

YouGov Survey: Menstruation and Menopause



Sample 2000 U.S. Adult Citizens

Conducted March 7 - 12, 2023

Margin of Error ±2.3%

1. Have you ever had a menstrual period?

Among women

Yes	94%
No	3%
Prefer not to say	3%

2. Do you currently have menstrual periods?

Among women who have ever had a period

Yes	40%
No	57%
Prefer not to say	2%

3. How old were you when you had your first period?

Among women who have ever had a period

8 or younger	1%
9	3%
10	6%
11	13%
12	25%
13	23%
14	12%
15	7%
16	3%
17	1%
18 or older	2%
Not sure	3%
Prefer not to say	1%

4. How would you describe the experience of your first period?

Among women who have ever had a period

Very positive	5%
Somewhat positive	11%
Neither positive nor negative	36%
Somewhat negative	22%
Very negative	17%
Not sure	6%
Prefer not to say	3%

5. When you had your first period, did you understand what was happening to you?

Among women who have ever had a period

Yes	69%
No	21%
Not sure	8%
Prefer not to say	2%

6. How prepared did you feel for your first period?

Among women who have ever had a period

Very prepared	15%
Somewhat prepared	33%
Not very prepared	25%
Not at all prepared	23%
Not sure	3%
Prefer not to say	2%

7. As far as you can remember, from which of the following sources did you first learn about periods?

A parent or guardian	40%
A sibling or other relative	11%
A teacher	13%
A friend or peer	8%
Self-taught (from a book, the internet, etc.)	6%
I hadn't learned about them before I got my first period	3%
Somewhere else	4%
Not sure	16%

8. How old were you when you first learned about periods?

6 or younger	3%
7	1%
8	4%
9	6%
10	15%
11	11%
12	15%
13	9%
14	8%
15	4%
16	3%
17	1%
18 or older	2%
Not sure	12%
Prefer not to say	3%

9. Which of the following best describes your opinion on how girls and boys should be taught about periods in school?

Girls and boys should be taught about periods together in the same class	28%
Girls and boys should be taught about periods, but they should be taught separately	43%
Girls should be taught about periods, but boys should not	12%
Neither girls nor boys should be taught about periods	6%
Not sure	11%

10. When it comes to being taught about periods in K-12 school, do you think that girls are taught...?

Too much	6%
About the right amount	34%
Not enough	33%
Not sure	27%

11. When it comes to being taught about periods in K-12 school, do you think that boys are taught...?

Too much	8%
About the right amount	25%
Not enough	35%
Not sure	31%

12. In terms of what you personally were taught about periods while in K-12 school, would you say that you were taught...

Too much	5%
About the right amount	41%
Not enough	37%
Not sure	18%

13. On average, how many days does your period usually last?

Among women who currently have menstrual periods

1-2 days	2%
3-4 days	29%
5-6 days	47%
7-8 days	16%
9-10 days	2%
More than 10 days	1%
Not sure	1%
Prefer not to say	2%

14. On average, how long does your menstrual cycle usually last? A menstrual cycle is the time from the first day of one period to the first day of the next period.

Among women who currently have menstrual periods

Fewer than 21 days	9%
21-24 days	15%
25-28 days	39%
29-32 days	24%
33-35 days	4%
More than 35 days	3%
Not sure	5%
Prefer not to say	2%

15. Do you typically track your period?

Among women who currently have menstrual periods

Yes, using an app	37%
Yes, using another method	29%
No	32%
Prefer not to say	2%

16. How would you describe your typical period flow?

Among women who currently have menstrual periods

Very heavy	8%
Heavy	20%
Moderate	50%
Light	12%
Very light	6%
Not sure	2%
Prefer not to say	3%

17. Which of the following products, if any, do you use during your period? Select all that apply.

Among women who currently have menstrual periods

Tampons	45%
Pads	71%
Menstrual cups	14%
Period panties	24%
Other	3%
None of the above	1%
Prefer not to say	2%

18. How often do you experience each of the following during or around your period?

Among women who currently have menstrual periods

	Always	Sometimes	Rarely	Never	Prefer not to say
Cramps	38%	33%	17%	10%	2%
Mood changes	38%	43%	13%	6%	1%
Bloating	33%	42%	14%	8%	3%
Fatigue	33%	43%	13%	9%	2%
Headaches	20%	42%	21%	15%	2%
Acne	17%	38%	24%	19%	1%
Breast tenderness	25%	38%	17%	16%	4%
Food cravings	26%	43%	19%	12%	1%

19. On a scale of 0 to 10, how painful would you say a typical period is for you? If you do not currently have a period, please think about when you did.

Among women who have ever had a period

0 - No pain at all	2%
1	2%
2	5%
3	7%
4	6%
5	12%
6	12%
7	18%
8	15%
9	7%
10 - Excruciating pain	10%
Don't know	3%

20. On a scale of 0 to 10, how painful have your worst ever period pains been? If you do not currently have a period, please think about when you did.

Among women who have ever had a period

0 - No pain at all	1%
1	1%
2	2%
3	4%
4	4%
5	8%
6	8%
7	12%
8	16%
9	14%
10 - Excruciating pain	27%
Don't know	3%

21. How do you typically manage pain you may experience during your period? Select all that apply.

Among women who currently have menstrual periods

Over-the-counter pain medication	57%
Prescription pain medication	14%
Heating pad	40%
Exercise	19%
Rest	55%
Dietary changes	12%
Other	2%
I don't do anything to manage pain during my period	6%
I do not experience pain during my period	4%
Prefer not to say	1%

22. Have you ever had to miss any of the following due to your period? Select all that apply.

Among women who have ever had a period

School	36%
Work	28%
Social events	30%
None of the above	38%
Not sure	6%
Prefer not to say	1%

23. When you've missed work due to your period, have you typically told your boss the reason why you were missing work, or not?

Asked of women who have missed work due to their period

- I have told them why 36%
- I have not told them why 60%
- I didn't have a boss 1%
- Prefer not to say 2%

24. Have you ever used hormonal birth control to regulate your period or manage your period symptoms?

Among women who currently have menstrual periods

- Yes 36%
- No 63%
- Prefer not to say 1%

25. How comfortable do you feel talking about your period with the following people?

Among women who currently have menstrual periods

	Very comfortable	Somewhat comfortable	Somewhat uncomfortable	Very uncomfortable	Not applicable
Friends	39%	31%	15%	8%	7%
Healthcare providers	45%	30%	14%	6%	5%
Co-workers	14%	25%	27%	18%	17%
Your spouse or romantic partner	42%	26%	9%	7%	16%

26. Would you ever have sex with a partner while one of you was on your period?

- Yes 29%
- No 53%
- Not sure 10%
- Prefer not to say 7%

27. Have you ever had sex during your period, or while a partner was on their period?

- Yes 34%
- No 53%
- Not sure 6%
- Prefer not to say 7%

28. Thinking about how the experience of having a period is presented in advertising and the media, would you say it is generally portrayed...

Very accurately	7%
Somewhat accurately	33%
Not very accurately	26%
Not at all accurately	8%
Not sure	26%

29. How much stigma, if any, would you say there currently is around periods in the United States?

A great deal	8%
A lot	13%
Some	31%
Hardly any	19%
None at all	8%
Not sure	20%

30. Have you ever felt embarrassed about your menstrual period?

Among women who have ever had a period

Yes	55%
No	41%
Prefer not to say	3%

31. Do you personally know anyone — including yourself, friends, or family members — who has ever been diagnosed with the following? Select all that apply.

Endometriosis	21%
Uterine fibroids	19%
Polycystic Ovary Syndrome (PCOS)	12%
Pelvic Inflammatory Disease (PID)	7%
Ovarian cysts	24%
Ovarian cancer	14%
Cervical cancer	11%
Endometrial cancer	6%
None of the above	36%
Not sure	12%

32. Are you currently...

Among women who have ever had a period

Perimenopausal (going through transition into menopause)	9%
Menopausal	11%
Postmenopausal	32%
None of the above	39%
Not sure	7%
Prefer not to say	2%

33. At what age did your menstrual periods end?

Among women who do not currently have a period and are menopausal or postmenopausal

Under 40 years old	14%
40 - 44	13%
45 - 49	19%
50 - 54	32%
55 - 59	15%
60 or older	4%
Not sure	3%
Prefer not to say	0%

34. About how old were you when you entered menopause?

Among women who are menopausal or postmenopausal

Under 40 years old	11%
40 - 44	14%
45 - 49	23%
50 - 54	30%
55 - 59	12%
60 or older	1%
Not sure	8%
Prefer not to say	0%

35. To what extent would you consider your experiences with menopause thus far to have been positive or negative?

Among women who are perimenopausal, menopausal, or postmenopausal

Very positive	10%
Somewhat positive	14%
Neither positive nor negative	34%
Somewhat negative	28%
Very negative	11%
Not sure	2%
Prefer not to say	1%

36. Have you experienced any symptoms related to menopause?

Among women who are perimenopausal, menopausal, or postmenopausal

Yes	72%
No	21%
Not sure	6%
Prefer not to say	1%

37. Which of the following symptoms have you experienced as a result of menopause? Select all that apply.

Among women who have experienced menopause symptoms

Hot flashes	81%
Night sweats	68%
Mood changes	56%
Vaginal dryness or discomfort	50%
Difficulty sleeping	57%
Memory problems	31%
Joint pain or stiffness	36%
Urinary symptoms	22%
Other	5%
None of the above	0%
Prefer not to say	0%

38. Have you used any of the following treatments to address symptoms related to menopause? Select all that apply.

Among women who are perimenopausal, menopausal, or postmenopausal

Over-the-counter medication	25%
Hormone therapy	21%
Other prescription medications	14%
Lifestyle changes	17%
Other	2%
None of the above	48%
Prefer not to say	1%

39. How much stigma, if any, would you say there currently is around menopause in the United States?

A great deal	10%
A lot	14%
Some	31%
Hardly any	18%
None at all	9%
Not sure	18%

40. Have you ever felt embarrassed about going through menopause?

Among women who are menopausal or postmenopausal

Yes	18%
No	81%
Prefer not to say	1%

Interviewing Dates	March 7 - 13, 2023 March 8 - 12, 2023
Target population	U.S. citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov’s opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, geographic region, and voter registration) was selected from the 2019 American Community Survey.
Weighting	The sample was weighted according to gender, age, race, education, 2020 election turnout and Presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. Baseline party identification is the respondent’s most recent answer given prior to March 15, 2022, and is weighted to the estimated distribution at that time (33% Democratic, 28% Republican). The weights range from 0.364 to 4.942, with a mean of 1 and a standard deviation of 0.381.
Number of respondents	2000
Margin of error	± 2.3% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	50 questions not reported.

YouGov Survey: Menstruation and Menopause

March 7 - 12, 2023 - 2000 U.S. adult citizens



1. Ever Had Period

Have you ever had a menstrual period?

Among women

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	94%	*	94%	87%	93%	95%	98%	95%	91%	89%	*
No	3%	*	3%	8%	4%	3%	0%	2%	4%	7%	*
Prefer not to say	3%	*	3%	5%	3%	2%	2%	2%	5%	4%	*
Totals	100%	*	100%	100%	100%	100%	100%	99%	100%	100%	*
Unweighted N	(1,080)	(0)	(1,080)	(216)	(267)	(366)	(231)	(750)	(152)	(109)	(69)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	94%	94%	92%	95%	95%	97%	95%	95%	93%	92%	96%	93%	95%
No	3%	3%	5%	2%	3%	2%	3%	4%	3%	5%	3%	4%	3%
Prefer not to say	3%	3%	3%	2%	2%	2%	2%	1%	4%	3%	1%	4%	2%
Totals	100%	100%	100%	99%	100%	101%	100%	100%	100%	100%	100%	101%	100%
Unweighted N	(1,080)	(442)	(351)	(287)	(452)	(307)	(467)	(296)	(205)	(183)	(191)	(438)	(268)

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2. Currently Have Period

Do you currently have menstrual periods?

