MENSTRUAL HEALTH REPORT CARD

North Carolina

Overall Grade	*State Ranking*
D+	#32

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	**F**	North Carolina taxes menstrual products at 4.75%.
Menstrual Products in Schools	**D**	North Carolina has a limited grant program for funding menstrual products in schools but does not require the provision of menstrual products.[2]
Menstrual Products in Incarceration Facilities	**A**	Correctional facilities must ensure menstrual products are provided at no cost to inmates as needed.[3]
Menstrual Products in Public Buildings	**F**	North Carolina does not have a law requiring public buildings to provide menstrual products.
Good Samaritan Menstrual Product Donations	**F**	North Carolina 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 school grant program into a funded requirement so all students have guaranteed access to menstrual products.
3. Exempt menstrual products from the state sales tax.

References

1 Alliance for Period Supplies & U by Kotex, 2021
2 North Carolina H103, 2021
3 North Carolina H608, 2021

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