



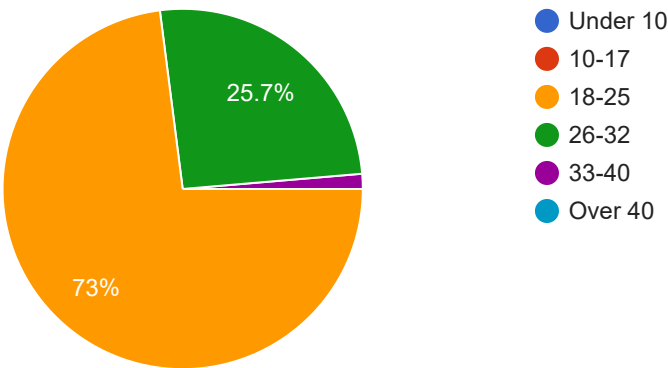
Reproductive Health Survey

74 responses

What age group do you fall in?

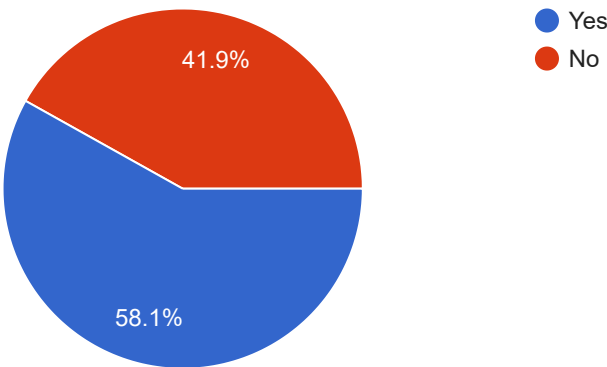


74 responses



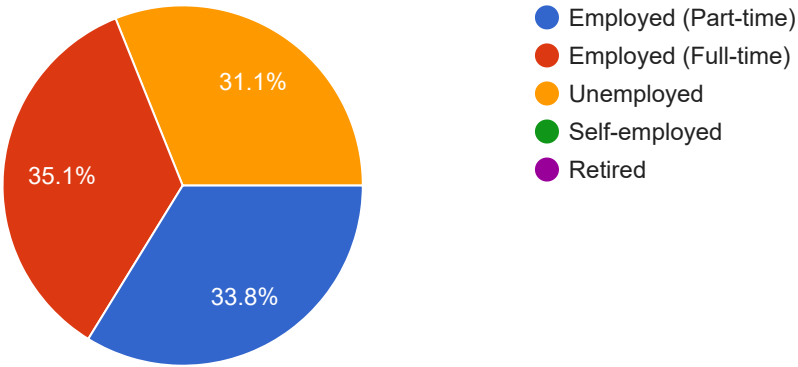
Are you a student at UIUC?

74 responses



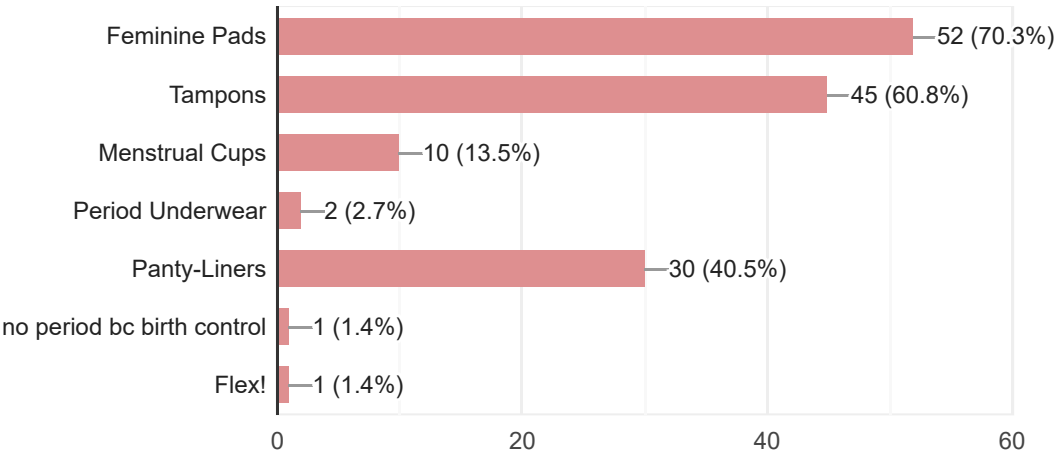
What is your current employment status?

