

Texas

STATE FACT SHEET ON PERIOD POVERTY

In **Texas 1 in 6** women and girls between the age of 12 and 44 live below the Federal Poverty Level.

Period Supplies Help Students Stay in School

Nearly **1 in 4** students in the US struggle to afford period supplies. ¹

In Texas, **79%** 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.

21 states tax period supplies. In Texas, period supplies **are not** taxed.

Texas Menstruators Need Period Supplies

6,742,386

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

1,114,251

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.

977,069

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

207,887

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.

Texas's **6** Allied Members Distributed More Than

1,190,800 pads and tampons ²
& **373,700** liners ²

Allied Members Provided Menstruators with

238,160 worry-free days ³

¹ [State of the Period, 2023](#). Commissioned by Thinx, Inc. & PERIOD

² [Alliance for Period Supplies Annual Survey of Members, 2022](#)

³ Worry-free days refer to the number of days Allied Members provide menstruators the recommended daily supply of 5 period products a day



alliance for
PERIOD
supplies.org

Founded in 2018, Alliance for Period Supplies leads a network of community-based nonprofits working to end period poverty in the US. We advocate for legislation and policies that address period poverty and menstrual equity. The network collects, warehouses and distributes millions of free period products annually.



@PeriodSupplies | info@allianceforperiodsupplies.org | allianceforperiodsupplies.org

United States

NATIONAL FACT SHEET ON PERIOD POVERTY

In the **United States 2 in 5** menstruators struggle to purchase period products. ¹

Period poverty refers to the inability to afford or access period products, such as pads, tampons, liners, menstrual cups, and other basic hygiene items required to manage a period.

Women Experiencing Period Poverty Miss Work & School

1 in 3 low-income women reports missing work, school, or similar commitments due to lack of access to period supplies. ¹

Changing Communities

In 2023, Allied Members distributed **38 million+** pads and tampons ² & **8.2 million+** liners ³, nationwide.

Poverty Rates Among Women

1 in 9 adult women (**11%**) lived in poverty in 2022. Of those, Black women (**17%**), Latina women (**17%**) & Native women (**22%**) experienced even higher poverty rates.

Improving Lives

Period supplies from Allied Members provided **7.7 million+** worry-free days ³ in 2022.

71 million women and girls between the ages 12 to 44 live in the United States. Of those, **1 in 7** lives below the Federal Poverty Level (FPL).

10.7 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.

15.9 million women and girls between the ages 12 to 44 receive health coverage through **Medicaid, Medical Assistance, or another government-assistance plan**. While providing financial protection for health care 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.

140+ Allied Members Distribute **46 million+** Period Supplies Annually and Serve **100,000+** Menstruators Monthly

¹ [Americans 18+ Who Regularly Experience a Period Survey, 2021](#), conducted by YouGov on behalf of U by Kotex

² [Alliance for Period Supplies Annual Survey of Members, 2022](#)

³ Worry-free days refer to the number of days Allied Members provide menstruators the recommended daily supply of 5 period products a day



Founded in 2018, Alliance for Period Supplies leads a network of community-based nonprofits working to end period poverty in the US. We advocate for legislation and policies that address period poverty and menstrual equity. The network collects, warehouses and distributes millions of free period products annually.



@PeriodSupplies | info@allianceforperiodsupplies.org | allianceforperiodsupplies.org