Menstrual inequity in Spain: a cross-sectional study

Laura Medina-Perucha

1Medina-Perucha1,2, T López-Jiménez1,4, C Jacques-Aviña1,2, AS Holst1,4, C Valls-Llobet5, J Munró-Feliu4, C Martínez-Bueno5,6, D Pinzón-Sanabria7, MM Vicente-Hernández8, A Berenguer1,2,8

1Institut de Recerca IDIAPJGol, Barcelona, Spain
2Universitat Autònoma de Barcelona, Barcelona, Spain
3Centro de Análisis y Programas Sanitarios, Barcelona, Spain
4ASSIR, Institut Català de la Salut, Barcelona, Spain
5GRASSIR Research Group, Barcelona, Spain
6Institut de Recerca IDIAPJGol, Barcelona, Spain
7SomiArte Taller, Barcelona, Spain
8Universitat de Girona, Girona, Spain

Contact: lmedina@idiapjgol.info

Abstract citation ID: ckac129.307

Menstrual inequity in Spain: a cross-sectional study

Background:
Menstrual inequity has an impact on (menstrual) health outcomes and emotional wellbeing. It is also a significant barrier to achieve social and gender equity. The aim of this study was to assess menstrual inequity and its associations with sociodemographic factors, among women and people who menstruate (PWM) aged 18-55 in Spain.

Methods:
A cross-sectional online survey-based study was conducted in Spain in March-July 2021. Data were analysed through descriptive statistical analyses and multivariate logistic regression models.

Results:
22,823 women and PWM participated (Mean age 33.2, SD = 8.7). Over half had accessed healthcare services for menstruation (61.9%) and had partial/no menstrual education pre-menarche (58.4%). Lifetime menstrual poverty was 22.2 (95% CI 18.4-26.0) for all menstruators (aOR: 1.88, 95% CI, 1.52-2.33). Menstrual-related work (20.3%) and educational (62.7%) absenteeism was reported.

Conclusions:
Our study suggests that menstrual inequity in Spain is widespread, especially among those more socioeconomically deprived, vulnerable migrant populations and non-binary and trans menstruators. Findings from this study are being useful to inform future research and menstrual (health) policies.

Key messages:
- Menstrual inequity especially impacts socioeconomically deprived, gender nonconforming menstruators and vulnerable migrant populations in Spain.
- Menstrual inequity research is crucial to address social inequities of health and develop menstrual policies.

Menstrual inequity especially impacts socioeconomically deprived, vulnerable migrant populations and non-binary and trans menstruators. Findings from this study are being useful to inform future research and menstrual (health) policies.