



# **Regional Australia Menstrual Health Survey 2023**

## **Context**

Modibodi wanted to understand how periods were managed by people living in regional Australia and if period management was experienced differently than in urban areas. Our research was designed to start a conversation on the experiences of regional women, girls and those who menstruate. For our part ensuring our products are accessible and information on reusable period products is easily available.

## **Results**

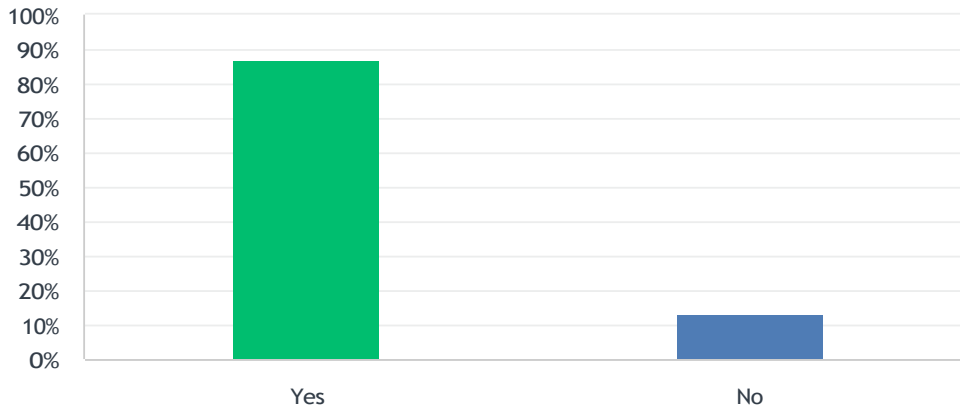
The full survey results have been shared with government and menstrual health academics to continue a conversation on the needs of people living regionally. It can be used to inform further research to address menstrual health in non-urban areas.

## **Survey Boundaries**

- Data was collected online via a Survey Monkey online survey. There were 21 questions in total.
- The survey was open to rural/regional/remote participants who menstruate in Australia.
- Respondents were recruited online via the Modibodi website and through partners sharing the survey.
- The survey was open from 6<sup>th</sup> March to 21<sup>st</sup> May and from 20<sup>th</sup> June to 5<sup>th</sup> September 2023.
- 436 respondents submitted answers with a 84% completion rate.
- The age of respondents ranged from under 18 to over 52, with over 54% of respondents aged 25-40.
- 98% of respondents identified as female, 1% as male and 1% chose not to disclose.
- Respondents came from all States and the Northern Territory, there were no respondents from the ACT.
- Respondents were asked to answer the survey based on their experience over the past three months.

## Q1 Are you located outside a Capital City?

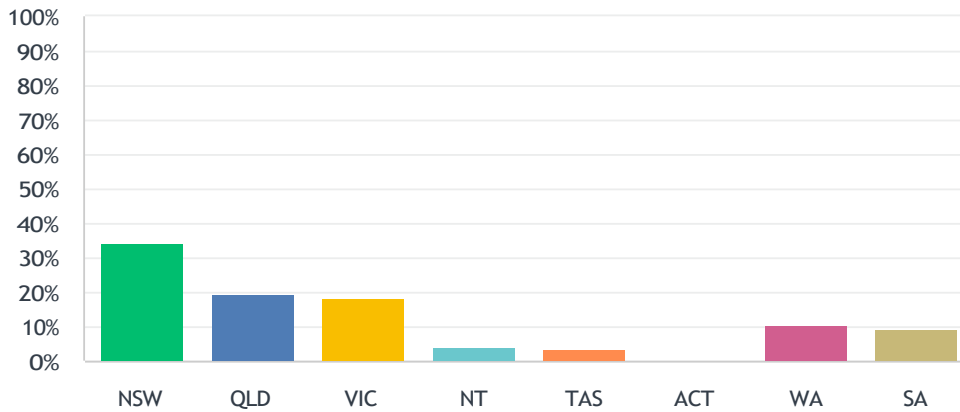
Answered: 436 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	86.93%	379
No	13.07%	57
TOTAL		436

