

# City of Philadelphia



Council of the City of Philadelphia  
Office of the Chief Clerk  
Room 402, City Hall  
Philadelphia

(Resolution No. 260484)

## RESOLUTION

Recognizing May 2026 as Menstrual Health Awareness Month.

WHEREAS, Menstruation is a natural biological process in which the uterine lining sheds blood and tissue when pregnancy does not occur; and

WHEREAS, Approximately 1.8 billion individuals, or 26% of the global population, menstruate monthly, affirming that menstrual health is a critical public health issue; and

WHEREAS, At any given time, 800 million women and girls worldwide are menstruating, including 86 million in the United States; and

WHEREAS, This year's theme, *What's Been Normalized Isn't Normal*, calls attention to the need to stop accepting painful, disruptive, and debilitating menstrual symptoms as simply "part of being a woman"; and

WHEREAS, Menstruation can significantly impact both physical and mental health, often compounded by school systems and workplaces that dismiss or minimize these symptoms; and  
WHEREAS, 1 in 3 women experience severe menstrual bleeding, and women wait an average of 4 to 11 years for an endometriosis diagnosis, reflecting major gaps in care driven by limited research, leaving conditions such as fibroids, endometriosis, and PCOS underdiagnosed and affecting millions; and

WHEREAS, 70–80% of women will be diagnosed with fibroids by age 50, and approximately 6,000 women in the United States enter menopause each day; and

WHEREAS, The World Bank estimates that 500,000,000 people globally lack access to menstrual products, and 1 in 5 students miss school due to their periods; and

WHEREAS, This lack of access for young women and girls highlights the inequity of limited resources for a natural biological process and emphasizes the need for schools and institutions to better support menstrual health; and

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*RESOLUTION NO. 260484 continued*

WHEREAS, A recent national report from Dignity Grows shows Period Poverty in the United States is increasing, rising from 35% in 2023 to 42% of women affected, leading to missed school, job loss, and health issues, underscoring the urgent need for legislative action and stronger systems of support to ensure menstrual products are accessible to all; and

WHEREAS, Bill No. 250849, passed by the Philadelphia City Council, is the first municipal measure to prohibit discrimination based on menstruation in the workplace and requires employers to provide reasonable accommodation for employees experiencing severe symptoms; and

WHEREAS, During National Menstrual Health Awareness Month, efforts continue to highlight persistent gaps and emphasize that access to menstrual products should be recognized as a basic necessity, not a privilege; now, therefore, be it

RESOLVED, THAT THE COUNCIL OF THE CITY OF PHILADELPHIA, Hereby recognizes May as Menstrual Health Awareness Month in the City of Philadelphia.

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*RESOLUTION NO. 260484 continued*

CERTIFICATION: This is a true and correct copy of the original Resolution, Adopted by the Council of the City of Philadelphia on the seventh day of May, 2026.

Kenyatta Johnson  
PRESIDENT OF THE COUNCIL

Elizabeth McCollum  
CHIEF CLERK OF THE COUNCIL

Introduced by: Councilmember Ahmad

Sponsored by: Council President Johnson, Councilmembers Ahmad, Phillips, Gilmore Richardson, Gauthier, Landau, Lozada, Brooks, Harrity, O'Rourke, Driscoll, Squilla and Bass