Among women who have ever had a period

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	40%	*	40%	74%	79%	24%	1%	36%	37%	*	*
No	57%	*	57%	22%	19%	74%	97%	63%	55%	*	*
Prefer not to say	2%	*	2%	4%	2%	1%	2%	1%	8%	*	*
Totals	99%	*	99%	100%	100%	99%	100%	100%	100%	*	*
Unweighted N	(1,011)	(0)	(1,011)	(190)	(248)	(347)	(226)	(711)	(138)	(99)	(63)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	40%	43%	45%	32%	41%	29%	36%	39%	56%	52%	34%	37%	43%
No	57%	55%	52%	67%	58%	70%	62%	59%	44%	46%	65%	61%	53%
Prefer not to say	2%	2%	3%	1%	1%	1%	2%	1%	0%	3%	1%	2%	4%
Totals	99%	100%	100%	100%	100%	100%	100%	99%	100%	101%	100%	100%	100%
Unweighted N	(1,011)	(411)	(327)	(273)	(430)	(293)	(446)	(281)	(189)	(167)	(184)	(407)	(253)

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3. Age First Period

How old were you when you had your first period?

Among women who have ever had a period

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
8 or younger	1%	*	1%	2%	2%	0%	0%	1%	0%	*	*
9	3%	*	3%	2%	3%	3%	4%	2%	4%	*	*
10	6%	*	6%	5%	5%	7%	6%	5%	9%	*	*
11	13%	*	13%	11%	11%	16%	15%	12%	13%	*	*
12	25%	*	25%	28%	24%	25%	22%	26%	23%	*	*
13	23%	*	23%	23%	23%	21%	23%	25%	18%	*	*
14	12%	*	12%	12%	14%	11%	10%	11%	9%	*	*
15	7%	*	7%	9%	8%	8%	5%	8%	8%	*	*
16	3%	*	3%	1%	3%	4%	4%	3%	6%	*	*
17	1%	*	1%	2%	1%	1%	1%	1%	1%	*	*
18 or older	2%	*	2%	2%	3%	2%	3%	2%	6%	*	*
Not sure	3%	*	3%	1%	2%	3%	5%	3%	2%	*	*
Prefer not to say	1%	*	1%	1%	1%	1%	1%	1%	1%	*	*
Totals	100%	*	100%	99%	100%	102%	99%	100%	100%	*	*
Unweighted N	(1,005)	(0)	(1,005)	(190)	(243)	(346)	(226)	(712)	(133)	(98)	(62)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
8 or younger	1%	1%	2%	0%	1%	0%	1%	1%	1%	1%	0%	1%	3%
9	3%	2%	5%	2%	4%	1%	4%	1%	1%	1%	4%	4%	3%
10	6%	6%	6%	6%	5%	6%	6%	7%	5%	2%	6%	8%	7%
11	13%	14%	12%	15%	13%	16%	14%	12%	14%	13%	13%	14%	13%
12	25%	23%	25%	26%	28%	22%	25%	25%	27%	27%	30%	24%	19%

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	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
13	23%	22%	22%	25%	24%	24%	24%	23%	19%	27%	24%	20%	23%
14	12%	12%	12%	10%	11%	12%	10%	11%	16%	14%	6%	13%	13%
15	7%	9%	7%	5%	7%	6%	6%	9%	7%	4%	11%	6%	8%
16	3%	2%	3%	4%	2%	4%	2%	5%	3%	3%	1%	4%	3%
17	1%	2%	0%	1%	0%	1%	0%	2%	2%	1%	1%	1%	1%
18 or older	2%	3%	1%	3%	2%	3%	3%	2%	2%	1%	1%	4%	2%
Not sure	3%	2%	5%	2%	2%	3%	3%	2%	2%	4%	3%	2%	2%
Prefer not to say	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	0%	1%	2%
Totals	100%	99%	101%	100%	100%	99%	99%	101%	100%	99%	100%	102%	99%
Unweighted N	(1,005)	(407)	(325)	(273)	(431)	(293)	(445)	(276)	(190)	(166)	(184)	(404)	(251)

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4. Memories of First Period

How would you describe the experience of your first period?

Among women who have ever had a period

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very positive	5%	*	5%	7%	5%	4%	3%	3%	9%	*	*
Somewhat positive	11%	*	11%	17%	15%	9%	6%	11%	14%	*	*
Neither positive nor negative	36%	*	36%	36%	28%	37%	42%	36%	26%	*	*
Somewhat negative	22%	*	22%	18%	28%	21%	22%	26%	16%	*	*
Very negative	17%	*	17%	17%	15%	18%	18%	16%	20%	*	*
Not sure	6%	*	6%	2%	6%	7%	7%	5%	9%	*	*
Prefer not to say	3%	*	3%	4%	4%	2%	3%	2%	6%	*	*
Totals	100%	*	100%	101%	101%	98%	101%	99%	100%	*	*
Unweighted N	(1,014)	(0)	(1,014)	(192)	(248)	(347)	(227)	(713)	(138)	(99)	(64)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very positive	5%	8%	2%	4%	5%	3%	4%	4%	5%	4%	4%	5%	5%
Somewhat positive	11%	14%	9%	10%	12%	12%	8%	16%	15%	9%	12%	11%	11%
Neither positive nor negative	36%	28%	38%	43%	32%	39%	40%	31%	28%	37%	34%	35%	38%
Somewhat negative	22%	24%	22%	21%	26%	24%	17%	27%	32%	24%	26%	20%	22%
Very negative	17%	19%	17%	15%	19%	13%	20%	15%	14%	16%	17%	20%	14%
Not sure	6%	4%	8%	6%	5%	6%	8%	4%	4%	4%	7%	6%	6%
Prefer not to say	3%	3%	5%	1%	1%	2%	3%	2%	2%	5%	1%	3%	4%
Totals	100%	100%	101%	100%	100%	99%	100%	99%	100%	99%	101%	100%	100%
Unweighted N	(1,014)	(413)	(328)	(273)	(431)	(294)	(448)	(281)	(190)	(167)	(185)	(408)	(254)

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5. Understood First Period

When you had your first period, did you understand what was happening to you?

Among women who have ever had a period

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	69%	*	69%	69%	65%	74%	65%	71%	57%	*	*
No	21%	*	21%	23%	22%	19%	22%	19%	26%	*	*
Not sure	8%	*	8%	6%	11%	5%	11%	8%	11%	*	*
Prefer not to say	2%	*	2%	2%	3%	1%	2%	1%	6%	*	*
Totals	100%	*	100%	100%	101%	99%	100%	99%	100%	*	*
Unweighted N	(1,011)	(0)	(1,011)	(192)	(248)	(344)	(227)	(710)	(138)	(99)	(64)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	69%	67%	66%	75%	66%	75%	68%	69%	71%	64%	73%	67%	72%
No	21%	24%	21%	17%	25%	16%	21%	21%	23%	26%	19%	23%	18%
Not sure	8%	7%	11%	7%	8%	8%	9%	8%	5%	8%	8%	9%	8%
Prefer not to say	2%	2%	2%	1%	0%	1%	2%	2%	0%	2%	1%	2%	2%
Totals	100%	100%	100%	100%	99%	100%	100%	100%	99%	100%	101%	101%	100%
Unweighted N	(1,011)	(411)	(327)	(273)	(430)	(293)	(447)	(281)	(188)	(165)	(185)	(408)	(253)

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6. Prepared for First Period

How prepared did you feel for your first period?

Among women who have ever had a period

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very prepared	15%	*	15%	15%	12%	18%	15%	16%	11%	*	*
Somewhat prepared	33%	*	33%	31%	29%	36%	35%	35%	20%	*	*
Not very prepared	25%	*	25%	31%	30%	19%	22%	26%	25%	*	*
Not at all prepared	23%	*	23%	20%	24%	23%	23%	20%	35%	*	*
Not sure	3%	*	3%	1%	3%	3%	3%	2%	5%	*	*
Prefer not to say	2%	*	2%	2%	3%	1%	2%	2%	4%	*	*
Totals	101%	*	101%	100%	101%	100%	100%	101%	100%	*	*
Unweighted N	(1,011)	(0)	(1,011)	(192)	(248)	(344)	(227)	(710)	(138)	(99)	(64)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very prepared	15%	15%	14%	17%	15%	19%	14%	16%	18%	14%	12%	17%	16%
Somewhat prepared	33%	33%	32%	34%	35%	32%	29%	36%	34%	29%	41%	28%	38%
Not very prepared	25%	21%	25%	27%	20%	28%	27%	22%	26%	26%	24%	23%	27%
Not at all prepared	23%	25%	23%	19%	27%	16%	25%	22%	20%	26%	20%	27%	15%
Not sure	3%	3%	4%	2%	2%	3%	3%	2%	2%	2%	2%	4%	2%
Prefer not to say	2%	3%	2%	1%	0%	2%	1%	2%	0%	3%	1%	1%	2%
Totals	101%	100%	100%	100%	99%	100%	99%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,011)	(411)	(327)	(273)	(430)	(293)	(448)	(281)	(188)	(166)	(185)	(408)	(252)

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7. Who First Taught About Periods

As far as you can remember, from which of the following sources did you first learn about periods?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
A parent or guardian	40%	25%	54%	42%	42%	38%	39%	42%	39%	36%	33%
A sibling or other relative	11%	14%	9%	14%	10%	12%	10%	9%	17%	16%	12%
A teacher	13%	16%	10%	14%	14%	14%	7%	13%	10%	14%	15%
A friend or peer	8%	10%	6%	7%	9%	7%	8%	8%	8%	7%	6%
Self-taught (from a book, the internet, etc.)	6%	8%	4%	8%	8%	4%	4%	6%	4%	7%	7%
I hadn't learned about them before I got my first period	3%	0%	6%	1%	2%	3%	5%	3%	3%	3%	2%
Somewhere else	4%	3%	5%	0%	2%	5%	8%	4%	3%	5%	5%
Not sure	16%	24%	8%	14%	12%	17%	18%	16%	16%	12%	19%
Totals	101%	100%	102%	100%	99%	100%	99%	101%	100%	100%	99%
Unweighted N	(1,978)	(900)	(1,078)	(400)	(489)	(645)	(444)	(1,408)	(256)	(171)	(143)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
A parent or guardian	40%	41%	35%	45%	41%	42%	40%	37%	44%	36%	38%	40%	45%
A sibling or other relative	11%	11%	12%	11%	12%	10%	11%	13%	11%	12%	9%	12%	11%
A teacher	13%	14%	12%	12%	15%	11%	10%	17%	13%	16%	14%	9%	15%
A friend or peer	8%	9%	7%	8%	8%	10%	7%	9%	11%	7%	5%	9%	9%
Self-taught (from a book, the internet, etc.)	6%	7%	6%	4%	5%	5%	4%	6%	6%	6%	8%	5%	5%
I hadn't learned about them before I got my first period	3%	3%	4%	2%	3%	2%	4%	2%	2%	2%	3%	4%	2%

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	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Somewhere else	4%	3%	4%	5%	5%	5%	5%	3%	2%	3%	4%	5%	3%
Not sure	16%	13%	19%	14%	10%	15%	18%	12%	11%	18%	17%	16%	11%
Totals	101%	101%	99%	101%	99%	100%	99%	99%	100%	100%	98%	100%	101%
Unweighted N	(1,978)	(746)	(699)	(533)	(747)	(654)	(764)	(585)	(433)	(361)	(365)	(761)	(491)

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8. Age First Learned About Periods

How old were you when you first learned about periods?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
6 or younger	3%	4%	2%	5%	3%	3%	2%	3%	3%	5%	6%
7	1%	2%	1%	1%	2%	2%	1%	1%	3%	1%	3%
8	4%	3%	5%	3%	5%	4%	2%	3%	4%	5%	5%
9	6%	4%	8%	6%	7%	7%	4%	5%	9%	7%	10%
10	15%	11%	19%	16%	13%	17%	14%	15%	12%	19%	18%
11	11%	5%	18%	9%	11%	12%	13%	11%	10%	16%	8%
12	15%	14%	17%	13%	13%	14%	22%	16%	15%	13%	13%
13	9%	10%	9%	11%	10%	8%	9%	10%	10%	6%	8%
14	8%	10%	6%	13%	8%	6%	6%	8%	8%	8%	7%
15	4%	7%	2%	4%	6%	4%	3%	4%	6%	4%	4%
16	3%	4%	1%	2%	3%	3%	3%	3%	3%	1%	1%
17	1%	2%	0%	3%	2%	0%	1%	1%	2%	0%	1%
18 or older	2%	3%	1%	2%	2%	2%	2%	2%	4%	1%	3%
Not sure	12%	16%	9%	8%	10%	14%	16%	13%	10%	11%	10%
Prefer not to say	3%	6%	1%	4%	5%	3%	2%	4%	2%	3%	3%
Totals	97%	101%	99%	100%	100%	99%	100%	99%	101%	100%	100%
Unweighted N	(1,951)	(895)	(1,056)	(391)	(481)	(642)	(437)	(1,396)	(250)	(168)	(137)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
6 or younger	3%	4%	3%	2%	4%	1%	3%	3%	4%	3%	2%	3%	5%
7	1%	1%	2%	1%	2%	1%	1%	1%	2%	0%	2%	2%	1%
8	4%	4%	4%	3%	3%	3%	5%	2%	5%	2%	2%	4%	6%
9	6%	6%	5%	7%	7%	5%	6%	9%	3%	4%	7%	6%	7%

