

THE IMPACT OF REUSABLE PADS ON PERIOD

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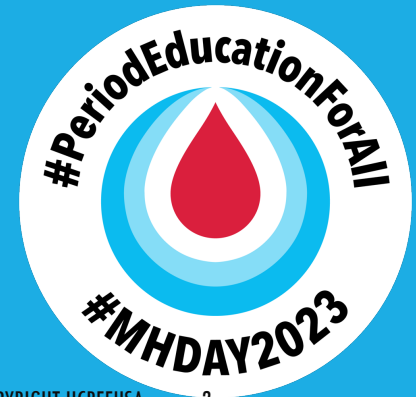
Many menstruators around the world do not have the luxury of choice when it comes to period products.

Cultural context may contribute to menstrual product use patterns;

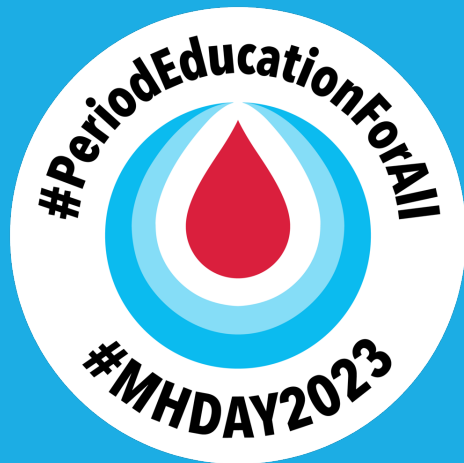
Many factors contribute to their decision making:



ENVIRONMENTAL IMPACT OF MENSTRUAL PRODUCTS



FACTORS CONTRIBUTING TO MENSTRUAL HYGIENE



Product availability

Cost

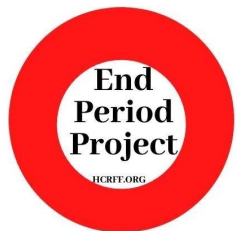
Reliability

Peer Pressure/influence

Cultural Considerations

Family

Environmental impact



Raw materials in disposable menstrual products, pads can contain up to 90% plastic, which largely end up in landfills.



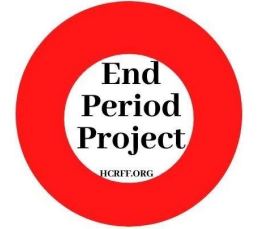
Disposable pads and tampons are most often made of cotton with rayon or other synthetic fibers and plastics such as polyester.



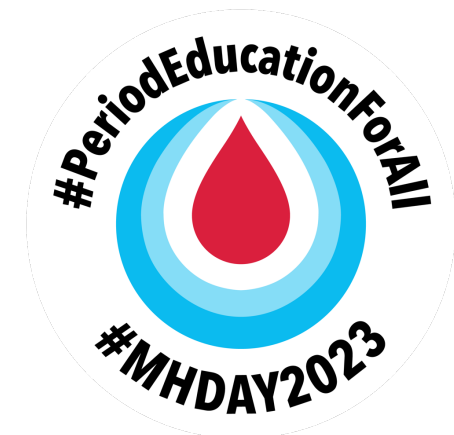
Pads often contain even more synthetic plastic material than tampons, such as leak-proof bases and/or extra absorbent strips.



Tampons can contain amounts of plastic within the core of the cotton tampon and may come with plastic applicators.



ENVIRONMENTAL IMPACT



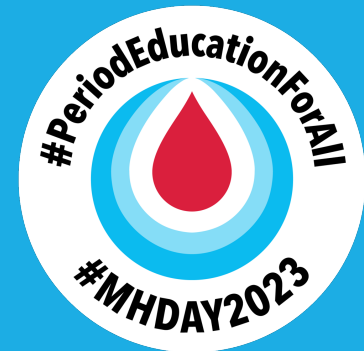
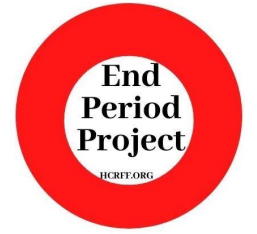
A landfill, disposable pads are estimated to take 500 to 800 years to break down, and materials such as plastic never truly biodegrade.