## Q2 Which state do you live in?

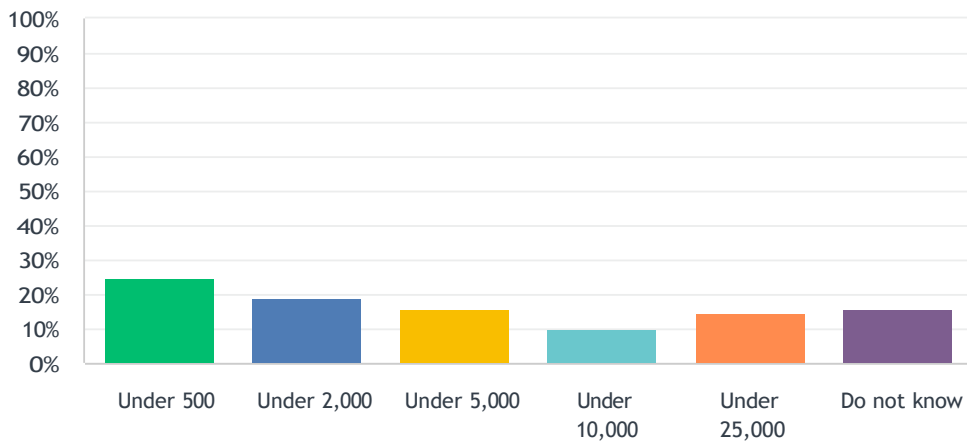
Answered: 315 Skipped: 121



ANSWER CHOICES	RESPONSES	
NSW	33.97%	107
QLD	19.37%	61
VIC	18.41%	58
NT	4.44%	14
TAS	3.81%	12
ACT	0.00%	0
WA	10.48%	33
SA	9.52%	30
TOTAL		315

### Q3 What is the approximate population of your town?

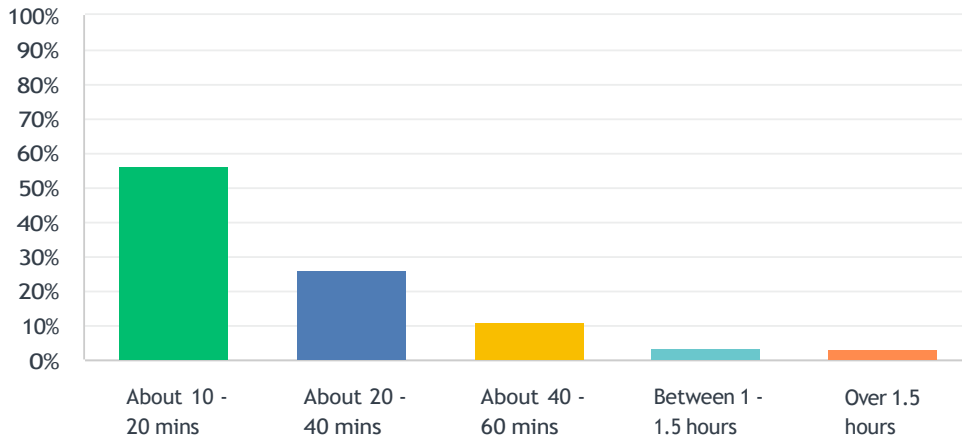
Answered: 315 Skipped: 121



ANSWER CHOICES	RESPONSES	
Under 500	24.76%	78
Under 2,000	19.05%	60
Under 5,000	15.56%	49
Under 10,000	9.84%	31
Under 25,000	14.92%	47
Do not know	15.87%	50
<b>TOTAL</b>		<b>315</b>

## Q4 Approximately how many minutes would it take to drive to a store that could stock period products?

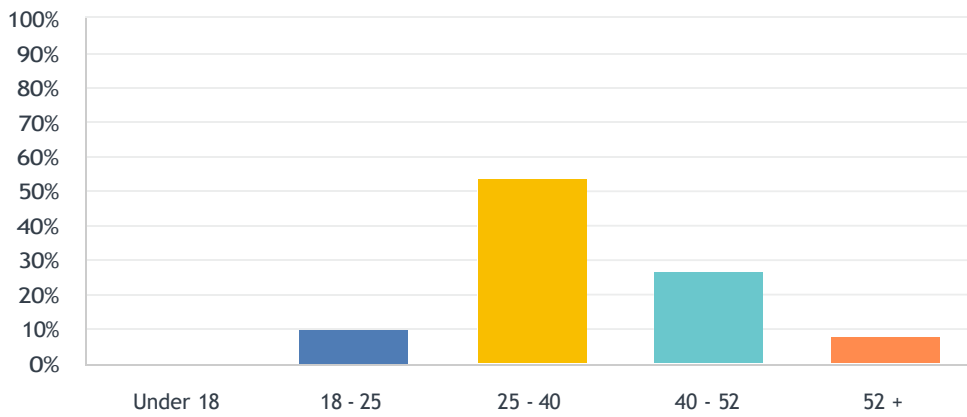
Answered: 315 Skipped: 121



ANSWER CHOICES	RESPONSES	
About 10 - 20 mins	56.19%	177
About 20 - 40 mins	26.35%	83
About 40 - 60 mins	10.79%	34
Between 1 - 1.5 hours	3.49%	11
Over 1.5 hours	3.17%	10
<b>TOTAL</b>		<b>315</b>