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	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
10	15%	14%	15%	17%	15%	16%	16%	15%	15%	16%	17%	15%	14%
11	11%	10%	10%	15%	13%	14%	12%	10%	13%	13%	12%	11%	11%
12	15%	15%	14%	18%	17%	17%	16%	16%	14%	18%	17%	14%	14%
13	9%	11%	10%	7%	9%	9%	9%	11%	9%	8%	10%	10%	9%
14	8%	10%	8%	5%	8%	7%	6%	9%	9%	7%	9%	8%	7%
15	4%	5%	4%	4%	4%	4%	4%	5%	5%	4%	4%	4%	6%
16	3%	3%	2%	3%	2%	3%	2%	4%	2%	3%	2%	3%	3%
17	1%	2%	1%	1%	1%	0%	1%	2%	1%	2%	1%	1%	1%
18 or older	2%	3%	1%	2%	1%	2%	2%	2%	2%	2%	0%	3%	3%
Not sure	12%	10%	15%	10%	11%	14%	13%	10%	9%	11%	13%	13%	11%
Prefer not to say	3%	3%	3%	4%	2%	4%	4%	2%	3%	5%	2%	4%	3%
Totals	97%	101%	97%	99%	99%	100%	100%	101%	96%	98%	100%	101%	101%
Unweighted N	(1,951)	(734)	(690)	(527)	(743)	(650)	(746)	(583)	(434)	(354)	(366)	(751)	(480)

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9. Views on Teaching About Periods in Schools

Which of the following best describes your opinion on how girls and boys should be taught about periods in school?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Girls and boys should be taught about periods together in the same class	28%	29%	27%	38%	37%	23%	19%	26%	33%	28%	38%
Girls and boys should be taught about periods, but they should be taught separately	43%	38%	47%	38%	38%	44%	51%	47%	31%	39%	35%
Girls should be taught about periods, but boys should not	12%	12%	12%	10%	12%	14%	10%	11%	15%	17%	5%
Neither girls nor boys should be taught about periods	6%	8%	4%	6%	4%	5%	9%	6%	7%	5%	8%
Not sure	11%	13%	9%	9%	9%	14%	11%	10%	14%	11%	15%
Totals	100%	100%	99%	101%	100%	100%	100%	100%	100%	100%	101%
Unweighted N	(1,989)	(913)	(1,076)	(408)	(490)	(645)	(446)	(1,421)	(255)	(170)	(143)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Girls and boys should be taught about periods together in the same class	28%	35%	30%	18%	38%	18%	27%	30%	33%	32%	29%	24%	32%

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	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Girls and boys should be taught about periods, but they should be taught separately	43%	40%	41%	50%	42%	50%	40%	48%	43%	39%	46%	42%	45%
Girls should be taught about periods, but boys should not	12%	10%	11%	15%	10%	14%	14%	9%	13%	12%	10%	14%	10%
Neither girls nor boys should be taught about periods	6%	5%	4%	9%	3%	9%	6%	5%	6%	6%	6%	7%	4%
Not sure	11%	10%	14%	8%	7%	10%	13%	8%	5%	12%	9%	13%	9%
Totals	100%	100%	100%	100%	100%	101%	100%	100%	100%	101%	100%	100%	100%
Unweighted N	(1,989)	(745)	(700)	(544)	(747)	(666)	(766)	(594)	(434)	(363)	(375)	(761)	(490)

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10. Girls Period Education

When it comes to being taught about periods in K-12 school, do you think that girls are taught . . . ?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Too much	6%	8%	5%	10%	6%	5%	5%	6%	9%	4%	7%
About the right amount	34%	36%	33%	39%	44%	31%	23%	34%	34%	38%	27%
Not enough	33%	26%	39%	36%	31%	32%	32%	31%	34%	42%	25%
Not sure	27%	31%	23%	15%	19%	31%	40%	28%	23%	16%	40%
Totals	100%	101%	100%	100%	100%	99%	100%	99%	100%	100%	99%
Unweighted N	(1,980)	(909)	(1,071)	(401)	(489)	(644)	(446)	(1,414)	(255)	(170)	(141)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Too much	6%	6%	4%	10%	5%	9%	6%	8%	6%	10%	5%	5%	7%
About the right amount	34%	35%	29%	41%	32%	37%	31%	38%	42%	39%	31%	31%	39%
Not enough	33%	40%	34%	23%	41%	21%	34%	31%	31%	24%	35%	37%	29%
Not sure	27%	20%	34%	26%	22%	33%	29%	23%	20%	27%	29%	27%	25%
Totals	100%	101%	101%	100%	100%	100%	100%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,980)	(740)	(695)	(545)	(744)	(667)	(765)	(589)	(431)	(361)	(374)	(759)	(486)

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11. Boys Period Education

When it comes to being taught about periods in K-12 school, do you think that boys are taught...?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Too much	8%	11%	6%	8%	7%	10%	8%	9%	9%	5%	6%
About the right amount	25%	31%	19%	37%	41%	18%	8%	25%	28%	24%	24%
Not enough	35%	28%	42%	38%	31%	35%	38%	34%	33%	47%	31%
Not sure	31%	30%	33%	18%	21%	38%	46%	32%	29%	24%	40%
Totals	99%	100%	100%	101%	100%	101%	100%	100%	99%	100%	101%
Unweighted N	(1,983)	(911)	(1,072)	(401)	(491)	(646)	(445)	(1,417)	(254)	(169)	(143)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Too much	8%	6%	5%	15%	5%	14%	9%	8%	7%	9%	7%	9%	7%
About the right amount	25%	26%	24%	26%	23%	23%	20%	30%	34%	31%	22%	21%	31%
Not enough	35%	46%	33%	26%	49%	25%	35%	37%	36%	27%	40%	36%	35%
Not sure	31%	23%	37%	33%	23%	38%	36%	25%	23%	33%	31%	33%	28%
Totals	99%	101%	99%	100%	100%	100%	100%	100%	100%	100%	100%	99%	101%
Unweighted N	(1,983)	(743)	(697)	(543)	(746)	(667)	(765)	(591)	(432)	(361)	(375)	(758)	(489)

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12. Own Period Education

In terms of what you personally were taught about periods while in K-12 school, would you say that you were taught...

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Too much	5%	6%	3%	8%	6%	3%	2%	4%	7%	6%	4%
About the right amount	41%	42%	40%	46%	50%	40%	28%	41%	44%	41%	39%
Not enough	37%	31%	41%	33%	29%	37%	47%	37%	31%	38%	37%
Not sure	18%	21%	15%	13%	15%	20%	23%	18%	18%	15%	20%
Totals	101%	100%	99%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,982)	(909)	(1,073)	(402)	(488)	(647)	(445)	(1,416)	(254)	(169)	(143)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Too much	5%	6%	4%	4%	4%	5%	5%	5%	5%	6%	4%	4%	5%
About the right amount	41%	37%	41%	45%	37%	46%	37%	46%	46%	45%	35%	38%	49%
Not enough	37%	43%	34%	32%	48%	30%	36%	36%	39%	34%	41%	38%	31%
Not sure	18%	13%	22%	18%	11%	19%	21%	13%	10%	16%	21%	19%	15%
Totals	101%	99%	101%	99%	100%	100%	99%	100%	100%	101%	101%	99%	100%
Unweighted N	(1,982)	(743)	(695)	(544)	(747)	(666)	(765)	(590)	(433)	(361)	(375)	(758)	(488)

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13. Typical Period Length

On average, how many days does your period usually last?

Among women who currently have menstrual periods

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
1-2 days	2%	*	2%	4%	1%	*	*	3%	*	*	*
3-4 days	29%	*	29%	36%	22%	*	*	28%	*	*	*
5-6 days	47%	*	47%	43%	51%	*	*	49%	*	*	*
7-8 days	16%	*	16%	13%	19%	*	*	15%	*	*	*
9-10 days	2%	*	2%	0%	2%	*	*	1%	*	*	*
More than 10 days	1%	*	1%	2%	0%	*	*	1%	*	*	*
Not sure	1%	*	1%	0%	2%	*	*	0%	*	*	*
Prefer not to say	2%	*	2%	3%	2%	*	*	2%	*	*	*
Totals	100%	*	100%	101%	99%	*	*	99%	*	*	*
Unweighted N	(429)	(0)	(429)	(146)	(202)	(80)	(1)	(272)	(59)	(58)	(40)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1-2 days	2%	2%	3%	*	3%	*	3%	2%	2%	*	*	3%	1%
3-4 days	29%	30%	22%	*	22%	*	35%	24%	26%	*	*	22%	31%
5-6 days	47%	48%	48%	*	52%	*	40%	53%	56%	*	*	54%	45%
7-8 days	16%	12%	23%	*	17%	*	17%	18%	13%	*	*	17%	16%
9-10 days	2%	3%	1%	*	1%	*	2%	2%	1%	*	*	2%	1%
More than 10 days	1%	1%	1%	*	1%	*	1%	0%	1%	*	*	2%	0%
Not sure	1%	2%	0%	*	1%	*	1%	0%	1%	*	*	1%	2%
Prefer not to say	2%	2%	3%	*	3%	*	1%	1%	1%	*	*	1%	4%
Totals	100%	100%	101%	*	100%	*	100%	100%	101%	*	*	102%	100%
Unweighted N	(429)	(183)	(150)	(96)	(187)	(91)	(170)	(115)	(106)	(88)	(66)	(163)	(112)

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14. Length of Menstrual Cycle

On average, how long does your menstrual cycle usually last? A menstrual cycle is the time from the first day of one period to the first day of the next period.

Among women who currently have menstrual periods

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Fewer than 21 days	9%	*	9%	12%	7%	*	*	7%	*	*	*
21-24 days	15%	*	15%	16%	17%	*	*	14%	*	*	*
25-28 days	39%	*	39%	30%	42%	*	*	42%	*	*	*
29-32 days	24%	*	24%	33%	20%	*	*	26%	*	*	*
33-35 days	4%	*	4%	3%	6%	*	*	4%	*	*	*
More than 35 days	3%	*	3%	2%	2%	*	*	2%	*	*	*
Not sure	5%	*	5%	2%	5%	*	*	3%	*	*	*
Prefer not to say	2%	*	2%	2%	2%	*	*	2%	*	*	*
Totals	101%	*	101%	100%	101%	*	*	100%	*	*	*
Unweighted N	(428)	(0)	(428)	(146)	(202)	(79)	(1)	(271)	(59)	(58)	(40)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Fewer than 21 days	9%	8%	10%	*	7%	*	15%	5%	3%	*	*	13%	7%
21-24 days	15%	15%	17%	*	15%	*	15%	12%	17%	*	*	18%	13%
25-28 days	39%	42%	36%	*	46%	*	37%	42%	45%	*	*	35%	38%
29-32 days	24%	20%	24%	*	16%	*	21%	29%	23%	*	*	22%	29%
33-35 days	4%	5%	3%	*	4%	*	3%	4%	5%	*	*	4%	3%
More than 35 days	3%	3%	2%	*	3%	*	2%	3%	4%	*	*	3%	2%
Not sure	5%	6%	6%	*	7%	*	6%	3%	3%	*	*	4%	4%
Prefer not to say	2%	1%	3%	*	2%	*	1%	1%	0%	*	*	1%	3%
Totals	101%	100%	101%	*	100%	*	100%	99%	100%	*	*	100%	99%
Unweighted N	(428)	(183)	(149)	(96)	(187)	(91)	(169)	(115)	(106)	(88)	(66)	(162)	(112)

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15. Track Periods

Do you typically track your period?