Each menstruator will use and dispose of between 5000 and 15 000 pads and tampons in their lifetime.

Single-use tampons, especially those with plastic applicators, also significantly contribute to overall plastic waste.

Menstrual waste contributes to unclear best practices in how to discard and dispose of used products, which may lead to unsafe disposal practices.

An average of roughly 400 pounds of period product packaging is thrown out per menstruator per lifetime.



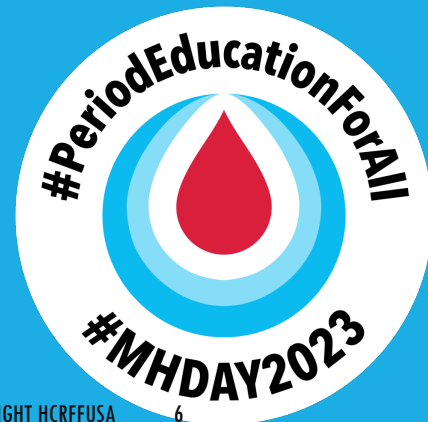
ENVIRONMENTAL IMPACT



Menstrual products that create less of a burden on the environment as compared with the disposable pads and tampons mentioned above.

Organic cotton—only pads and tampons are available in some areas and, while they are single-use and disposable in nature, these products use only organic cotton and are plastic-free.

ENVIRONMENTAL BENEFITS OF REUSABLE MENSTRUAL PRODUCTS



30 BILLION PERIOD BUSINESS

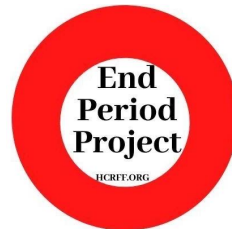
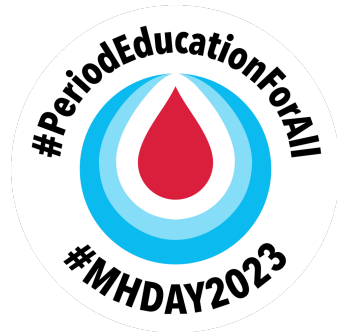
Protector & Gamble 6.3bn (Always & Tampax)

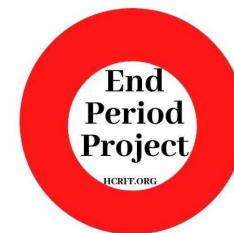
Kimberly Clark 2.4bn (Kotex)

Hengan 1.4bn (Space7, Anle)