# Q5 How old are you?

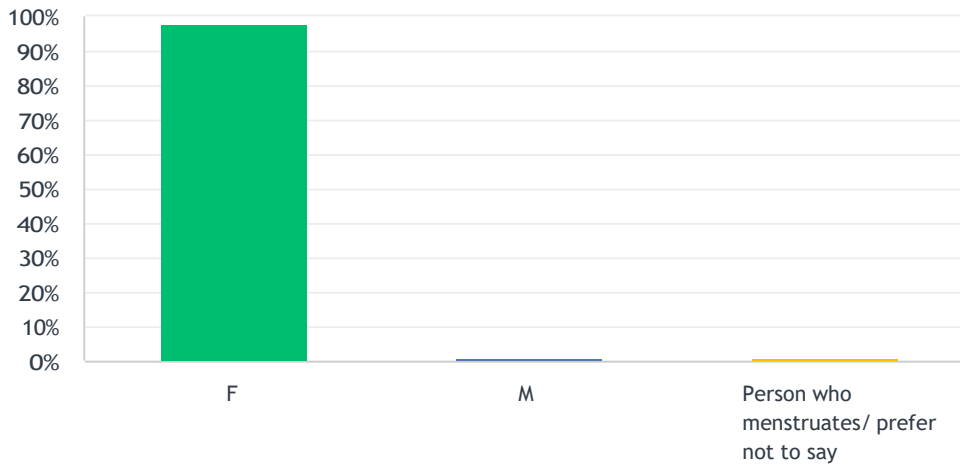
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ANSWER CHOICES	RESPONSES	
Under 18	3.49%	11
18 - 25	8.25%	26
25 - 40	53.65%	169
40 - 52	26.67%	84
52 +	7.94%	25
<b>TOTAL</b>		<b>315</b>

## Q6 What is your gender?

Answered: 315 Skipped: 121

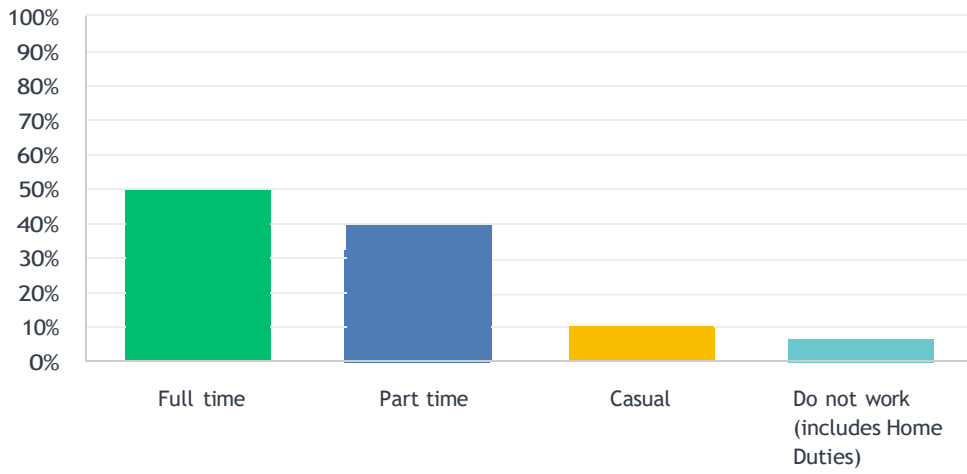


ANSWER CHOICES	RESPONSES	
F	98.10%	309
M	0.95%	3
Person who menstruates/ prefer not to say	0.95%	3
<b>TOTAL</b>		<b>315</b>



## Q7 What is your employment status?

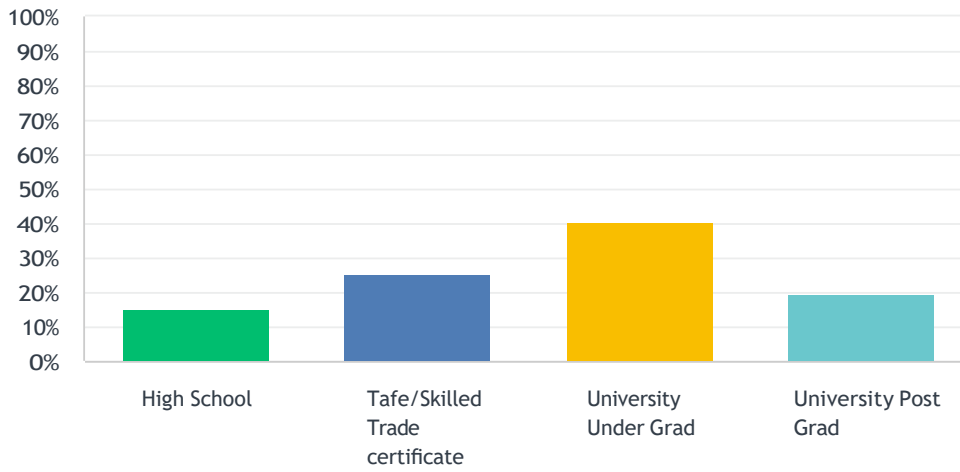
Answered: 315 Skipped: 121



ANSWER CHOICES	RESPONSES	
Full time	48.57%	153
Part time	33.02%	104
Casual	10.79%	34
Do not work (includes Home Duties)	7.62%	24
<b>TOTAL</b>		<b>315</b>