Among women who currently have menstrual periods

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes, using an app	37%	*	37%	44%	39%	*	*	37%	*	*	*
Yes, using another method	29%	*	29%	29%	28%	*	*	30%	*	*	*
No	32%	*	32%	25%	30%	*	*	30%	*	*	*
Prefer not to say	2%	*	2%	2%	3%	*	*	2%	*	*	*
Totals	100%	*	100%	100%	100%	*	*	99%	*	*	*
Unweighted N	(428)	(0)	(428)	(146)	(201)	(80)	(1)	(272)	(58)	(58)	(40)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes, using an app	37%	42%	37%	*	37%	*	26%	46%	46%	*	*	38%	38%
Yes, using another method	29%	24%	31%	*	28%	*	34%	22%	29%	*	*	28%	29%
No	32%	30%	32%	*	32%	*	39%	29%	24%	*	*	31%	31%
Prefer not to say	2%	4%	1%	*	3%	*	2%	2%	1%	*	*	3%	2%
Totals	100%	100%	101%	*	100%	*	101%	99%	100%	*	*	100%	100%
Unweighted N	(428)	(182)	(150)	(96)	(186)	(91)	(169)	(115)	(106)	(88)	(65)	(163)	(112)

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16. Typical Period Flow

How would you describe your typical period flow?

Among women who currently have menstrual periods

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very heavy	8%	*	8%	6%	7%	*	*	8%	*	*	*
Heavy	20%	*	20%	21%	21%	*	*	17%	*	*	*
Moderate	50%	*	50%	51%	53%	*	*	52%	*	*	*
Light	12%	*	12%	13%	8%	*	*	12%	*	*	*
Very light	6%	*	6%	7%	4%	*	*	8%	*	*	*
Not sure	2%	*	2%	0%	3%	*	*	0%	*	*	*
Prefer not to say	3%	*	3%	2%	3%	*	*	3%	*	*	*
Totals	101%	*	101%	100%	99%	*	*	100%	*	*	*
Unweighted N	(427)	(0)	(427)	(146)	(201)	(79)	(1)	(270)	(59)	(58)	(40)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very heavy	8%	6%	10%	*	7%	*	13%	3%	4%	*	*	12%	4%
Heavy	20%	17%	23%	*	23%	*	22%	23%	17%	*	*	18%	23%
Moderate	50%	48%	51%	*	44%	*	44%	50%	63%	*	*	51%	54%
Light	12%	14%	8%	*	15%	*	13%	12%	10%	*	*	9%	13%
Very light	6%	10%	4%	*	5%	*	5%	6%	5%	*	*	8%	0%
Not sure	2%	3%	1%	*	2%	*	2%	3%	0%	*	*	1%	3%
Prefer not to say	3%	2%	4%	*	5%	*	2%	3%	1%	*	*	1%	4%
Totals	101%	100%	101%	*	101%	*	101%	100%	100%	*	*	100%	101%
Unweighted N	(427)	(183)	(148)	(96)	(186)	(91)	(169)	(114)	(106)	(88)	(66)	(162)	(111)

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17. Use of Period Products

Which of the following products, if any, do you use during your period? Select all that apply.

Among women who currently have menstrual periods

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Tampons	45%	*	45%	41%	48%	*	*	53%	*	*	*
Pads	71%	*	71%	66%	70%	*	*	63%	*	*	*
Menstrual cups	14%	*	14%	16%	15%	*	*	18%	*	*	*
Period panties	24%	*	24%	26%	25%	*	*	29%	*	*	*
Other	3%	*	3%	1%	3%	*	*	3%	*	*	*
None of the above	1%	*	1%	1%	0%	*	*	0%	*	*	*
Prefer not to say	2%	*	2%	1%	3%	*	*	2%	*	*	*
Unweighted N	(430)	(0)	(430)	(147)	(201)	(81)	(1)	(273)	(59)	(58)	(40)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Tampons	45%	43%	44%	*	45%	*	47%	44%	50%	*	*	41%	47%
Pads	71%	71%	78%	*	72%	*	72%	72%	65%	*	*	75%	62%
Menstrual cups	14%	15%	9%	*	14%	*	8%	17%	22%	*	*	15%	7%
Period panties	24%	24%	26%	*	24%	*	21%	29%	28%	*	*	28%	17%
Other	3%	2%	4%	*	2%	*	4%	2%	4%	*	*	1%	2%
None of the above	1%	1%	1%	*	0%	*	1%	1%	0%	*	*	0%	1%
Prefer not to say	2%	3%	2%	*	3%	*	1%	2%	1%	*	*	2%	4%
Unweighted N	(430)	(184)	(150)	(96)	(186)	(91)	(170)	(115)	(107)	(89)	(66)	(162)	(113)

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18A. Frequency of Period Experiences — Cramps

How often do you experience each of the following during or around your period?

Among women who currently have menstrual periods

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	38%	*	38%	47%	32%	*	*	32%	*	*	*
Sometimes	33%	*	33%	24%	39%	*	*	33%	*	*	*
Rarely	17%	*	17%	13%	21%	*	*	20%	*	*	*
Never	10%	*	10%	14%	5%	*	*	13%	*	*	*
Prefer not to say	2%	*	2%	1%	3%	*	*	3%	*	*	*
Totals	100%	*	100%	99%	100%	*	*	101%	*	*	*
Unweighted N	(418)	(0)	(418)	(141)	(196)	(80)	(1)	(267)	(58)	(58)	(35)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	38%	36%	42%	*	39%	*	38%	42%	27%	*	*	41%	34%
Sometimes	33%	31%	36%	*	31%	*	34%	25%	39%	*	*	30%	36%
Rarely	17%	21%	14%	*	21%	*	16%	17%	24%	*	*	16%	19%
Never	10%	9%	5%	*	7%	*	11%	12%	7%	*	*	10%	10%
Prefer not to say	2%	3%	2%	*	2%	*	1%	4%	3%	*	*	3%	2%
Totals	100%	100%	99%	*	100%	*	100%	100%	100%	*	*	100%	101%
Unweighted N	(418)	(180)	(143)	(95)	(185)	(90)	(166)	(112)	(104)	(86)	(66)	(159)	(107)

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18B. Frequency of Period Experiences — Mood changes

How often do you experience each of the following during or around your period?

Among women who currently have menstrual periods

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	38%	*	38%	41%	34%	*	*	34%	*	*	*
Sometimes	43%	*	43%	44%	42%	*	*	44%	*	*	*
Rarely	13%	*	13%	8%	16%	*	*	15%	*	*	*
Never	6%	*	6%	6%	6%	*	*	6%	*	*	*
Prefer not to say	1%	*	1%	1%	2%	*	*	1%	*	*	*
Totals	101%	*	101%	100%	100%	*	*	100%	*	*	*
Unweighted N	(419)	(0)	(419)	(141)	(197)	(80)	(1)	(268)	(58)	(58)	(35)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	38%	33%	43%	*	38%	*	39%	41%	29%	*	*	47%	31%
Sometimes	43%	44%	38%	*	40%	*	41%	41%	48%	*	*	34%	49%
Rarely	13%	16%	9%	*	14%	*	11%	12%	19%	*	*	11%	12%
Never	6%	6%	7%	*	7%	*	8%	5%	4%	*	*	6%	6%
Prefer not to say	1%	0%	3%	*	2%	*	2%	1%	0%	*	*	1%	2%
Totals	101%	99%	100%	*	101%	*	101%	100%	100%	*	*	99%	100%
Unweighted N	(419)	(180)	(144)	(95)	(185)	(90)	(167)	(112)	(104)	(86)	(66)	(160)	(107)

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18C. Frequency of Period Experiences — Bloating

How often do you experience each of the following during or around your period?

Among women who currently have menstrual periods

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	33%	*	33%	37%	31%	*	*	29%	*	*	*
Sometimes	42%	*	42%	41%	43%	*	*	47%	*	*	*
Rarely	14%	*	14%	10%	17%	*	*	13%	*	*	*
Never	8%	*	8%	9%	6%	*	*	9%	*	*	*
Prefer not to say	3%	*	3%	3%	3%	*	*	3%	*	*	*
Totals	100%	*	100%	100%	100%	*	*	101%	*	*	*
Unweighted N	(418)	(0)	(418)	(141)	(196)	(80)	(1)	(267)	(58)	(58)	(35)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	33%	28%	41%	*	33%	*	37%	35%	25%	*	*	35%	31%
Sometimes	42%	42%	38%	*	42%	*	42%	39%	49%	*	*	39%	48%
Rarely	14%	16%	12%	*	13%	*	10%	14%	19%	*	*	14%	8%
Never	8%	11%	7%	*	10%	*	8%	9%	6%	*	*	7%	10%
Prefer not to say	3%	3%	2%	*	3%	*	3%	3%	1%	*	*	4%	3%
Totals	100%	100%	100%	*	101%	*	100%	100%	100%	*	*	99%	100%
Unweighted N	(418)	(180)	(143)	(95)	(185)	(89)	(167)	(111)	(104)	(86)	(65)	(160)	(107)

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18D. Frequency of Period Experiences — Fatigue

How often do you experience each of the following during or around your period?

Among women who currently have menstrual periods

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	33%	*	33%	35%	33%	*	*	32%	*	*	*
Sometimes	43%	*	43%	49%	42%	*	*	45%	*	*	*
Rarely	13%	*	13%	10%	14%	*	*	12%	*	*	*
Never	9%	*	9%	4%	8%	*	*	9%	*	*	*
Prefer not to say	2%	*	2%	2%	2%	*	*	3%	*	*	*
Totals	100%	*	100%	100%	99%	*	*	101%	*	*	*
Unweighted N	(416)	(0)	(416)	(141)	(194)	(80)	(1)	(267)	(58)	(58)	(33)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	33%	34%	35%	*	36%	*	30%	32%	31%	*	*	42%	25%
Sometimes	43%	37%	44%	*	38%	*	47%	41%	42%	*	*	38%	51%
Rarely	13%	18%	12%	*	16%	*	13%	13%	18%	*	*	9%	15%
Never	9%	8%	8%	*	8%	*	9%	13%	7%	*	*	9%	6%
Prefer not to say	2%	3%	1%	*	3%	*	2%	2%	2%	*	*	2%	2%
Totals	100%	100%	100%	*	101%	*	101%	101%	100%	*	*	100%	99%
Unweighted N	(416)	(180)	(143)	(93)	(185)	(89)	(166)	(112)	(103)	(84)	(66)	(160)	(106)

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18E. Frequency of Period Experiences — Headaches

How often do you experience each of the following during or around your period?

Among women who currently have menstrual periods

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	20%	*	20%	18%	23%	*	*	20%	*	*	*
Sometimes	42%	*	42%	51%	37%	*	*	44%	*	*	*
Rarely	21%	*	21%	15%	26%	*	*	17%	*	*	*
Never	15%	*	15%	14%	13%	*	*	16%	*	*	*
Prefer not to say	2%	*	2%	2%	2%	*	*	2%	*	*	*
Totals	100%	*	100%	100%	101%	*	*	99%	*	*	*
Unweighted N	(415)	(0)	(415)	(140)	(194)	(80)	(1)	(266)	(58)	(57)	(34)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	20%	19%	22%	*	20%	*	20%	19%	21%	*	*	22%	11%
Sometimes	42%	32%	46%	*	35%	*	41%	36%	44%	*	*	39%	46%
Rarely	21%	23%	19%	*	23%	*	21%	22%	23%	*	*	22%	25%
Never	15%	22%	11%	*	19%	*	15%	21%	12%	*	*	14%	15%
Prefer not to say	2%	4%	2%	*	3%	*	3%	2%	1%	*	*	3%	3%
Totals	100%	100%	100%	*	100%	*	100%	100%	101%	*	*	100%	100%
Unweighted N	(415)	(180)	(142)	(93)	(185)	(88)	(165)	(112)	(102)	(85)	(66)	(158)	(106)

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18F. Frequency of Period Experiences — Acne

How often do you experience each of the following during or around your period?