74 responses



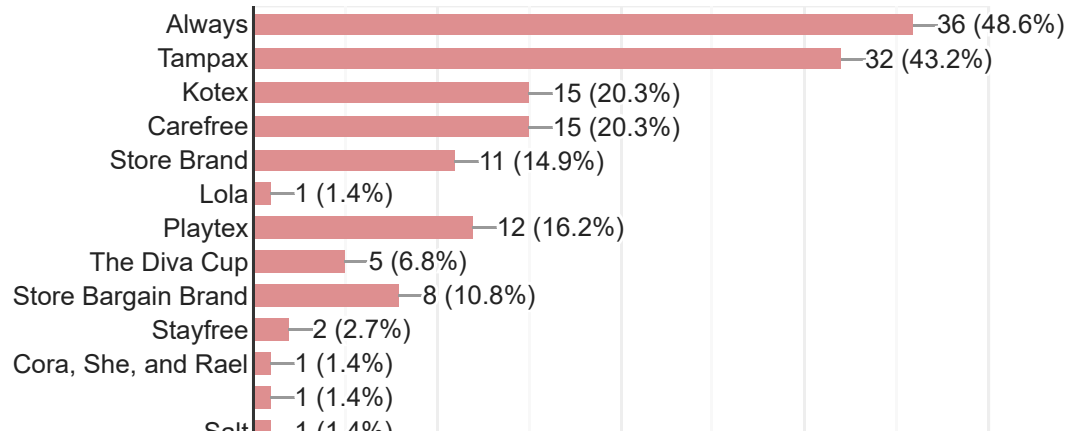
What type of sanitary products do you currently use?

74 responses



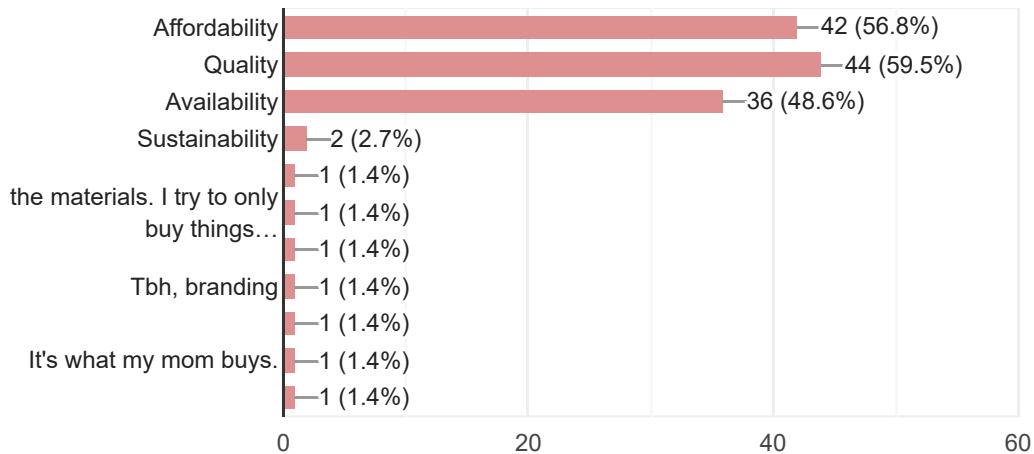
What brand of menstrual products do you use?

74 responses



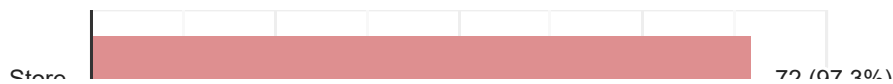
Why do you choose this brand?

