



Committee: House Appropriations and Health Committees

Bill: House Bill 457 – Institutions of Higher Education – Provision of Menstrual Hygiene Products – Requirement

Hearing Date: February 24, 2026

Position: Support

The Maryland Affiliate of the American College of Nurse Midwives (ACNM) supports *House Bill 457 – Institutions of Higher Education – Provision of Menstrual Hygiene Products – Requirement*. This legislation requires institutions of higher education to provide free menstrual hygiene products in all restrooms.

House Bill 457 effectively addresses access to menstrual care, a crucial issue in public health and education. In Maryland, 1 in 8 women and girls between the ages of 12 and 44, including many college-aged students, live below the Federal Poverty Line (Alliance for Period Supplies, *Maryland*). These supplies are necessities for all who menstruate. The lack of these products can lead to missed class time, academic consequences, anxiety, and depression (National Center on Safe Supportive Learning Environments, *Period Poverty Among College Students*). By providing these products for free in campus restrooms, students can spend more time focused on their studies.

ACNM recognizes the importance of menstrual health support and how it is a basic component of overall well-being. Availability of these products supports students' health and educational success. Low-income students are particularly impacted by health inequities. Maryland taking the step to address period poverty ensures students of all socioeconomic backgrounds have access to the products that they need. It is critical to normalize and support menstrual hygiene products for everyone. House Bill 457 promotes health equity, educational success, and inclusive Maryland college campuses.

We ask for a favorable report on this legislation. If we can provide any further information, please contact Robyn Elliott at relliott@policypartners.net or (443) 926-3443.