## Q8 What is your highest education level?

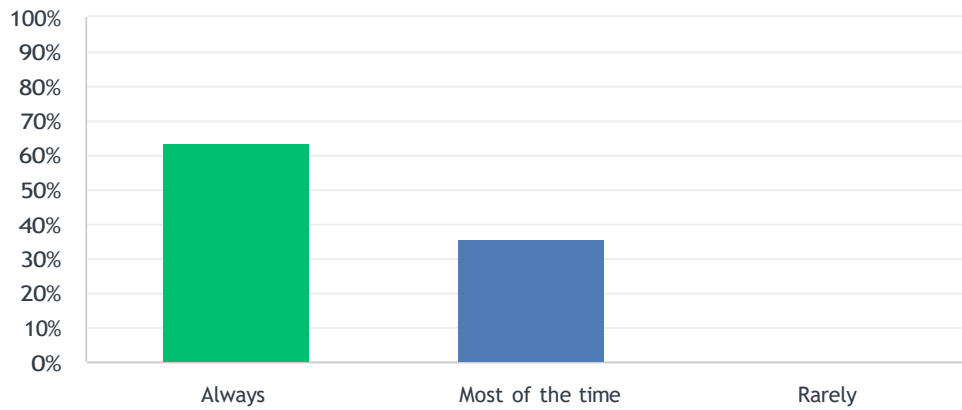
Answered: 315 Skipped: 121



ANSWER CHOICES	RESPONSES	
High School	15.24%	48
Tafe/Skilled Trade certificate	25.08%	79
University Under Grad	40.32%	127
University Post Grad	19.37%	61
<b>TOTAL</b>		<b>315</b>

## Q9 Over the past 3 months could you access period care products when you needed them?

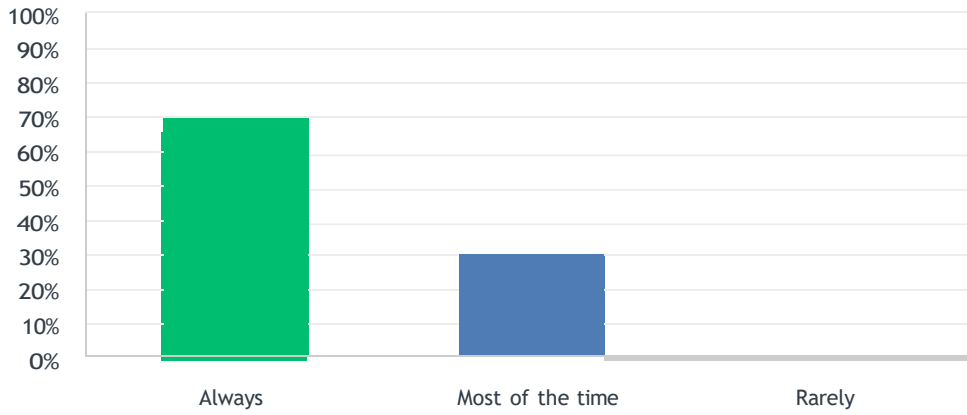
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ANSWER CHOICES	RESPONSES	
Always	63.81%	201
Most of the time	35.56%	112
Rarely	0.63%	2
<b>TOTAL</b>		<b>315</b>

### Q10 Over the past 3 months were you able to afford enough period care products to change them as often as you wanted?

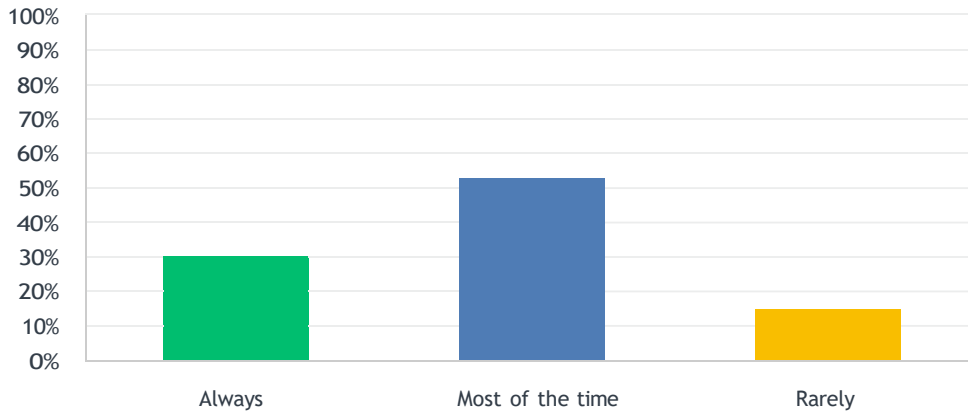
Answered: 315 Skipped: 121



ANSWER CHOICES	RESPONSES	
Always	66.67%	210
Most of the time	31.75%	100
Rarely	1.59%	5
<b>TOTAL</b>		<b>315</b>

