MENSTRUAL HEALTH REPORT CARD

Alabama

Overall Grade	*State Ranking*
C	#25

Period poverty is the inability to afford or access menstrual health products, education, or sanitation facilities. In the U.S., 2 in 5 people have struggled to afford period products.[1] When unaddressed, period poverty can lead to missed school and work, increased risk of infections, and shame or isolation due to social stigma.

This report card details the current state of menstrual health policies in your state.

SUBJECT	GRADE	CURRENT POLICY
Menstrual Product Taxation	**A**	Alabama removed the state tax on menstrual products in 2025.[2]
Menstrual Products in Schools	**D**	All public schools serving grades 5-12 with Title I funding are eligible to apply for a grant to provide period products, but this is not available for other public nor private schools. [3]
Menstrual Products in Incarceration Facilities	**B**	Menstrual products are required to be provided at no cost to inmates in incarceration facilities, but only upon request.[4]
Menstrual Products in Public Buildings	**F**	Alabama does not have a law requiring public buildings to provide menstrual products.
Good Samaritan Menstrual Product Donations	**F**	Alabama does not have a Good Samaritan Menstrual Product Donation law.

Recommendations

1. Implement a Good Samaritan law to protect menstrual product donations made in good faith from civil & criminal liability.
2. Expand the existing menstrual product grant program to fund menstrual products for all schools in Alabama.
3. Make menstrual products available in incarceration facilities without requiring individuals to request them.

References

1 Alliance for Period Supplies & U by Kotex, 2021
2 Alabama HB 152, 2025
3 Alabama HB 50, 2022
4 Alabama Code § 14-3-44, 2024

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