

Menstrual Products for Marginalized Hamiltonians

Methods

The number of individuals in each sub-population were calculated using data collected by the 2016 Census and by City of Hamilton programs. The following assumptions were used:

- Number of individuals in each sub-population are residents of Hamilton (assumption does not apply to shelter users). Female identification is based on sex of respondent.
- Low income was defined as household income below the [low income cut-off after-tax \(LICO-AT\)](#). This is an income threshold below which people would likely have to spend a substantially larger share of their income than average on the necessities of food, shelter and clothing and thus would be living in a difficult economic circumstance.
- Unique females that used one of the following shelters at least once and were between the ages 12 and 49 at the time of their last stay in 2018: Family Centre; Mary’s Place; Mountainview; Notre Dame; Womankind. Estimate assumes 12-month supply for each unique visitor regardless of length of stay.
- Ontario Works Applicants or beneficiaries were retrieved from Hamilton’s Ontario Works caseload February 2019 (numbers can change daily).
- ODSP beneficiaries were retrieved from Hamilton CMSM in February 2019 (numbers can change daily).

Cost estimate methodology was adopted from the Canadian Centre for Economic Analysis (“[Access to Menstrual Hygiene Products for the Vulnerable](#)”, May 2018). The following assumptions were used in the analysis:

- Menses occurs on a regular basis in all females age 12-49.
- Average menses cycle length of 28 days and menses length of 2-7 days.
- Estimated average annual cost of \$87.00 per individual (range: \$76.50 - \$153.00) which includes product cost and 20% overhead for administration and distribution.
- Estimated costs are in 2018 Canadian Dollars and are not adjusted for inflation.