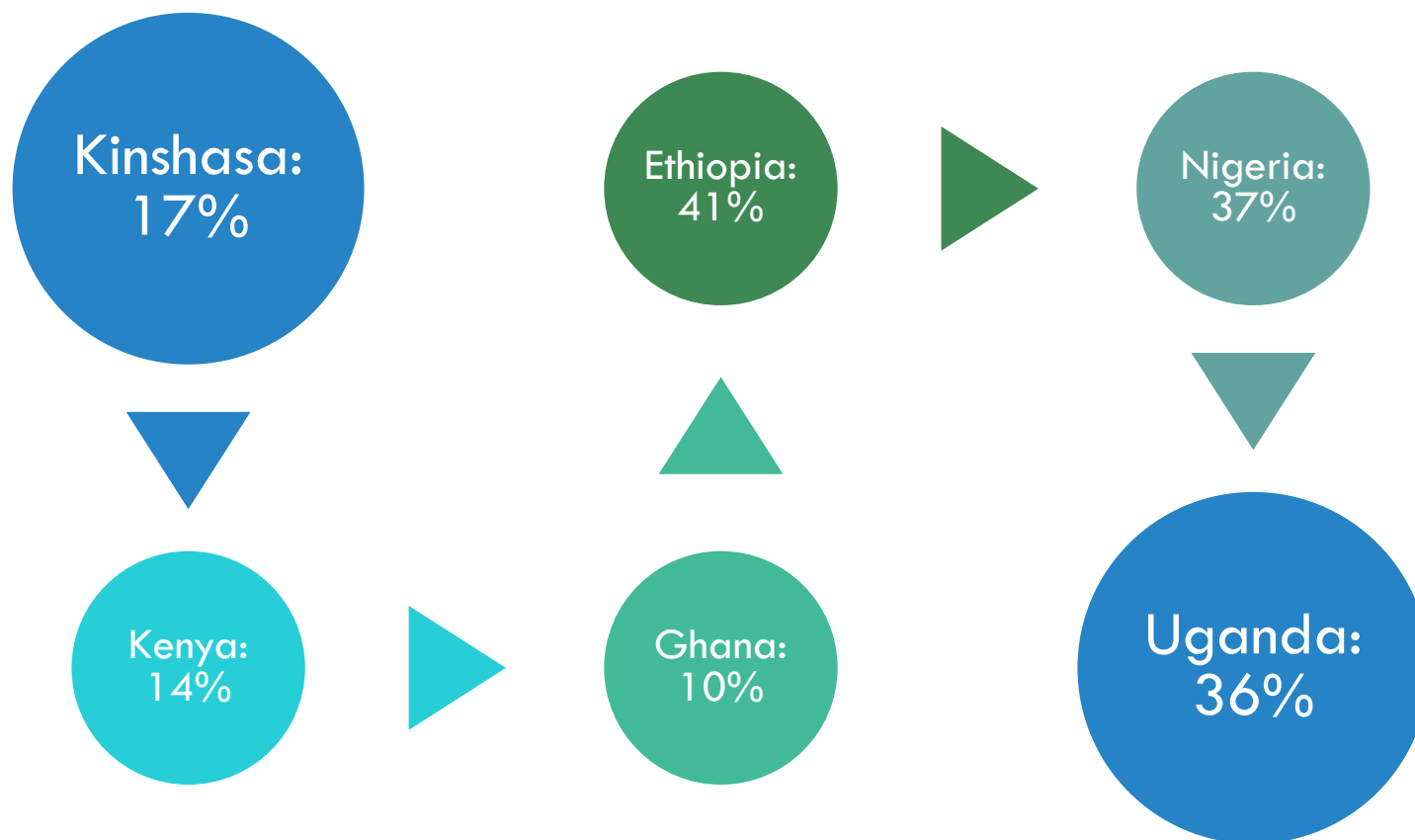
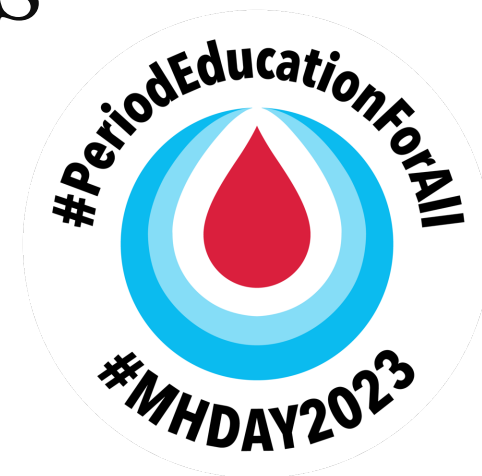
Unicharm 2.3bn (Sofy)

Johnson & Johnson 2bn (a.b., Carefree,
StayFree)





COUNTRY DO NOT USE SANITARY PADS



An estimated 13.8 million and 1.5 million workday absences in the Philippines and Vietnam.



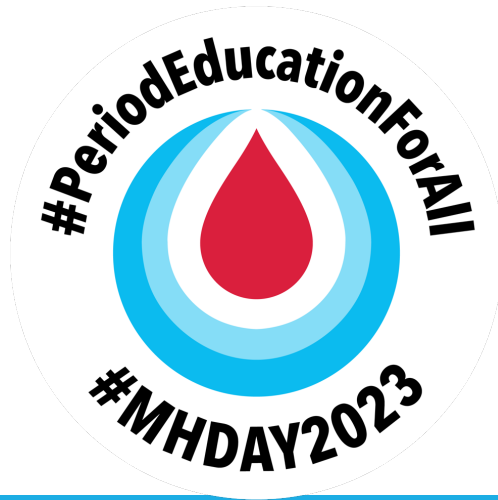
In Bangladesh showed that 73% of women missed work



Globally, an estimated 500 million Trusted Source people who menstruate lack access to menstrual products and hygiene facilities.



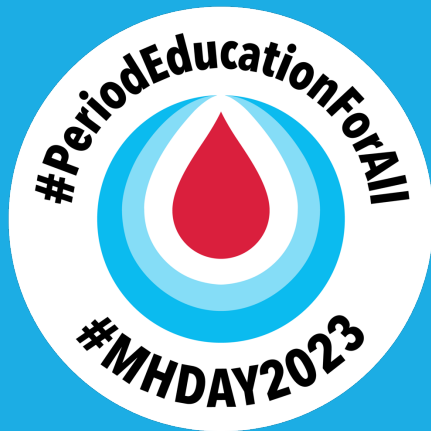
An estimated 16.9 million people who menstruate living in poverty in the United States.



PERIOD ABSENTEEISM WORK & SCHOOL

[HTTPS://WWW.HCRFF.ORG/END-PERIOD-PROJECT/](https://www.hcrff.org/end-period-project/)

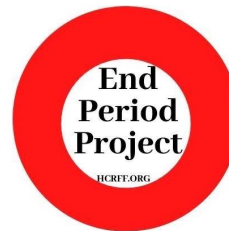
REFERENCES

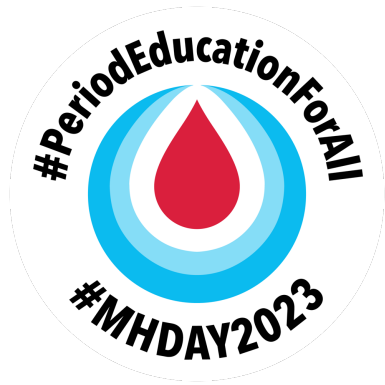


Absenteeism and Menstruation: A Worldwide Problem
Retry May 22, 2023 <https://observatory.tec.mx/education/absenteeism-menstruation/>

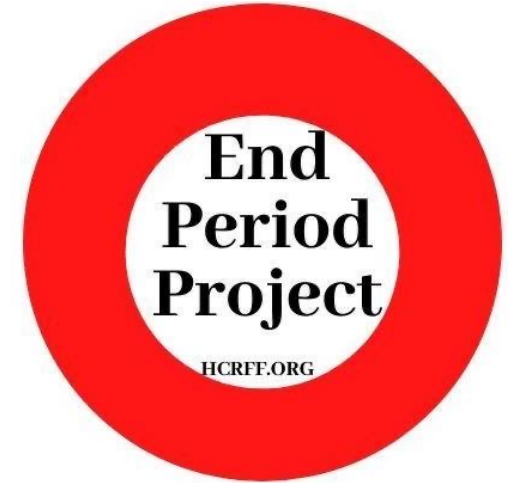
Kottasova, I. When pads are a luxury, getting your period means missing out on life
Retry May 22nd 2023
<https://www.cnn.com/2018/10/03/health/tanzania-period-poverty-asequals-africa-intl/index.html>

Menstruation: Environmental impact and need for global health equity DOI: 10.1002/ijgo.14311
Retry May 22nd
<file:///C:/Users/pjcaz/Downloads/Intl%20J%20Gynecology%20%20%20Obste%20-%202022%20-%20Harrison%20-%20Menstruation%20%20Environmental%20impact%20and%20need%20for%20global%20health%20equity.pdf>





Q & A



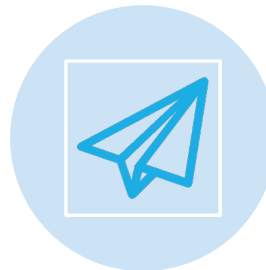
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