### Q11 Over the past 3 months did you feel that the cost of period care products was affordable to you?

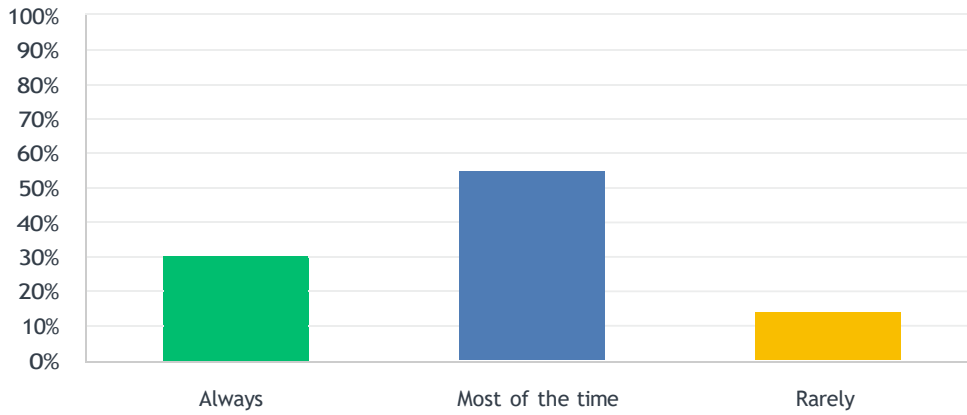
Answered: 315 Skipped: 121



ANSWER CHOICES	RESPONSES	
Always	31.75%	100
Most of the time	53.02%	167
Rarely	15.24%	48
<b>TOTAL</b>		<b>315</b>

## Q12 Over the past 3 months were you able to purchase the period care products (types or brands) that you would most like to use?

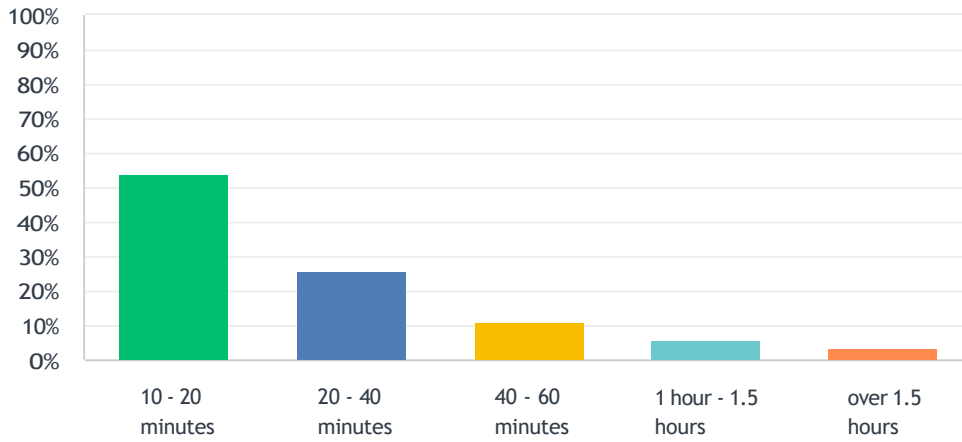
Answered: 315 Skipped: 121



ANSWER CHOICES	RESPONSES	
Always	30.79%	97
Most of the time	55.24%	174
Rarely	13.97%	44
<b>TOTAL</b>		<b>315</b>

