MENSTRUAL HEALTH REPORT CARD

New Hampshire

Overall Grade	*State Ranking*
B	#13

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**	New Hampshire does not have a state sales tax.
Menstrual Products in Schools	**B**	New Hampshire requires but does not fund the provision of menstrual products at no cost in public middle and high schools in all female and gender neutral bathrooms.[2]
Menstrual Products in Incarceration Facilities	**A**	Menstrual products must be provided to incarcerated individuals at no cost with at least 20 products provisioned per cycle, with the option for inmates to request additional products.[3]
Menstrual Products in Public Buildings	**F**	New Hampshire does not have a law requiring public buildings to provide menstrual products.
Good Samaritan Menstrual Product Donations	**F**	New Hampshire does not have a Good Samaritan menstrual product donation law.

Recommendations

1. Allocate funding for schools to provide menstrual products and extend mandate to any private, charter, or tribal schools.
2. Implement a Good Samaritan law to protect menstrual product donations made in good faith from civil & criminal liability.
3. Require state-owned public buildings to provide menstrual products at no cost in restrooms.

References

1 Alliance for Period Supplies & U by Kotex, 2021
2 NH Rev Stat § 189:16-a, 2023
3 NH Rev. Stat. Ann. § 622: 37-a, 2023

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