Among women who currently have menstrual periods

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	17%	*	17%	20%	17%	*	*	15%	*	*	*
Sometimes	38%	*	38%	52%	33%	*	*	39%	*	*	*
Rarely	24%	*	24%	15%	27%	*	*	27%	*	*	*
Never	19%	*	19%	11%	21%	*	*	17%	*	*	*
Prefer not to say	1%	*	1%	1%	1%	*	*	1%	*	*	*
Totals	99%	*	99%	99%	99%	*	*	99%	*	*	*
Unweighted N	(413)	(0)	(413)	(141)	(192)	(79)	(1)	(264)	(57)	(58)	(34)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	17%	19%	15%	*	17%	*	17%	16%	18%	*	*	23%	11%
Sometimes	38%	41%	33%	*	35%	*	38%	36%	43%	*	*	35%	42%
Rarely	24%	24%	25%	*	29%	*	18%	31%	23%	*	*	18%	31%
Never	19%	16%	25%	*	18%	*	27%	15%	16%	*	*	22%	15%
Prefer not to say	1%	1%	1%	*	2%	*	1%	1%	1%	*	*	1%	1%
Totals	99%	101%	99%	*	101%	*	101%	99%	101%	*	*	99%	100%
Unweighted N	(413)	(180)	(139)	(94)	(184)	(88)	(165)	(110)	(103)	(85)	(63)	(158)	(107)

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18G. Frequency of Period Experiences — Breast tenderness

How often do you experience each of the following during or around your period?

Among women who currently have menstrual periods

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	25%	*	25%	25%	26%	*	*	23%	*	*	*
Sometimes	38%	*	38%	40%	35%	*	*	37%	*	*	*
Rarely	17%	*	17%	16%	18%	*	*	19%	*	*	*
Never	16%	*	16%	16%	16%	*	*	17%	*	*	*
Prefer not to say	4%	*	4%	4%	5%	*	*	3%	*	*	*
Totals	100%	*	100%	101%	100%	*	*	99%	*	*	*
Unweighted N	(417)	(0)	(417)	(141)	(195)	(80)	(1)	(267)	(58)	(58)	(34)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	25%	29%	20%	*	25%	*	21%	30%	23%	*	*	30%	23%
Sometimes	38%	34%	46%	*	35%	*	35%	38%	45%	*	*	38%	39%
Rarely	17%	21%	14%	*	20%	*	17%	20%	19%	*	*	11%	16%
Never	16%	13%	16%	*	17%	*	24%	10%	13%	*	*	16%	18%
Prefer not to say	4%	4%	4%	*	3%	*	4%	2%	1%	*	*	5%	3%
Totals	100%	101%	100%	*	100%	*	101%	100%	101%	*	*	100%	99%
Unweighted N	(417)	(180)	(144)	(93)	(185)	(89)	(166)	(112)	(103)	(85)	(66)	(160)	(106)

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18H. Frequency of Period Experiences — Food cravings

How often do you experience each of the following during or around your period?

Among women who currently have menstrual periods

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	26%	*	26%	30%	25%	*	*	22%	*	*	*
Sometimes	43%	*	43%	45%	42%	*	*	45%	*	*	*
Rarely	19%	*	19%	16%	21%	*	*	20%	*	*	*
Never	12%	*	12%	9%	10%	*	*	11%	*	*	*
Prefer not to say	1%	*	1%	0%	2%	*	*	2%	*	*	*
Totals	101%	*	101%	100%	100%	*	*	100%	*	*	*
Unweighted N	(413)	(0)	(413)	(140)	(193)	(79)	(1)	(266)	(58)	(56)	(33)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	26%	27%	29%	*	23%	*	27%	24%	18%	*	*	30%	23%
Sometimes	43%	36%	47%	*	42%	*	44%	41%	48%	*	*	41%	45%
Rarely	19%	22%	15%	*	21%	*	15%	20%	24%	*	*	15%	24%
Never	12%	12%	9%	*	12%	*	13%	14%	10%	*	*	12%	8%
Prefer not to say	1%	2%	1%	*	2%	*	2%	1%	0%	*	*	1%	1%
Totals	101%	99%	101%	*	100%	*	101%	100%	100%	*	*	99%	101%
Unweighted N	(413)	(179)	(142)	(92)	(185)	(88)	(164)	(111)	(103)	(83)	(66)	(158)	(106)

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19. Typical Period Pain – scale_typical_pain

On a scale of 0 to 10, how painful would you say a typical period is for you? If you do not currently have a period, please think about when you did.

Among women who have ever had a period

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
0 - No pain at all	2%	*	2%	1%	2%	2%	3%	2%	5%	*	*
1	2%	*	2%	1%	3%	3%	2%	3%	0%	*	*
2	5%	*	5%	3%	3%	5%	6%	5%	5%	*	*
3	7%	*	7%	4%	7%	9%	7%	7%	4%	*	*
4	6%	*	6%	7%	7%	7%	4%	6%	5%	*	*
5	12%	*	12%	12%	13%	11%	14%	14%	8%	*	*
6	12%	*	12%	14%	18%	9%	8%	12%	13%	*	*
7	18%	*	18%	22%	16%	18%	16%	18%	18%	*	*
8	15%	*	15%	17%	13%	16%	14%	15%	13%	*	*
9	7%	*	7%	6%	8%	8%	6%	7%	6%	*	*
10 - Excruciating pain	10%	*	10%	11%	9%	10%	10%	8%	18%	*	*
Don't know	3%	*	3%	1%	3%	1%	8%	3%	4%	*	*
Totals	99%	*	99%	99%	102%	99%	98%	100%	99%	*	*
Unweighted N	(1,001)	(0)	(1,001)	(188)	(244)	(343)	(226)	(705)	(134)	(99)	(63)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
0 - No pain at all	2%	3%	2%	1%	3%	2%	3%	3%	1%	2%	3%	1%	3%
1	2%	2%	2%	4%	2%	5%	1%	2%	7%	4%	2%	2%	3%
2	5%	5%	4%	6%	5%	4%	4%	4%	4%	4%	5%	5%	4%
3	7%	7%	7%	8%	7%	9%	8%	8%	5%	5%	9%	7%	8%
4	6%	5%	7%	7%	6%	6%	5%	5%	9%	7%	7%	6%	6%
5	12%	11%	14%	11%	11%	14%	13%	11%	13%	13%	11%	14%	10%

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	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
6	12%	13%	9%	14%	13%	12%	10%	14%	16%	11%	13%	12%	11%
7	18%	18%	18%	18%	16%	18%	19%	17%	15%	25%	17%	16%	18%
8	15%	15%	15%	14%	18%	12%	14%	16%	15%	10%	12%	17%	17%
9	7%	7%	7%	8%	6%	8%	6%	8%	8%	4%	8%	7%	10%
10 - Excruciating pain	10%	12%	11%	6%	10%	7%	12%	9%	8%	11%	10%	11%	8%
Don't know	3%	2%	4%	3%	2%	4%	4%	3%	0%	5%	3%	3%	3%
Totals	99%	100%	100%	100%	99%	101%	99%	100%	101%	101%	100%	101%	101%
Unweighted N	(1,001)	(403)	(325)	(273)	(429)	(291)	(444)	(279)	(187)	(164)	(184)	(406)	(247)

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20. Worst Period Pain – scale_worst_pain

On a scale of 0 to 10, how painful have your worst ever period pains been? If you do not currently have a period, please think about when you did.

Among women who have ever had a period

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
0 - No pain at all	1%	*	1%	0%	2%	1%	2%	1%	3%	*	*
1	1%	*	1%	0%	1%	1%	1%	1%	0%	*	*
2	2%	*	2%	1%	2%	1%	3%	2%	3%	*	*
3	4%	*	4%	2%	3%	3%	8%	4%	4%	*	*
4	4%	*	4%	2%	6%	5%	2%	4%	3%	*	*
5	8%	*	8%	6%	11%	6%	8%	8%	10%	*	*
6	8%	*	8%	16%	10%	5%	4%	8%	6%	*	*
7	12%	*	12%	11%	12%	15%	11%	12%	10%	*	*
8	16%	*	16%	14%	18%	18%	13%	17%	15%	*	*
9	14%	*	14%	18%	12%	13%	13%	15%	8%	*	*
10 - Excruciating pain	27%	*	27%	26%	22%	32%	28%	24%	35%	*	*
Don't know	3%	*	3%	3%	3%	2%	6%	3%	3%	*	*
Totals	100%	*	100%	99%	102%	102%	99%	99%	100%	*	*
Unweighted N	(997)	(0)	(997)	(188)	(243)	(342)	(224)	(700)	(134)	(99)	(64)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
0 - No pain at all	1%	2%	2%	1%	1%	1%	1%	3%	0%	1%	1%	1%	3%
1	1%	1%	0%	1%	1%	1%	0%	1%	1%	1%	1%	1%	1%
2	2%	2%	2%	2%	2%	2%	1%	2%	2%	2%	0%	2%	3%
3	4%	3%	3%	5%	3%	6%	4%	4%	3%	4%	3%	4%	3%
4	4%	3%	4%	5%	4%	4%	3%	3%	6%	3%	4%	5%	3%
5	8%	7%	8%	9%	9%	8%	9%	5%	8%	10%	6%	8%	8%

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	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
6	8%	9%	7%	8%	7%	7%	7%	7%	12%	14%	7%	7%	5%
7	12%	12%	12%	13%	10%	13%	14%	12%	9%	9%	13%	14%	11%
8	16%	17%	16%	15%	18%	15%	14%	15%	19%	16%	16%	15%	17%
9	14%	16%	13%	13%	16%	15%	12%	19%	14%	8%	20%	10%	19%
10 - Excruciating pain	27%	25%	31%	26%	25%	26%	30%	25%	24%	28%	25%	30%	25%
Don't know	3%	3%	4%	3%	3%	3%	3%	3%	1%	4%	2%	4%	3%
Totals	100%	100%	102%	101%	99%	101%	98%	99%	99%	100%	98%	101%	101%
Unweighted N	(997)	(402)	(325)	(270)	(428)	(287)	(444)	(277)	(186)	(161)	(183)	(406)	(247)

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21. Pain Management During Period

How do you typically manage pain you may experience during your period? Select all that apply.

Among women who currently have menstrual periods

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Over-the-counter pain medication	57%	*	57%	51%	55%	*	*	58%	*	*	*
Prescription pain medication	14%	*	14%	19%	13%	*	*	14%	*	*	*
Heating pad	40%	*	40%	44%	41%	*	*	44%	*	*	*
Exercise	19%	*	19%	24%	15%	*	*	18%	*	*	*
Rest	55%	*	55%	60%	54%	*	*	58%	*	*	*
Dietary changes	12%	*	12%	12%	16%	*	*	15%	*	*	*
Other	2%	*	2%	2%	1%	*	*	2%	*	*	*
I don't do anything to manage pain during my period	6%	*	6%	5%	8%	*	*	3%	*	*	*
I do not experience pain during my period	4%	*	4%	3%	5%	*	*	3%	*	*	*
Prefer not to say	1%	*	1%	2%	1%	*	*	1%	*	*	*
Unweighted N	(430)	(0)	(430)	(147)	(201)	(81)	(1)	(273)	(59)	(58)	(40)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Over-the-counter pain medication	57%	54%	56%	*	61%	*	64%	52%	52%	*	*	59%	50%
Prescription pain medication	14%	17%	11%	*	10%	*	13%	16%	16%	*	*	16%	19%
Heating pad	40%	38%	44%	*	40%	*	41%	38%	47%	*	*	42%	35%

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	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Exercise	19%	22%	17%	*	23%	*	16%	27%	18%	*	*	20%	18%
Rest	55%	54%	55%	*	56%	*	51%	58%	60%	*	*	58%	52%
Dietary changes	12%	12%	12%	*	16%	*	11%	10%	19%	*	*	10%	12%
Other	2%	1%	3%	*	3%	*	1%	3%	1%	*	*	1%	5%
I don't do anything to manage pain during my period	6%	6%	8%	*	5%	*	7%	5%	3%	*	*	5%	4%
I do not experience pain during my period	4%	5%	3%	*	4%	*	4%	3%	3%	*	*	2%	6%
Prefer not to say	1%	0%	3%	*	1%	*	1%	2%	0%	*	*	2%	3%
Unweighted N	(430)	(184)	(150)	(96)	(186)	(91)	(170)	(115)	(107)	(89)	(66)	(162)	(113)

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22. Missed Experiences Due to Period

Have you ever had to miss any of the following due to your period? Select all that apply.

