

Addressing Menstrual Equity: Public Health and Legislative Insights into Period Poverty

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Introduction

Menstrual equity, a critical facet of public health, addresses the systemic challenges surrounding menstrual health and hygiene, particularly the pervasive issue of period poverty. Period poverty, characterized by inadequate access to menstrual products, facilities and education, disproportionately affects marginalized communities globally [1]. This study aims to illuminate the intersectionality of menstrual equity, weaving together insights from public health and legislative perspectives. By examining the multifaceted dimensions of period poverty, this research endeavours to contribute to the discourse on comprehensive solutions that encompass not only healthcare interventions but also legislative measures to foster inclusivity, destigmatize menstruation and ensure equitable access to menstrual products for all. Everyone has a role in addressing period poverty by voting for officials that proactively support legislation, policy, and programs at all levels to effectively advocate for menstrual equity and address barriers contributing to period poverty. This includes policies that increase access to menstrual hygiene products, safe menstrual management methods, and reproductive and women's health education [2].

Description

This research engages in a comprehensive exploration of menstrual equity, delving into the intricate tapestry of factors that contribute to period poverty. Through an analysis of existing public health initiatives, the study evaluates the effectiveness of interventions such as menstrual education, community outreach and access to affordable and sustainable menstrual products. Furthermore, it scrutinizes the legislative landscape, assessing the role of policies and regulations in shaping menstrual equity. This includes an examination of efforts to eliminate sales taxes on menstrual products, mandate their provision in public spaces and incorporate menstrual education into school curricula [3,4]. The study also highlights the importance of addressing the broader societal attitudes and cultural norms surrounding menstruation. By destigmatizing menstrual health and fostering open conversations, communities can work towards dismantling the barriers that perpetuate period poverty. The role of grassroots organizations and advocacy groups in championing menstrual equity is integral to creating lasting change. Additionally, the research delves into global perspectives, acknowledging that period poverty is not confined to specific regions but is a global challenge that demands collaborative, cross-cultural solutions [5].

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Received: 01 November, 2023, Manuscript No. IJPHS-23-121701; Editor Assigned: 03 November, 2023, PreQC No. P-121701; Reviewed: 15 November, 2023, QC No. Q-121701; Revised: 20 November, 2023, Manuscript No. R-121701; Published: 27 November, 2023, DOI: 10.37421/2736-6189.2023.8.356

Conclusion

In conclusion, addressing menstrual equity requires a holistic approach that transcends conventional boundaries between public health and legislative frameworks. The findings from this study underscore the interconnectedness of healthcare interventions and legislative measures in the quest for period justice. The integration of menstrual health education, community engagement and legislative advocacy emerges as a potent formula for dismantling the pervasive issue of period poverty. As societies increasingly recognize menstruation as a public health imperative, the role of legislation becomes paramount in institutionalizing menstrual equity. The study advocates for the continual refinement of policies to align with evolving societal norms and needs. Ultimately, the vision is to create a world where menstrual equity is enshrined in public health agendas, where access to menstrual products is a basic right and where the stigma surrounding menstruation is replaced with a culture of openness and inclusivity. This research contributes to the ongoing dialogue on menstrual equity, advocating for a future where menstrual health is a universal priority, free from the shackles of period poverty.

Acknowledgement

None.

Conflict of Interest

There are no conflicts of interest by author.

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How to cite this article: Huang, Saumen. "Addressing Menstrual Equity: Public Health and Legislative Insights into Period Poverty." *Int J Pub Health Safe* 8 (2023): 356.