### Q13 Over the past 3 months how long would you need to travel to reach a store with available period care products?

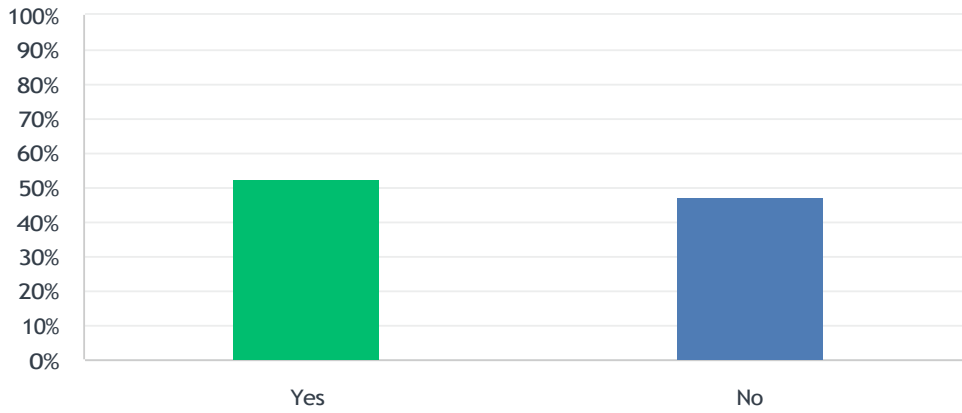
Answered: 315 Skipped: 121



ANSWER CHOICES	RESPONSES	
10 - 20 minutes	53.97%	170
20 - 40 minutes	25.71%	81
40 - 60 minutes	10.79%	34
1 hour - 1.5 hours	5.71%	18
over 1.5 hours	3.81%	12
<b>TOTAL</b>		<b>315</b>

### Q14 Do you think managing your menstrual cycle is different because you live regionally?

Answered: 315 Skipped: 121



ANSWER CHOICES	RESPONSES	
Yes	52.38%	165
No	47.62%	150
TOTAL		315



## Q15 If yes, please explain why

Answered: 152 Skipped: 284

#	RESPONSES	DATE
1	I need to make sure I am prepared with enough period products and I also need to make sure that I track my period well, and am aware of mood swings etc. What I mean is that when you are very isolated and lonely, and you get PMS (without knowing that it is PMS) you can have some bad days, all on your own. If you know it is just PMS, then that helps a bit.	9/5/2023 10:02 AM
2	Things are expensive, and understand times are tough for everyone. But nearly 20 bucks for a box of tampons is ridiculous.	8/30/2023 8:42 PM
3	I rely a lot on reusable solutions to negate having to worry about keeping a supply of disposable products	8/10/2023 9:10 PM
4	Product breadth at stores is more limited and more expensive than in the city. Stores have limited opening hours (eg. earlier weekday closing hours, closed half day Saturday and all day Sunday). Less public toilets available - further to travel to use public toilets and if and when you do locate them, they generally don't have sanitary disposal units because it is expensive in the regions to have the company's travelling to service them. Further, if you need to see a GP or gyno in relation to your menstrual cycle, it is extremely difficult to obtain an appointment due to high demand and limited practitioners and also involves long distance travel to get to a specialist. When we do travel long distances, this is again a burden on menstrual cycle - especially those with heavy flow needing to stop frequently and try and find public amenities to change.	8/7/2023 1:49 PM
5	This issue doesn't affect me so much personally, as I use reusable menstrual products so always have them on hand. However I often notice products out of stock on the shelf in our local supermarket. I am also aware of price increases on these items so I am concerned for the women in my community who use disposable menstrual products.	8/7/2023 11:40 AM
6	Lack of supplies and lack of choice	8/6/2023 8:22 PM
7	We can't get the types of pads ect we want all the time so need to either do subscriptions with companies and pay shipping or use something less comfy. Cost for items seems to be more so I will at times wait till I am in the city for work and buy there where I have more options for cheaper.	8/6/2023 10:55 AM
8	N/a	8/5/2023 7:29 AM
9	Living rurally means there are less stores that stock the products I use. I have found I have often had to order online and even then it was difficult find the stock I needed.	8/4/2023 8:39 AM
10	Need to plan ahead a lot more because the shops are not close. If shop doesnt have what you need, too bad, not a lot of other options, too far to drive to try different shop. Range of available products is smaller	8/3/2023 3:07 PM
11	I have the rod to help minimise cramps and regulate my cycle to make it more predictable for work, and I have changed to using menstrual cups because I typically do not have access to a bathroom during the day to change other products	8/3/2023 9:50 AM
12	A lot more planning goes into shopping, and I have begun using reusable items such as period underwear, as once I have them I don't need to worry about running out while I'm in the middle of nowhere. I also find it more difficult to manage my symptoms as my work involves manual labour, and I can experience quite extreme cramps and nausea.	8/3/2023 9:38 AM
13	You have to be prepared/think ahead and stock up as you can't just pop to the shop to get some. I work locally and live on a property so I have to have menstrual items in multiple places e.g. car glovebox, work bag, bathroom so I'm ready no matter whether I'm in the house, paddock, at work or travelling somewhere.	8/2/2023 9:53 PM
14	You need to stock up on products.	8/2/2023 9:50 PM
15	I've used the same brand of tampax tampons for more than 15 years, after an extremely stressful & painful time when I miss carried several pregnancies & had issues with "normal" tampons...all of a sudden I couldn't buy yhem & the anxiety I felt for months was crippling, I hate pads, can't stand seeing the blood because it reminds me of my horrendous	8/2/2023 9:48 PM

## Modibodi's Regional Australia Menstrual Health Survey

miscarriages & the appalling treatment I received in regional health facilities during that period

