 and 44 live below the Federal Poverty Line.

### Period Supplies Help Students Stay in School

**1 in 4 teens** in the US has missed class due to lack of access to period supplies.

In Iowa, **91%** of female students in public school grades 7 to 12 attend Title I Eligible schools.

### Period Supplies Are Necessities, Not Luxuries

Sales taxes on period supplies place an unequal burden on individuals who menstruate.

**26** states tax period supplies.

In Iowa, period supplies **are** taxed.

## Iowa Menstruators Need Period Supplies

**658,500** women and girls between the ages 12 to 44 live in Iowa. Of those, **1 in 7** live below the Federal Poverty Line (FPL).

**100,300** women and girls between the ages 12 to 44 live below **100%** of the FPL. Almost 60% of families living in poverty experience financial distress and struggle to keep up with their bills and cover unexpected expenses.

**139,900** women between the ages 12 to 44 receive health coverage through **Medicaid, Medical Assistance, or other government-assistance plan.** While providing financial protection for healthcare needs, individuals still struggle to access the material basic necessities they require to thrive.

**14,246** women participate in the **Women, Infants, and Children (WIC) Program.** Participants of the WIC program receive nutritious food. However, those living below 185% FPL face challenges meeting other material basic necessities.

### Iowa has 1 Allied Program distributing period supplies.\*

The Alliance for Period supplies is working to end period poverty by providing menstruators with worry-free days.\*\*

\* 2021 Figures

\*\* Number of days Allied Programs provided menstruators with the recommended daily supply of period products in 2021.



**alliance for  
PERIOD  
supplies**

Alliance for Period Supplies raises national awareness of period poverty and supports the development and expansion of period supply programs in communities throughout the country.



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# United States

## NATIONAL FACT SHEET ON PERIOD POVERTY

### *2 in 5 Women Struggles to Purchase Period Products Due to a Lack of Income.*

**Alliance for Period Supplies** works throughout the US to ensure that individuals in need have access to the essential period products they require to participate fully in daily life. Our Allied Programs nationwide collect, warehouse, and distribute menstrual products in local communities.

#### Women in the Workforce

Nearly **3 in 10** women ages 20 or older were unemployed in February 2022 and had been looking for work for six months or longer.

#### Women Missing Work & School

**One-third** of low-income women reports missing work, school or similar commitments due to lack of access to period supplies.

#### Distributing Donated Product

Allied Programs distributed **19.7 million+** pads and tampons & **3.5 million+** liners in 2021.

#### Improving Lives

Period supplies from Allied Programs provided **4.9 million+** worry-free days & **3.5 million+** confident days in 2021.

**70.3 Million**

**women and girls between the ages 12 to 44 live in the United States.** Of those, **1 in 6** lives below the Federal Poverty Line (FPL).

**11.3 Million**

**women and girls between the ages 12 to 44 live below 100% of the FPL.** Almost 60% of families living in poverty experience financial distress and struggle to keep up with their bills and cover unexpected expenses.

**15.7 Million**

**women and girls between the ages 12 to 44 receive health coverage through Medicaid, Medical Assistance, or other government-assistance plan.** While providing financial protection for healthcare needs, individuals still struggle to access the material basic necessities they require to thrive.

**1.6 Million**

**women participate in the Women, Infants, and Children (WIC) Program.** Participants of the WIC program receive nutritious food. However, those living below 185% FPL face challenges meeting other material basic necessities.

**120+** Allied Programs Distribute **23.2 Million+** Period Supplies Annually and Serve **108,000+** Women and Girls Monthly



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