74 responses



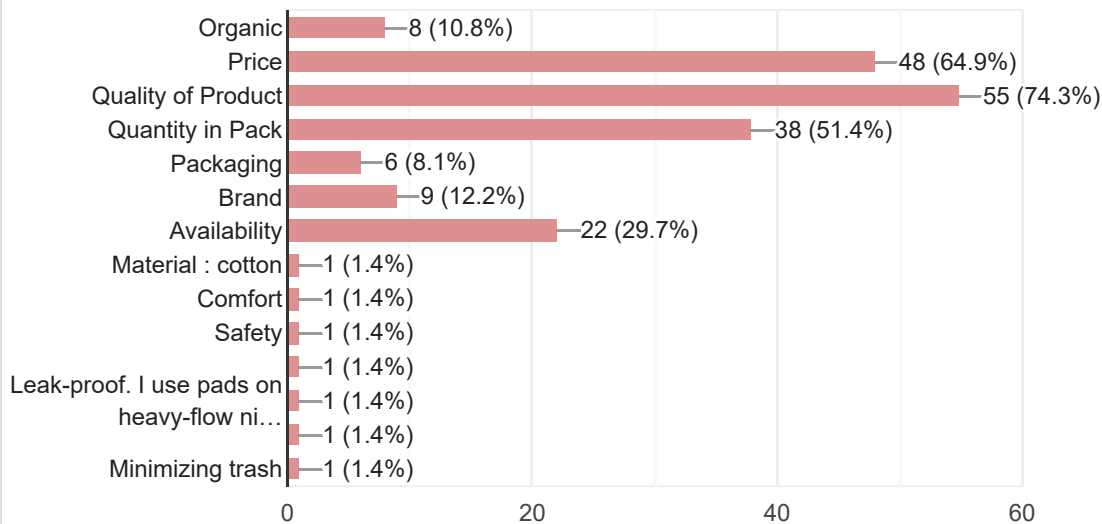
Where do you receive your feminine hygiene products from?

74 responses



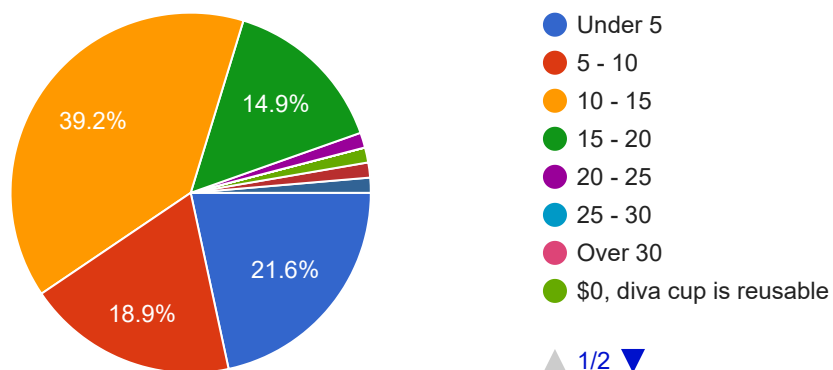
When choosing sanitary napkins, which factors are the most important to you?

74 responses



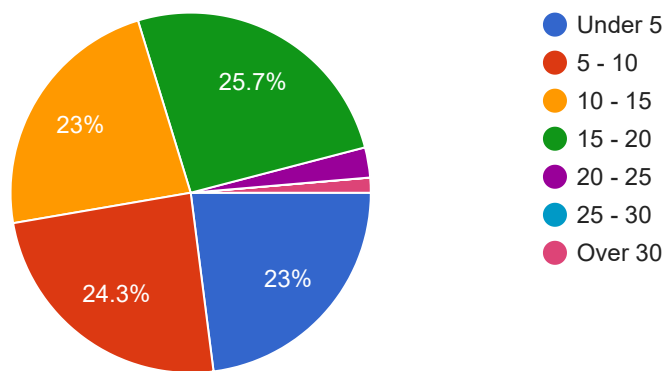
On average, how much do you think you spend on menstrual products every month? (\$)