Among women who have ever had a period

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
School	36%	*	36%	38%	28%	44%	32%	34%	32%	*	*
Work	28%	*	28%	40%	24%	29%	21%	27%	26%	*	*
Social events	30%	*	30%	36%	32%	32%	22%	31%	27%	*	*
None of the above	38%	*	38%	26%	37%	38%	50%	43%	31%	*	*
Not sure	6%	*	6%	5%	7%	4%	8%	4%	9%	*	*
Prefer not to say	1%	*	1%	3%	2%	1%	1%	1%	1%	*	*
Unweighted N	(1,014)	(0)	(1,014)	(192)	(248)	(347)	(227)	(713)	(138)	(99)	(64)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
School	36%	35%	38%	36%	37%	35%	37%	37%	37%	31%	36%	39%	35%
Work	28%	32%	27%	25%	32%	25%	31%	26%	29%	33%	31%	26%	26%
Social events	30%	32%	30%	28%	39%	27%	27%	30%	39%	32%	29%	31%	29%
None of the above	38%	36%	39%	40%	36%	43%	40%	40%	32%	35%	44%	36%	39%
Not sure	6%	5%	7%	5%	5%	6%	5%	5%	4%	9%	3%	6%	5%
Prefer not to say	1%	1%	2%	1%	1%	1%	1%	0%	0%	2%	0%	2%	2%
Unweighted N	(1,014)	(413)	(328)	(273)	(431)	(294)	(448)	(281)	(190)	(167)	(185)	(408)	(254)

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23. Told Boss Why Missed Work

When you've missed work due to your period, have you typically told your boss the reason why you were missing work, or not?

Asked of women who have missed work due to their period

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
I have told them why	36%	*	36%	*	*	38%	*	35%	*	*	*
I have not told them why	60%	*	60%	*	*	57%	*	63%	*	*	*
I didn't have a boss	1%	*	1%	*	*	2%	*	1%	*	*	*
Prefer not to say	2%	*	2%	*	*	3%	*	1%	*	*	*
Totals	99%	*	99%	*	*	100%	*	100%	*	*	*
Unweighted N	(295)	(0)	(295)	(73)	(61)	(108)	(53)	(203)	(37)	(38)	(17)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
I have told them why	36%	37%	*	*	32%	*	35%	*	*	*	*	40%	*
I have not told them why	60%	60%	*	*	66%	*	60%	*	*	*	*	56%	*
I didn't have a boss	1%	1%	*	*	1%	*	1%	*	*	*	*	1%	*
Prefer not to say	2%	1%	*	*	1%	*	4%	*	*	*	*	4%	*
Totals	99%	99%	*	*	100%	*	100%	*	*	*	*	101%	*
Unweighted N	(295)	(129)	(91)	(75)	(134)	(78)	(143)	(75)	(55)	(58)	(62)	(105)	(70)

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24. Birth Control and Menstrual Periods

Have you ever used hormonal birth control to regulate your period or manage your period symptoms?

Among women who currently have menstrual periods

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	36%	*	36%	37%	36%	*	*	34%	*	*	*
No	63%	*	63%	62%	62%	*	*	64%	*	*	*
Prefer not to say	1%	*	1%	1%	2%	*	*	1%	*	*	*
Totals	100%	*	100%	100%	100%	*	*	99%	*	*	*
Unweighted N	(426)	(0)	(426)	(145)	(201)	(79)	(1)	(269)	(59)	(58)	(40)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	36%	41%	35%	*	45%	*	33%	37%	43%	*	*	40%	27%
No	63%	58%	64%	*	53%	*	67%	62%	55%	*	*	58%	71%
Prefer not to say	1%	1%	1%	*	2%	*	1%	1%	2%	*	*	2%	2%
Totals	100%	100%	100%	*	100%	*	101%	100%	100%	*	*	100%	100%
Unweighted N	(426)	(182)	(149)	(95)	(186)	(91)	(169)	(114)	(106)	(87)	(66)	(161)	(112)

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25A. Comfort Talking With Others About Period Experiences — Friends

How comfortable do you feel talking about your period with the following people?

Among women who currently have menstrual periods

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very comfortable	39%	*	39%	39%	34%	*	*	36%	*	*	*
Somewhat comfortable	31%	*	31%	34%	33%	*	*	34%	*	*	*
Somewhat uncomfortable	15%	*	15%	9%	20%	*	*	15%	*	*	*
Very uncomfortable	8%	*	8%	9%	8%	*	*	9%	*	*	*
Not applicable	7%	*	7%	10%	5%	*	*	7%	*	*	*
Totals	100%	*	100%	101%	100%	*	*	101%	*	*	*
Unweighted N	(424)	(0)	(424)	(144)	(199)	(80)	(1)	(269)	(59)	(58)	(38)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very comfortable	39%	41%	37%	*	41%	*	33%	38%	50%	*	*	40%	37%
Somewhat comfortable	31%	33%	29%	*	33%	*	30%	33%	27%	*	*	24%	34%
Somewhat uncomfortable	15%	11%	16%	*	14%	*	20%	12%	15%	*	*	17%	16%
Very uncomfortable	8%	6%	11%	*	6%	*	9%	7%	5%	*	*	9%	8%
Not applicable	7%	10%	7%	*	6%	*	7%	9%	3%	*	*	10%	5%
Totals	100%	101%	100%	*	100%	*	99%	99%	100%	*	*	100%	100%
Unweighted N	(424)	(181)	(148)	(95)	(184)	(91)	(168)	(114)	(106)	(87)	(66)	(162)	(109)

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25B. Comfort Talking With Others About Period Experiences — Healthcare providers

How comfortable do you feel talking about your period with the following people?

Among women who currently have menstrual periods

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very comfortable	45%	*	45%	36%	46%	*	*	41%	*	*	*
Somewhat comfortable	30%	*	30%	30%	32%	*	*	28%	*	*	*
Somewhat uncomfortable	14%	*	14%	18%	14%	*	*	20%	*	*	*
Very uncomfortable	6%	*	6%	9%	4%	*	*	6%	*	*	*
Not applicable	5%	*	5%	7%	4%	*	*	4%	*	*	*
Totals	100%	*	100%	100%	100%	*	*	99%	*	*	*
Unweighted N	(421)	(0)	(421)	(142)	(199)	(79)	(1)	(269)	(59)	(57)	(36)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very comfortable	45%	49%	47%	*	53%	*	40%	45%	54%	*	*	48%	44%
Somewhat comfortable	30%	26%	31%	*	26%	*	30%	28%	30%	*	*	28%	27%
Somewhat uncomfortable	14%	14%	10%	*	12%	*	16%	15%	14%	*	*	11%	21%
Very uncomfortable	6%	4%	9%	*	4%	*	9%	6%	2%	*	*	7%	6%
Not applicable	5%	8%	3%	*	5%	*	6%	6%	0%	*	*	7%	2%
Totals	100%	101%	100%	*	100%	*	101%	100%	100%	*	*	101%	100%
Unweighted N	(421)	(180)	(146)	(95)	(184)	(91)	(165)	(114)	(106)	(87)	(66)	(162)	(106)

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25C. Comfort Talking With Others About Period Experiences — Co-workers

How comfortable do you feel talking about your period with the following people?

Among women who currently have menstrual periods

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very comfortable	14%	*	14%	12%	16%	*	*	12%	*	*	*
Somewhat comfortable	25%	*	25%	21%	26%	*	*	23%	*	*	*
Somewhat uncomfortable	27%	*	27%	37%	21%	*	*	29%	*	*	*
Very uncomfortable	18%	*	18%	13%	21%	*	*	22%	*	*	*
Not applicable	17%	*	17%	17%	15%	*	*	14%	*	*	*
Totals	101%	*	101%	100%	99%	*	*	100%	*	*	*
Unweighted N	(420)	(0)	(420)	(144)	(197)	(78)	(1)	(266)	(59)	(58)	(37)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very comfortable	14%	14%	16%	*	13%	*	12%	14%	21%	*	*	17%	13%
Somewhat comfortable	25%	29%	22%	*	30%	*	15%	28%	33%	*	*	24%	24%
Somewhat uncomfortable	27%	26%	22%	*	26%	*	32%	26%	20%	*	*	29%	27%
Very uncomfortable	18%	14%	20%	*	17%	*	20%	18%	17%	*	*	13%	18%
Not applicable	17%	18%	19%	*	13%	*	21%	15%	9%	*	*	17%	19%
Totals	101%	101%	99%	*	99%	*	100%	101%	100%	*	*	100%	101%
Unweighted N	(420)	(180)	(146)	(94)	(182)	(90)	(165)	(114)	(105)	(86)	(66)	(160)	(108)

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25D. Comfort Talking With Others About Period Experiences — Your spouse or romantic partner

How comfortable do you feel talking about your period with the following people?

Among women who currently have menstrual periods

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very comfortable	42%	*	42%	44%	41%	*	*	41%	*	*	*
Somewhat comfortable	26%	*	26%	27%	28%	*	*	29%	*	*	*
Somewhat uncomfortable	9%	*	9%	5%	11%	*	*	10%	*	*	*
Very uncomfortable	7%	*	7%	8%	5%	*	*	4%	*	*	*
Not applicable	16%	*	16%	16%	15%	*	*	15%	*	*	*
Totals	100%	*	100%	100%	100%	*	*	99%	*	*	*
Unweighted N	(423)	(0)	(423)	(143)	(199)	(80)	(1)	(269)	(59)	(57)	(38)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very comfortable	42%	40%	45%	*	41%	*	39%	46%	44%	*	*	45%	40%
Somewhat comfortable	26%	26%	25%	*	26%	*	28%	21%	31%	*	*	22%	31%
Somewhat uncomfortable	9%	10%	5%	*	10%	*	6%	13%	13%	*	*	8%	7%
Very uncomfortable	7%	5%	11%	*	4%	*	9%	7%	4%	*	*	8%	7%
Not applicable	16%	19%	14%	*	18%	*	19%	14%	9%	*	*	17%	14%
Totals	100%	100%	100%	*	99%	*	101%	101%	101%	*	*	100%	99%
Unweighted N	(423)	(181)	(148)	(94)	(184)	(91)	(168)	(113)	(106)	(86)	(66)	(162)	(109)

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26. Hypothetical Sex During Period

Would you ever have sex with a partner while one of you was on your period?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	29%	26%	32%	24%	27%	32%	31%	31%	20%	23%	31%
No	53%	54%	53%	58%	58%	50%	50%	52%	60%	58%	44%
Not sure	10%	11%	9%	11%	9%	8%	13%	9%	12%	10%	14%
Prefer not to say	7%	9%	6%	7%	6%	9%	6%	7%	7%	8%	11%
Totals	99%	100%	100%	100%	100%	99%	100%	99%	99%	99%	100%
Unweighted N	(1,972)	(905)	(1,067)	(395)	(487)	(644)	(446)	(1,407)	(252)	(170)	(143)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	29%	29%	29%	28%	29%	30%	29%	30%	30%	23%	35%	27%	31%
No	53%	56%	50%	55%	56%	54%	53%	55%	57%	56%	49%	54%	54%
Not sure	10%	9%	11%	10%	10%	9%	11%	10%	8%	13%	10%	10%	9%
Prefer not to say	7%	6%	9%	6%	5%	7%	7%	5%	5%	7%	6%	9%	6%
Totals	99%	100%	99%	99%	100%	100%	100%	100%	100%	99%	100%	100%	100%
Unweighted N	(1,972)	(733)	(695)	(544)	(746)	(664)	(761)	(587)	(430)	(358)	(372)	(757)	(485)

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27. Ever Had Sex During Period

Have you ever had sex during your period, or while a partner was on their period?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	34%	30%	37%	23%	28%	41%	39%	35%	27%	31%	36%
No	53%	54%	52%	65%	58%	46%	47%	53%	57%	54%	48%
Not sure	6%	7%	5%	6%	7%	5%	6%	5%	8%	8%	7%
Prefer not to say	7%	8%	6%	6%	6%	8%	8%	7%	8%	6%	9%
Totals	100%	99%	100%	100%	99%	100%	100%	100%	100%	99%	100%
Unweighted N	(1,969)	(902)	(1,067)	(393)	(486)	(645)	(445)	(1,407)	(250)	(170)	(142)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	34%	32%	35%	33%	33%	36%	36%	32%	36%	27%	36%	34%	37%
No	53%	57%	48%	55%	56%	52%	51%	57%	55%	58%	52%	52%	51%
Not sure	6%	4%	8%	5%	6%	4%	6%	6%	5%	7%	5%	6%	7%
Prefer not to say	7%	6%	9%	6%	5%	7%	7%	5%	4%	8%	6%	8%	6%
Totals	100%	99%	100%	99%	100%	99%	100%	100%	100%	100%	99%	100%	101%
Unweighted N	(1,969)	(733)	(694)	(542)	(745)	(663)	(763)	(583)	(430)	(358)	(370)	(757)	(484)

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28. Portrayal of Periods in the Media and Advertising

Thinking about how the experience of having a period is presented in advertising and the media, would you say it is generally portrayed . . .