16	You generally have to stock up	8/2/2023 7:51 PM
17	sometimes having to travel specifically to purchase period products is not great. Since I bought the modi bodi period knickers I have not looked back.	8/2/2023 6:06 PM
18	I actually had a full hysterectomy 2 years ago at age 47 due to stage 5 endometriosis. My specialist was 2 hours away. I had to see her every 4 weeks for a year before I underwent the surgery. Hundreds of hours on the roads and dollars spent on fuel and wear and tear of my car was insane. With very little support in regional communities, it was hard to keep going and many times I just cried from sheer exhaustion and being able to find chemists let alone a supermarket that stocked suitable period supplies for my situation. I'm talking heavy flow products as well as packs of knickers for when you were caught out. I felt so alone and ostracized in what I now know was a quite a common situation. We are getting there but there needs to be so much more acceptance and taboo removed from women's health in regional communities. Very rarely are we spoilt with choice of what to choose to deal with whatever situation we may find ourselves in. Having to buy second hand undies from an op shop when I was caught out was awful! I hope you really take this far and wide. I have bought Modibodi (100kms away though!) for my teenage girls and they have been a game changer!	8/2/2023 2:33 PM
19	Can't just duck home on your lunch break to deal with it in the comfort and privacy of your own home.. have to deal with it, and be heard in public restrooms	8/2/2023 11:29 AM
20	I have endometriosis and polycystic cysts. Getting access to good gynecologists to assist with this is very difficult and makes menstruating each month very difficult to deal with, without professional assistance.	8/2/2023 11:01 AM
21	Sitgma around talking openly around using different products like moon cups or period undies. Access to healthcare specialists for heavy periods have a long wait time.	8/2/2023 10:39 AM
22	As I work outdoors, I had to rethink my period days when I worked with males	8/2/2023 10:24 AM
23	I feel the cost is higher and the options are less to access them. In the city they are always on sale somewhere and there are lots of options; here, unless we want to order something specific online and wait (and incur the additional shipping also) we have to just buy what's available at the time	8/2/2023 9:17 AM
24	Variety of products is less than the city and cost is higher	8/2/2023 8:56 AM
25	Sometimes the brands you're used to are not available and I think they are a little more expensive.	8/2/2023 8:35 AM
26	I get all my period products delivered e.g undies, menstrual cup or the pill. Delivery times are a lot longer so I have to plan ahead	8/2/2023 8:31 AM
27	You have to make sure that you stock up on enough products when you have the opportunity to, and make sure you are using them appropriately so you don't run out. Same thing but with pain relief also. As a rural woman with endometriosis and working on a full time basis, you can't just take time off work when you are heavily bleeding or in agony	8/2/2023 8:18 AM
28	Price mainly	8/2/2023 8:15 AM
29	Sometimes it isn't always possible to get to town and when I do they don't always have what I would like to use. I love your products but wish you have more variety in larger sizes for all flow types	8/2/2023 8:06 AM
30	I need to have ample supply as I can't just pop down to the shop to grab some when I run out.	8/2/2023 8:06 AM
31	You always need to be prepared	8/2/2023 8:03 AM
32	Supermarkets regionally do not carry the same range as city stores. Often products I prefer are out of stock - whether this is to do with Covid-hangover or other transport issues I'm not sure. Prices are also higher regionally.	8/1/2023 7:04 PM
33	Being in a rural town @ 400k from Sydney products may not be on shelves when you want them, so you buy as you see them not when you need them. If that means that you have to go without meat or another high cost item to pay when it wasn't budgeted, then that's what you do.	7/22/2023 11:58 AM
34	I have both endometriosis and polycystic ovaries, when being clinically assessed and diagnosed I was sent to Australian cities (capitals) for assistance given the lack of	7/19/2023 3:36 PM

## Modibodi's Regional Australia Menstrual Health Survey

expertise and care available to me in my hometown region. Managing my period prior to this and ever since in my hometown is somewhat manageable but not the the extent I would be satisfied by.