74 responses



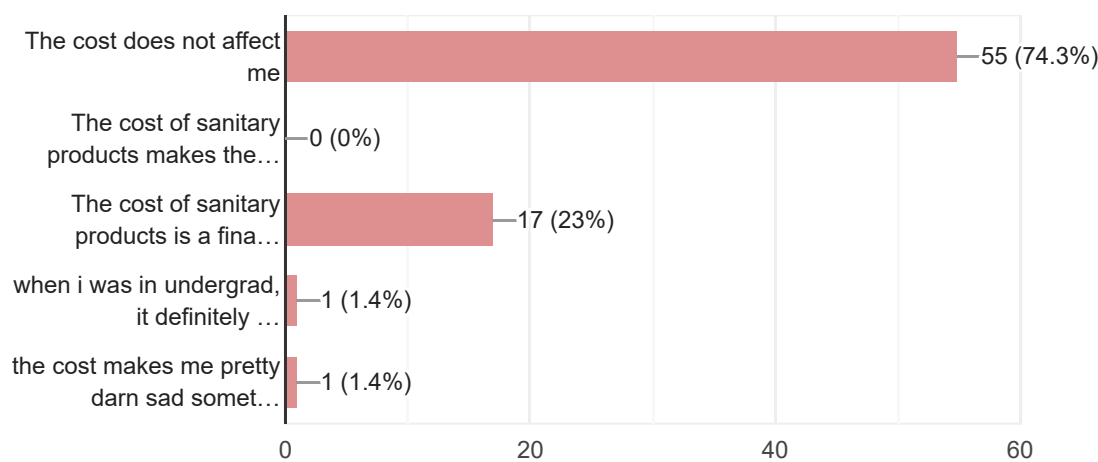
How much would you be willing to pay for monthly menstrual cycle necessities?

74 responses



How does the cost of sanitary products impact your financial situation?

74 responses



Do you have any other concerns or issues you would like to discuss regarding menstrual cycle necessities? What are some issues you notice you face when it comes to your time of the month?

74 responses

No

-

N/A

None

no

There are so many products and research out there about the good and the bad that it is hard to make a conscious decision about it. For the first time, I'll be trying the menstrual cup and that would significantly decrease my monthly spending but at the same time, there is still a lack of info about that product in particular that it makes me nervous

Na

none/NA

More public accessibility to menstrual products if we do not have them with is

I feel like the price is slowly increasing.

Some days are heavier than others but we cannot always have thicker pads, as well as thin ones when it's not as heavy. It definitely increases the prices.

none

Even though I am fortunate enough where the cost of feminine products does not affect me, I know the financial burden of feminine products. I usually buy them in bulk sizes at Costco, because I find that regular stores are more expensive, and has less quantity than Costco. When I get my period and I realize I need to buy some more of a particular type of pad, since there is no Costco near campus I would have to buy from Walgreens, and it can quickly add up.

Period leaks, cramps,

None! I use a cup and it's an effective, affordable product that I've grown to LOVE

i hate that i have to pay for tampons and pads. i think that if condoms can be given out for free then so can *good* pads and tampons. because if i ever get free pads or tampons they are usually very low quality.

As a transman it's anxiety inducing to purchase such products

Cramps, issues using some products like menstrual cups

I find it frustrating that these items are taxed and while I feel financially comfortable with the cost I still find it to be ridiculous that a box of tampons can cost \$8.

Needs to be affordable and environmentally friendly.

the stuff is expensive. you can get cheap stuff but it's crappy quality and when you're already feeling crappy on your period like it's better to just pay more for better stuff.

i don't necessarily know when it's going to happen. this is because of my chronic illness (hypothyroid) that i am still having adjusted meds for.

I am concerned about the accessibility of necessities for all females. I have been fortunate enough to have enough money to meet all of my needs, but I realize that is not the case for other women in the United States, as well as other women across the globe. Another concern that I have is the sustainability of the products that we are using, as well as what additives are in them.