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very accurately	7%	8%	6%	9%	10%	6%	2%	5%	15%	8%	6%
Somewhat accurately	33%	30%	36%	35%	33%	33%	31%	33%	34%	36%	26%
Not very accurately	26%	23%	28%	32%	30%	19%	25%	26%	15%	29%	31%
Not at all accurately	8%	8%	8%	9%	7%	9%	8%	7%	11%	7%	14%
Not sure	26%	31%	22%	15%	20%	32%	35%	28%	25%	20%	24%
Totals	100%	100%	100%	100%	100%	99%	101%	99%	100%	100%	101%
Unweighted N	(1,970)	(903)	(1,067)	(397)	(487)	(644)	(442)	(1,407)	(251)	(170)	(142)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very accurately	7%	10%	4%	6%	8%	5%	8%	7%	7%	7%	6%	7%	6%
Somewhat accurately	33%	33%	31%	36%	32%	35%	31%	37%	36%	29%	29%	32%	41%
Not very accurately	26%	31%	23%	23%	31%	23%	23%	26%	29%	28%	27%	24%	25%
Not at all accurately	8%	7%	9%	8%	10%	8%	9%	8%	9%	8%	8%	10%	6%
Not sure	26%	18%	32%	27%	18%	29%	30%	22%	18%	27%	30%	27%	22%
Totals	100%	99%	99%	100%	99%	100%	101%	100%	99%	99%	100%	100%	100%
Unweighted N	(1,970)	(733)	(695)	(542)	(747)	(662)	(763)	(585)	(430)	(359)	(369)	(756)	(486)

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29. Stigma Around Periods

How much stigma, if any, would you say there currently is around periods in the United States?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
A great deal	8%	8%	9%	14%	9%	7%	5%	7%	17%	9%	10%
A lot	13%	12%	14%	16%	14%	13%	9%	13%	9%	18%	14%
Some	31%	31%	32%	34%	35%	28%	30%	32%	28%	31%	31%
Hardly any	19%	21%	18%	16%	17%	22%	20%	21%	15%	15%	17%
None at all	8%	9%	7%	5%	8%	8%	11%	9%	5%	6%	7%
Not sure	20%	20%	20%	14%	17%	22%	25%	18%	26%	20%	21%
Totals	99%	101%	100%	99%	100%	100%	100%	100%	100%	99%	100%
Unweighted N	(1,968)	(902)	(1,066)	(397)	(484)	(644)	(443)	(1,406)	(250)	(170)	(142)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
A great deal	8%	11%	9%	6%	13%	4%	10%	8%	9%	10%	9%	7%	9%
A lot	13%	21%	10%	7%	19%	6%	12%	13%	12%	8%	17%	11%	17%
Some	31%	32%	31%	31%	35%	30%	28%	34%	39%	31%	33%	30%	32%
Hardly any	19%	14%	19%	25%	15%	28%	17%	24%	20%	23%	16%	21%	16%
None at all	8%	6%	6%	13%	5%	13%	8%	9%	9%	7%	6%	9%	9%
Not sure	20%	16%	24%	19%	13%	19%	26%	11%	11%	21%	19%	21%	17%
Totals	99%	100%	99%	101%	100%	100%	101%	99%	100%	100%	100%	99%	100%
Unweighted N	(1,968)	(730)	(694)	(544)	(747)	(664)	(762)	(586)	(429)	(356)	(370)	(755)	(487)

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30. Embarrassment and Menstrual Periods

Have you ever felt embarrassed about your menstrual period?

Among women who have ever had a period

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	55%	*	55%	44%	51%	65%	57%	55%	61%	*	*
No	41%	*	41%	54%	45%	33%	38%	42%	36%	*	*
Prefer not to say	3%	*	3%	2%	4%	2%	5%	3%	3%	*	*
Totals	99%	*	99%	100%	100%	100%	100%	100%	100%	*	*
Unweighted N	(1,005)	(0)	(1,005)	(189)	(246)	(343)	(227)	(707)	(135)	(99)	(64)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	55%	60%	55%	51%	62%	52%	58%	54%	56%	52%	60%	59%	48%
No	41%	38%	41%	47%	35%	45%	40%	43%	43%	45%	40%	37%	47%
Prefer not to say	3%	3%	4%	2%	3%	3%	3%	3%	0%	2%	0%	4%	5%
Totals	99%	101%	100%	100%	100%	100%	101%	100%	99%	99%	100%	100%	100%
Unweighted N	(1,005)	(405)	(327)	(273)	(431)	(293)	(446)	(278)	(188)	(164)	(183)	(408)	(250)

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31. Know Someone With Reproductive Health Issues

Do you personally know anyone — including yourself, friends, or family members — who has ever been diagnosed with the following? Select all that apply.

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Endometriosis	21%	11%	30%	11%	17%	26%	27%	25%	10%	*	*
Uterine fibroids	19%	9%	28%	7%	16%	24%	26%	20%	18%	*	*
Polycystic Ovary Syndrome (PCOS)	12%	6%	18%	12%	13%	14%	9%	13%	9%	*	*
Pelvic Inflammatory Disease (PID)	7%	6%	8%	6%	7%	9%	5%	7%	7%	*	*
Ovarian cysts	24%	16%	32%	14%	23%	30%	26%	26%	14%	*	*
Ovarian cancer	14%	12%	15%	9%	13%	13%	20%	14%	13%	*	*
Cervical cancer	11%	10%	13%	8%	11%	14%	10%	12%	11%	*	*
Endometrial cancer	6%	5%	6%	7%	8%	4%	5%	5%	5%	*	*
None of the above	36%	47%	26%	46%	35%	31%	35%	36%	40%	*	*
Not sure	12%	14%	10%	15%	13%	10%	10%	11%	11%	*	*
Unweighted N	(1,000)	(461)	(539)	(210)	(245)	(318)	(227)	(711)	(132)	(84)	(73)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Endometriosis	21%	24%	18%	22%	25%	26%	18%	24%	21%	16%	25%	23%	18%
Uterine fibroids	19%	20%	17%	19%	22%	21%	16%	24%	20%	14%	21%	20%	18%
Polycystic Ovary Syndrome (PCOS)	12%	13%	13%	10%	18%	12%	13%	12%	13%	12%	12%	13%	12%
Pelvic Inflammatory Disease (PID)	7%	9%	5%	8%	10%	5%	5%	9%	7%	5%	6%	8%	7%
Ovarian cysts	24%	22%	24%	25%	28%	26%	23%	24%	28%	18%	27%	26%	23%
Ovarian cancer	14%	13%	12%	16%	16%	15%	12%	15%	17%	15%	11%	15%	13%
Cervical cancer	11%	12%	11%	11%	15%	9%	12%	14%	9%	10%	12%	11%	11%

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	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Endometrial cancer	6%	7%	5%	5%	8%	4%	5%	7%	6%	3%	5%	6%	8%
None of the above	36%	35%	35%	38%	28%	40%	40%	29%	38%	40%	33%	37%	35%
Not sure	12%	9%	18%	7%	13%	7%	10%	13%	9%	14%	14%	9%	13%
Unweighted N	(1,000)	(375)	(347)	(278)	(382)	(337)	(396)	(291)	(214)	(182)	(191)	(379)	(248)

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32. Menopause Status

Are you currently...

Among women who have ever had a period

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Perimenopausal (going through transition into menopause)	9%	*	9%	3%	9%	18%	0%	9%	9%	*	*
Menopausal	11%	*	11%	2%	2%	22%	10%	10%	16%	*	*
Postmenopausal	32%	*	32%	2%	2%	40%	71%	40%	15%	*	*
None of the above	39%	*	39%	87%	71%	10%	12%	34%	46%	*	*
Not sure	7%	*	7%	4%	12%	9%	3%	6%	8%	*	*
Prefer not to say	2%	*	2%	2%	3%	1%	3%	2%	6%	*	*
Totals	100%	*	100%	100%	99%	100%	99%	101%	100%	*	*
Unweighted N	(1,004)	(0)	(1,004)	(189)	(244)	(344)	(227)	(706)	(135)	(99)	(64)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Perimenopausal (going through transition into menopause)	9%	10%	7%	9%	9%	8%	7%	11%	12%	10%	9%	8%	8%
Menopausal	11%	13%	9%	9%	12%	10%	13%	9%	10%	10%	12%	13%	7%
Postmenopausal	32%	28%	27%	44%	31%	50%	34%	36%	23%	23%	36%	34%	31%
None of the above	39%	40%	44%	31%	38%	27%	35%	38%	50%	49%	35%	35%	43%
Not sure	7%	6%	11%	4%	7%	4%	9%	5%	3%	5%	8%	7%	8%
Prefer not to say	2%	2%	2%	2%	2%	2%	2%	2%	1%	3%	0%	3%	3%
Totals	100%	99%	100%	99%	99%	101%	100%	101%	99%	100%	100%	100%	100%
Unweighted N	(1,004)	(405)	(327)	(272)	(429)	(293)	(446)	(278)	(187)	(164)	(184)	(408)	(248)

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33. Age Menstrual Periods Ended

At what age did your menstrual periods end?

Among women who do not currently have a period and are menopausal or postmenopausal

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Under 40 years old	14%	*	14%	*	*	13%	14%	13%	*	*	*
40 - 44	13%	*	13%	*	*	16%	10%	13%	*	*	*
45 - 49	19%	*	19%	*	*	20%	18%	19%	*	*	*
50 - 54	32%	*	32%	*	*	30%	35%	30%	*	*	*
55 - 59	15%	*	15%	*	*	15%	15%	15%	*	*	*
60 or older	4%	*	4%	*	*	3%	5%	5%	*	*	*
Not sure	3%	*	3%	*	*	2%	4%	3%	*	*	*
Prefer not to say	0%	*	0%	*	*	0%	0%	0%	*	*	*
Totals	100%	*	100%	*	*	99%	101%	98%	*	*	*
Unweighted N	(395)	(0)	(395)	(1)	(3)	(202)	(189)	(325)	(36)	(23)	(11)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Under 40 years old	14%	14%	13%	15%	10%	15%	18%	13%	*	*	*	18%	*
40 - 44	13%	12%	13%	13%	12%	14%	11%	20%	*	*	*	13%	*
45 - 49	19%	23%	18%	16%	21%	17%	21%	18%	*	*	*	20%	*
50 - 54	32%	32%	35%	30%	35%	31%	33%	23%	*	*	*	30%	*
55 - 59	15%	11%	16%	16%	13%	16%	11%	19%	*	*	*	11%	*
60 or older	4%	4%	1%	7%	4%	5%	3%	4%	*	*	*	6%	*
Not sure	3%	4%	2%	2%	3%	2%	2%	4%	*	*	*	3%	*
Prefer not to say	0%	0%	1%	0%	0%	0%	0%	1%	*	*	*	0%	*
Totals	100%	100%	99%	99%	98%	100%	99%	102%	*	*	*	101%	*
Unweighted N	(395)	(154)	(110)	(131)	(174)	(159)	(197)	(111)	(55)	(51)	(82)	(175)	(87)

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34. Age at Menopause

About how old were you when you entered menopause?

