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.