I don't bleed very much but have started cramping a lot more lately.

My work (teaching) does not provide me adequate breaks for changing my tampons. I'm often very uncomfortable or leaking by my last class before break.

I'm not actually sure if the pads I use are good for me. I also want to be environmentally conscious, which I am definitely not being by using pads but I don't really know how to a) be adventurous and try something like Thinx out or b) who to talk to.

Also, the disposal is an issue - right now, I throw my pads away in a separate trash bag in my room so it isn't in the common bathroom. I know in India, some people have to actually wrap the pad up in newspaper and then throw it out right away so it doesn't "pollute" the house. There's still stigma around this in my house.

I still really struggle with carrying pads to the restroom at work if I don't have large pockets (which face it, women's pockets SUCK).

NA

Mood Swings, Low energy

Nope

It takes a good amount of forward planning to make sure I have enough supplies on hand

Severe pain in lower abdomen

N/a

Minimal resources in public restrooms

Recurring delivery is an excellent feature of online purchase (ie a subscription type model)

The price of sanitary items is high, as is the price of items to relieve side effects such as cramping, i.e. ibuprofen or midol.

.

More discussion and education about what women put into their bodies to lessen the stigma around menstrual cups and period underwear. The chemicals that are in big brand products are often very damaging to the sensitive areas they're put into. If women had more comfort with their bodies and the ability to discuss their preferred product without fear of judgement they could make better informed decisions about the products they use.

Emotional struggles, feeling very fatigued and unable to keep up with the demands of school

Sometimes I run out of tampons but that's my own fault!

cramps are generally awful and you have to pretend like they aren't affecting you

n/a

Not having anything with me when it comes, or running out of product on the go with no where to get more.

I feel that most spaces (particularly male-dominated spaces) aren't empathetic enough to women who may be suffering period-related health problems (e.g. cramping, heavy bleeding, PCOS, etc). I'm lucky to not really suffer any symptoms, but I know that others can't say the same.

The start and the end of the cycle are super stressful. I kind of know when my cycle is about to start because my hips start to feel heavy, but I can never know when exactly the bleeding will start, and never be able to tell if it has truly completely stopped. And my cycles are pretty regular, I imagine it'd be even

worse for someone with irregular cycles. This is also partly why I wanted to try a menstrual cup since it can be left in the body for longer and I'd feel less stressed about having to check myself every few hours.

Rashes due to pads need to be addressed

Mood swings/personality shifts, bloating

The only issues I face are back pain and acne.

Period cramps, frequent bowel movements

N/A.

My issue is irregularity so cost is not the issue

I want to be more eco-friendly and have considered switching to a diva cup, but I've never actually tried it.

im very concerned

Unpredictability, even with birth Control I have a semi irregular period which makes it hard to know exactly when I need to get new products

Menstrual cramps, vomiting, nausea, diarrhea

Cramps not being a valid excuse for missing work or class like sickness would be.

I only use cardboard applicator tampons because they can be flushed and are in paper wrappers, but almost all stores no longer carry them.

should be more accessible

Sometimes I forget to bring my cup and need to use the sanitary pad dispenser in the bathroom but most of the time they are empty and just eat my quarters

It means I have less take-home income than a man with the same wage, which adds up over a lifetime. Not to mention ruining underwear and having to buy new on a fairly regular basis.

Emotional distress

Do you have any suggestions that would make your experience regarding your menstrual cycle a more positive one? (i.e. "If only there was...")

74 responses

No

Na

None

If only there was more free options at the University or at workplace, specially for those unexpected periods that fluctuate every month!

NA

N/A

no

i wish i didn't have to change my sanitary products as often

more environmentally friendly wipes + feminine products, menstrual cups are available but seem very uncomfortable

I really wish tampons and pads werent so expensive. I feel like its difficult for me to budget the amount I use since I don't know how heavy my flow is going to be each money. Sometimes I barely make a dent in my pad/tampon stash and other times I need to buy more.

