



Menstrual and Intimate Care Product Use By Race/Ethnicity and Education

We asked individuals about their use of 9 menstrual and intimate care products

6 scent-altering products



Scented tampons



Scented Pads



Vaginal Douches



Sprays



Wipes



Powder



Unscented tampons

Unscented Pads



Menstrual Cups

3 unscented menstrual products

Major Findings

Those with less formal education were more likely to use scent-altering products.



Black participants were less likely to use unscented tampons and menstrual cups and more likely to use douches and wipes than other groups.

People ages 18-24 reported greater use of menstrual cups compared to older age groups.



No non-binary participant reported the use of scent-altering products.

Recommendations



Develop more inclusive and accessible educational methods to raise awareness about safer product options.



Implement interventions aimed at normalizing vaginal health that do not rely on scent-altering products.



Improve transparency on product ingredients for informed consumer choices.



Increase regulation and improve oversight of menstrual and intimate care products to ensure safety.



These ingredients are associated with:

Menstrual and intimate care products may contain:



Asbestos



Fragrance



Dioxins



Parabens



Biocides



Phthalates



Pelvic Inflammation



Cancer



Asthma



Fibroids



Endocrine Disruption



Poor Pregnancy Outcomes



Allergies



Health Effects

Background

As the market for intimate care products marketed for odor control and cleanliness continues to grow, exposure to potentially harmful carcinogenic and endocrine-disrupting chemicals may also increase.

Study Goals

To examine racial/ethnic and educational differences in menstrual and intimate care product use that aim to change scent. Additionally, explore why people make their product choices.



Exposure Inequities

Social and economic factors influence menstrual and intimate care product choices.

Black people may disproportionately use scent-altering products due to social stigmas surrounding odor discrimination despite potential health risks.



Study Population

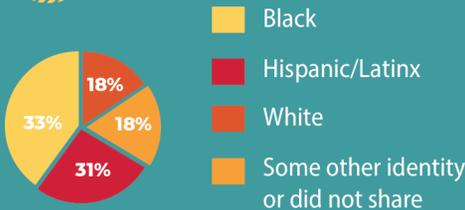


661 Adults participated in two studies:

Taking Stock Study (based in California) & FORGE Study (based in Washington, DC).



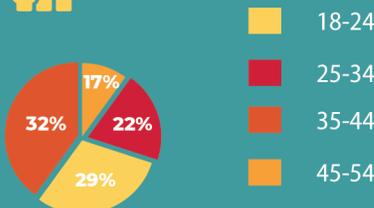
RACE/ETHNICITY



FORMAL EDUCATION



AGE



GENDER/SEX

