



January 8, 2023

Dear Members of the House Education Policy Committee:

NAMI Minnesota is writing to express its support for HF44 which would provide access to menstrual products for students.

There have been surveys showing the association between period poverty and depression. Students who cannot afford period products often miss schools and feel shame. The shame can lead to not feeling good about oneself and depression. Not being able to access products can lead to heightened anxiety.

Please take this issue into consideration as you develop your budget proposal.

Sincerely,

A handwritten signature in black ink, appearing to be "Sue Abderholden".

Sue Abderholden, MPH  
Executive Director



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