35	stores close earlier where I live, so need to ensure that I m well prepared.	7/19/2023 8:48 AM
36	Choice, cost	7/14/2023 12:21 PM
37	I need to be prepared in advance for months in advance. I need to track my cycle as well as possible as I can be remote in a paddock on a motorbike for 6-8 hours a day. My schedule may need to change due to my period as I don't have access to toilet/washing facilities for hours a day. Can be frustrating	7/12/2023 11:27 AM
38	Due to not having rubbish collection, thought must go into the logistics of having menstrual products sitting in a bin until a time I am able to drive them to the local tip (40min+) Local chemist and woolworths do not stock all brands, sizes etc of reusable products so I have to travel 2+ hrs to purchase these preferred brands (or online)	7/10/2023 5:06 PM
39	.	7/9/2023 10:18 AM
40	There's not the same understanding of modern options for managing periods in regional areas. Especially for young people, there is not access to the range of products that there are in the city and the prices are more expensive.	7/7/2023 12:12 PM
41	Need to be organised and have product at home as you may not be near a shop during your cycle. I always buy product when it's on special to save money.	7/7/2023 7:58 AM
42	It's different because while using modibodi is life changing, I either need to order online or travel 1 hour each way (75km) to a stockist. Managing my cycle requires a lot more thought & planning than it probably would for someone who lives in metro areas.	7/5/2023 8:27 PM
43	There's supply issues with many brands. Our local IGA is great but they don't always have the type of products I require. When I visit family in the city, their supermarket shelves in that section of the supermarket are full	7/4/2023 8:15 AM
44	Living so far out of town, we just can't hop in the car every time we need something. It costs around \$22 in fuel to go to town, as well as over an hour and half in time	7/3/2023 6:37 PM
45	I am often out at farms for my job where it becomes an issue to change my product if required. I need to think about disposal, amount to take out and finding a private space to change	7/3/2023 8:25 AM
46	You have to be organised, you can't just pop to the shops to buy supplies.	6/30/2023 10:11 PM
47	Women's health doctors are less available and whilst period products are accessible for me, they are expensive from the local store. To get them at a cost effective price, I need to travel for ~1.5hours	6/30/2023 5:48 PM
48	I use period underwear now. Save needing to purchase pads	6/30/2023 4:50 PM
49	the distances to travel are longer and toilet access is further apart. The products are dearer regionally than they are in the city	6/30/2023 1:17 PM
50	Access to menstrual products is not a problem but access to professional medical providers is difficult living regionally.	6/30/2023 12:19 PM
51	I have endometriosis and have difficulties in accessing GP appointments	6/30/2023 8:52 AM
52	Don't have the choice bigger places have. Also more expensive	6/30/2023 4:46 AM
53	Harder to access proper support when needed.	6/29/2023 8:53 PM
54	you cannot buy at shop (even if it was available) because you know the people and don't want to bump into someone you know .. when I lived in Brisbane I would go into other suburbs to buy health products to keep my anonymity	6/29/2023 5:47 PM
55	because if you have menstrual issues such as endometriosis it is a long wait to access a GP let alone see a specialist	6/25/2023 4:51 PM
56	Not so much where I live now but I have lived in very remote cattle stations and Aboriginal communities where access to menstrual products is very limited. Thank goodness for online shopping!	6/25/2023 4:08 PM
57	We don't have much access to a wide range of period care products which means I can only use in brand	6/24/2023 7:44 PM
58	products are always in pink or gendered packaging and i get weird looks from people	6/23/2023 12:14 PM

## Modibodi's Regional Australia Menstrual Health Survey

because im on a low dose of testosterone and look very androgynous. Stores also dont carry a big range and they are still quite pricey. Even this survey specifically talks about women and girls, yet says "people who menstruate" but also lumps that with "prefer not to say". Why not specify non-binary as an option? prefer not to say and person who menstruates should also be two seperate options.

59	When you grow up in a small town in is really embarrassing to go to a local store. if you live with step dad or some other hard situation its hard to ask. if you live rurally and you catch the bus to high school and you parents only shop fortnightly it can be difficult and you get caught out.	6/22/2023 3:06 PM
60	Needing to stock up when I am in a metro area, to avoid paying 3 times the price in the local town I live in.	6/21/2023 3:49 PM
61	plan ahead, knowing that might not be accessible due to store closure etc.	6/21/2023 3:39 PM
62	Because products are not readily available/within a close distance.	6/21/2023 10:11 AM
63	Supply is not on hand all of the time	5/21/2023 4:07 AM
64	Less public transport available for people who do not drive and there is no option of same day delivery. Generally, smaller towns have a small general store and the markup cost of period products can sometimes be up to triple the amount paid at a big chain supermarket. As a teen, there is also the added "embarrassment/shame" of buying period products from the man who owns the small shop, who has known you your whole life.	5/18/2023 9:04 PM
65	You have to be moer prepared keeping suppliers	5/18/2023 1:36 AM
66	Because I need to have a big supply of products to last my whole period at all times. The supermarket run may not happen for 3 weeks, and 'ducking down to the shops' is not a thing because there arent any shops. Places like servos dont stock products I can use as my skin reacts to most pads and I have never been able to use tampons. Along with always having a supply of products, it is also costly to buy what I need, so most times I hold off buying until they come on sale.	5/9/2023 9:28 PM
67	For others living around small towns, they may not be able to keep a supply of desired products, whether it is the ability to store them or the ability to pay for them.	5/5/2023 4:12 PM
68	Products are more costly in remote areas, especially as a student who works casually	5/3/2023 8:16 PM
69	Have to be organised	5/3/2023 11:28 AM
70	Managing my period as a man in a regional area is. