



Summary of Alliance for Period Supplies Year 1 Research Study Preliminary Results December 2019

At the 2nd Annual National Summit for Period Poverty Leadership in October 2019, the evaluation team at the National Diaper Bank Network shared results from their ongoing evaluation of the Alliance for Period Supplies (APS), a program of the National Diaper Bank Network. We are excited to share initial results with you while we await publication of the final results at the conclusion of the evaluation.

More than 1,800 people across the United States who received free period supplies from an APS Allied Program shared their experiences:

- Allied Programs are serving the working poor. Most recipient households have a working adult. Of those households without a working adult, many are students or single mothers caring for young children.
- 3 out of 4 recipients have had to make a choice between spending money on period supplies or on another basic need.
- Not having period supplies when needed leads to stress, embarrassment, and feeling unclean.
- Recipients have reported missing work, school, or appointments when they did not have the period supplies they needed.
- Receiving free supplies from an APS Allied Program allows recipients to reduce their stress, feel cleaner, feel healthier, and leave home to participate in their community.
- APS Allied Programs help connect recipients with other basic needs and services. When receiving free period supplies, recipients report also receiving help with another basic need at the same time through the support network built by Allied Programs and their community partners.

Results from this ongoing evaluation of the impact of the Alliance for Period Supplies will add to our understanding of period poverty.