I think having products that are thick enough to last a long time so you don't have to constantly change it.

none

Something I would like to see in feminine pads would be possibly a multipack (some light, some regular, and some max). This would definitely make it easier for traveling (sometimes I run out of one kind and would have to combine two pads together, and I feel like it is a waste of a pad)

If only there was something to stop my period until its done

Would be nice if there were a product that also made cramps disappear ;)

if i could make a completely customizable kit with my favorite brands and products to be auto delivered based on my preferences / needs.

Less stigma on trans men

An easy way to find the right menstrual cup for me (one that doesn't leak, has a firmer hold but also feels comfortable)

It would be awesome if products were available in the workplace.

Buying in bulk(300+ individual pads at a time) for store discounts and not being taxed on the necessity.

cheaper but high quality products!!

if only i didn't have to pay for products that i need for something i don't have any control over :)))))))))) lol no but really if there was a way for at least something like public university to provide access to pads and tampons for their students, because i know many that have had to thing of their menstrual products as a financial burden.

If only there was an affordable, eco-friendly, and health conscious option available to everyone.

Midol/Tampon/Panty Liner packs

If only there was somewhere I could go to really understand my options, weigh pros and cons, and find something that works for me.

If only there was an easier way to dispose of pads.

If only there was less stigma around having to take a pad out of your bag and take it to the restroom (for e.g. at work).

-

Eat chocolates, Netflix and relax

Can't think of any that can make it a positive experience

A non-caffeine pill like midol (it always makes me feel weird so I don't take it)

Time off from work and school

Having a station in public restrooms for sanitary napkins, tampons, or a private spot to wash out cups.

See above.

A surprise gift of needs every month

.

I just wanna bleed without shoving stuff up my vagina all the time.

If only there was time off work/school due to cramps and other symptoms, I free period products

Free tampons in all public restrooms

menstrual products products should be free in all public bathrooms. they should not be taxed as luxury items either.

if only there was NOT a stigma about periods and this idea that women are only slightly affected by them

n/a

Less stigma, more availability, FREE EVEN? No pink tax

no pain

I don't think public spaces should charge for sanitary napkins and pads. In my mind, they're like toilet paper.

Small-ish and more comfortable menstrual cups (I'm petite with narrow hips and all). although I don't know if size was the real issue. I tried a few on the market because my friends recommended them and I wanted to be less wasteful, but even the smaller ones feel huge and uncomfortable inside me. I ended up going back to tampons. I also think post-pregnancy pads should be the standard for night pads. I discovered them only because I had surgery and the nurse used these pads. They felt more secure and absorbent than the usual night pads. I've been using them instead of night pads since.

Pain and cramp remedies

anti-bloating cure!

I do wish that menstrual products were available in public bathrooms for free like how they are in some buildings in the US and many buildings in Europe.

An easy to use menstrual cup

If only more women had access to birth control. I take birth control and it has helped my period symptoms immensely. I hope other women who have bad experiences can receive birth control to help their symptoms.

More eco-friendly options that are less intimidating than the cup, which seems to require getting your hands bloody when you take it out? Or at least that's my impression. Which would be fine if I were at home but would be kind of a lot to deal with in the middle of the day while I was at work.

I just genuinely hate using sanitary products because of how disgusting they get; it's a lose lose either way.

If only there was...

Good quality period underwear, a monthly subscription so every month I get like tampons and pass and maybe some specific period underwear

Menstrual cycle blockers, not having a uterus, affordable IUDs

If only there was a way to handle classes with severe menstrual pain & migraines

I've started the birth control pill which should be helping my heavy bleeding and severe cramps

would love it if they were not advertised solely as a woman's product

free sanitary pads

Acknowledgement/studies on the economic impact of periods (on women, on society, on lost earning capacity, economic impact, etc...) that result in substantive reform of our healthcare and employment policies to level playing field and improve economic outcomes. Also, actually fill the damn dispensers in bathrooms.

I don't think there is enough public knowledge about reusable products (menstrual cups, period underwear) They are so much cheaper, effective, healthier and better for the environment

More education on how hormone cycles affect mental health

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