Among women who are menopausal or postmenopausal

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Under 40 years old	11%	*	11%	*	*	9%	11%	11%	*	*	*
40 - 44	14%	*	14%	*	*	19%	10%	14%	*	*	*
45 - 49	23%	*	23%	*	*	22%	24%	23%	*	*	*
50 - 54	30%	*	30%	*	*	32%	30%	29%	*	*	*
55 - 59	12%	*	12%	*	*	14%	10%	12%	*	*	*
60 or older	1%	*	1%	*	*	0%	2%	1%	*	*	*
Not sure	8%	*	8%	*	*	3%	13%	8%	*	*	*
Prefer not to say	0%	*	0%	*	*	1%	0%	0%	*	*	*
Totals	99%	*	99%	*	*	100%	100%	98%	*	*	*
Unweighted N	(423)	(0)	(423)	(9)	(11)	(214)	(189)	(341)	(39)	(30)	(13)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Under 40 years old	11%	8%	12%	13%	7%	13%	14%	11%	*	*	*	15%	*
40 - 44	14%	18%	11%	14%	16%	15%	11%	21%	*	*	*	16%	*
45 - 49	23%	26%	23%	21%	28%	21%	24%	19%	*	*	*	20%	*
50 - 54	30%	29%	31%	30%	29%	28%	30%	29%	*	*	*	31%	*
55 - 59	12%	9%	13%	13%	11%	13%	11%	11%	*	*	*	9%	*
60 or older	1%	1%	0%	1%	1%	1%	1%	1%	*	*	*	1%	*
Not sure	8%	8%	10%	6%	8%	9%	8%	7%	*	*	*	6%	*
Prefer not to say	0%	0%	0%	1%	0%	1%	1%	0%	*	*	*	1%	*
Totals	99%	99%	100%	99%	100%	101%	100%	99%	*	*	*	99%	*
Unweighted N	(423)	(168)	(118)	(137)	(184)	(166)	(210)	(119)	(62)	(56)	(85)	(188)	(94)

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35. Positive or Negative Experiences with Menopause

To what extent would you consider your experiences with menopause thus far to have been positive or negative?

Among women who are perimenopausal, menopausal, or postmenopausal

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very positive	10%	*	10%	*	*	6%	12%	10%	*	*	*
Somewhat positive	14%	*	14%	*	*	11%	17%	14%	*	*	*
Neither positive nor negative	34%	*	34%	*	*	32%	38%	35%	*	*	*
Somewhat negative	28%	*	28%	*	*	34%	24%	29%	*	*	*
Very negative	11%	*	11%	*	*	13%	8%	10%	*	*	*
Not sure	2%	*	2%	*	*	3%	1%	2%	*	*	*
Prefer not to say	1%	*	1%	*	*	0%	0%	0%	*	*	*
Totals	100%	*	100%	*	*	99%	100%	100%	*	*	*
Unweighted N	(515)	(0)	(515)	(17)	(32)	(276)	(190)	(403)	(52)	(39)	(21)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very positive	10%	12%	8%	8%	7%	14%	8%	13%	*	*	10%	10%	12%
Somewhat positive	14%	17%	11%	14%	15%	13%	16%	13%	*	*	12%	16%	13%
Neither positive nor negative	34%	28%	35%	40%	31%	38%	37%	34%	*	*	36%	33%	29%
Somewhat negative	28%	29%	29%	28%	34%	25%	26%	27%	*	*	30%	26%	34%
Very negative	11%	11%	15%	7%	11%	9%	11%	8%	*	*	11%	12%	8%
Not sure	2%	3%	2%	2%	2%	1%	2%	4%	*	*	1%	2%	3%
Prefer not to say	1%	0%	1%	1%	0%	0%	0%	0%	*	*	0%	1%	1%
Totals	100%	100%	101%	100%	100%	100%	100%	99%	*	*	100%	100%	100%
Unweighted N	(515)	(208)	(145)	(162)	(221)	(189)	(246)	(147)	(87)	(74)	(103)	(222)	(116)

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36. Menopause Symptoms

Have you experienced any symptoms related to menopause?

Among women who are perimenopausal, menopausal, or postmenopausal

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	72%	*	72%	*	*	82%	65%	74%	*	*	*
No	21%	*	21%	*	*	11%	30%	20%	*	*	*
Not sure	6%	*	6%	*	*	7%	5%	6%	*	*	*
Prefer not to say	1%	*	1%	*	*	1%	0%	0%	*	*	*
Totals	100%	*	100%	*	*	101%	100%	100%	*	*	*
Unweighted N	(513)	(0)	(513)	(16)	(32)	(275)	(190)	(401)	(52)	(39)	(21)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	72%	75%	74%	69%	79%	68%	74%	65%	*	*	78%	75%	65%
No	21%	18%	20%	26%	15%	29%	20%	26%	*	*	17%	18%	29%
Not sure	6%	7%	5%	5%	6%	3%	5%	7%	*	*	4%	6%	6%
Prefer not to say	1%	1%	2%	0%	0%	0%	0%	2%	*	*	0%	1%	1%
Totals	100%	101%	101%	100%	100%	100%	99%	100%	*	*	99%	100%	101%
Unweighted N	(513)	(207)	(144)	(162)	(220)	(189)	(246)	(145)	(87)	(74)	(103)	(221)	(115)

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37. Menopause Symptoms Experienced

Which of the following symptoms have you experienced as a result of menopause? Select all that apply.

Among women who have experienced menopause symptoms

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Hot flashes	81%	*	81%	*	*	85%	82%	82%	*	*	*
Night sweats	68%	*	68%	*	*	72%	64%	67%	*	*	*
Mood changes	56%	*	56%	*	*	60%	52%	55%	*	*	*
Vaginal dryness or discomfort	50%	*	50%	*	*	48%	59%	51%	*	*	*
Difficulty sleeping	57%	*	57%	*	*	62%	49%	56%	*	*	*
Memory problems	31%	*	31%	*	*	40%	18%	28%	*	*	*
Joint pain or stiffness	36%	*	36%	*	*	44%	21%	34%	*	*	*
Urinary symptoms	22%	*	22%	*	*	25%	15%	20%	*	*	*
Other	5%	*	5%	*	*	5%	3%	4%	*	*	*
None of the above	0%	*	0%	*	*	0%	1%	0%	*	*	*
Prefer not to say	0%	*	0%	*	*	0%	0%	0%	*	*	*
Unweighted N	(379)	(0)	(379)	(6)	(21)	(228)	(124)	(302)	(42)	(22)	(13)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Hot flashes	81%	78%	82%	85%	77%	85%	84%	*	*	*	*	82%	*
Night sweats	68%	66%	78%	62%	67%	64%	68%	*	*	*	*	65%	*
Mood changes	56%	57%	49%	62%	53%	59%	60%	*	*	*	*	57%	*
Vaginal dryness or discomfort	50%	51%	47%	51%	56%	48%	44%	*	*	*	*	48%	*
Difficulty sleeping	57%	60%	55%	57%	60%	54%	51%	*	*	*	*	58%	*
Memory problems	31%	28%	39%	27%	27%	28%	33%	*	*	*	*	36%	*

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	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Joint pain or stiffness	36%	30%	41%	37%	33%	33%	37%	*	*	*	*	37%	*
Urinary symptoms	22%	25%	22%	18%	22%	22%	23%	*	*	*	*	19%	*
Other	5%	5%	5%	5%	5%	4%	5%	*	*	*	*	6%	*
None of the above	0%	1%	1%	0%	1%	0%	0%	*	*	*	*	1%	*
Prefer not to say	0%	0%	0%	0%	0%	0%	0%	*	*	*	*	0%	*
Unweighted N	(379)	(154)	(109)	(116)	(174)	(132)	(186)	(97)	(72)	(52)	(83)	(167)	(77)

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38. Menopause Treatment

Have you used any of the following treatments to address symptoms related to menopause? Select all that apply.

Among women who are perimenopausal, menopausal, or postmenopausal

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Over-the-counter medication	25%	*	25%	*	*	26%	22%	24%	*	*	*
Hormone therapy	21%	*	21%	*	*	15%	28%	23%	*	*	*
Other prescription medications	14%	*	14%	*	*	15%	8%	11%	*	*	*
Lifestyle changes	17%	*	17%	*	*	21%	8%	15%	*	*	*
Other	2%	*	2%	*	*	2%	3%	2%	*	*	*
None of the above	48%	*	48%	*	*	49%	52%	49%	*	*	*
Prefer not to say	1%	*	1%	*	*	1%	0%	1%	*	*	*
Unweighted N	(514)	(0)	(514)	(16)	(32)	(276)	(190)	(402)	(52)	(39)	(21)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Over-the-counter medication	25%	28%	20%	25%	30%	25%	22%	31%	*	*	22%	26%	22%
Hormone therapy	21%	27%	17%	19%	25%	21%	13%	25%	*	*	24%	23%	20%
Other prescription medications	14%	18%	10%	12%	16%	13%	14%	12%	*	*	15%	11%	19%
Lifestyle changes	17%	27%	12%	12%	23%	12%	17%	17%	*	*	15%	16%	20%
Other	2%	1%	4%	2%	2%	3%	2%	3%	*	*	1%	3%	4%
None of the above	48%	41%	53%	49%	44%	47%	56%	42%	*	*	50%	46%	43%
Prefer not to say	1%	0%	1%	2%	0%	1%	1%	1%	*	*	1%	1%	0%
Unweighted N	(514)	(207)	(145)	(162)	(220)	(189)	(246)	(146)	(87)	(74)	(103)	(222)	(115)

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39. Stigma Around Menopause

How much stigma, if any, would you say there currently is around menopause in the United States?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
A great deal	10%	*	10%	15%	8%	11%	6%	8%	12%	13%	*
A lot	14%	*	14%	12%	15%	15%	14%	13%	17%	13%	*
Some	31%	*	31%	30%	32%	35%	26%	33%	26%	29%	*
Hardly any	18%	*	18%	16%	19%	14%	26%	21%	10%	18%	*
None at all	9%	*	9%	10%	8%	7%	11%	9%	9%	5%	*
Not sure	18%	*	19%	17%	18%	19%	17%	15%	27%	23%	*
Totals	100%	*	101%	100%	100%	101%	100%	99%	101%	101%	*
Unweighted N	(1,068)	(64)	(1,004)	(209)	(278)	(354)	(227)	(749)	(147)	(106)	(66)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
A great deal	10%	15%	8%	6%	16%	5%	10%	9%	14%	11%	12%	10%	8%
A lot	14%	20%	11%	10%	20%	9%	14%	12%	14%	11%	16%	13%	17%
Some	31%	31%	34%	28%	32%	27%	27%	37%	36%	30%	32%	32%	29%
Hardly any	18%	15%	15%	26%	15%	28%	16%	21%	22%	17%	15%	19%	22%
None at all	9%	6%	7%	15%	4%	16%	10%	8%	7%	9%	7%	9%	9%
Not sure	18%	13%	24%	16%	13%	15%	23%	13%	6%	22%	18%	17%	15%
Totals	100%	100%	99%	101%	100%	100%	100%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,068)	(442)	(336)	(290)	(458)	(315)	(463)	(293)	(215)	(180)	(190)	(424)	(274)

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40. Embarrassment and Menopause

Have you ever felt embarrassed about going through menopause?

Among women who are menopausal or postmenopausal

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	18%	*	18%	*	*	22%	12%	15%	*	*	*
No	81%	*	81%	*	*	76%	88%	85%	*	*	*
Prefer not to say	1%	*	1%	*	*	2%	0%	0%	*	*	*
Totals	100%	*	100%	*	*	100%	100%	100%	*	*	*
Unweighted N	(421)	(0)	(421)	(9)	(11)	(213)	(188)	(339)	(39)	(30)	(13)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	18%	21%	20%	13%	23%	13%	20%	13%	*	*	*	14%	*
No	81%	79%	77%	86%	76%	87%	80%	84%	*	*	*	84%	*
Prefer not to say	1%	0%	2%	1%	1%	0%	0%	3%	*	*	*	2%	*
Totals	100%	100%	99%	100%	100%	100%	100%	100%	*	*	*	100%	*
Unweighted N	(421)	(168)	(117)	(136)	(184)	(165)	(209)	(118)	(62)	(56)	(85)	(186)	(94)

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Interviewing Dates	March 7 - 13, 2023 March 8 - 12, 2023
Target population	U.S. citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, geographic region, and voter registration) was selected from the 2019 American Community Survey.
Weighting	The sample was weighted according to gender, age, race, education, 2020 election turnout and Presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. Baseline party identification is the respondent's most recent answer given prior to March 15, 2022, and is weighted to the estimated distribution at that time (33% Democratic, 28% Republican). The weights range from 0.364 to 4.942, with a mean of 1 and a standard deviation of 0.381.
Number of respondents	2000
Margin of error	± 2.3% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	50 questions not reported.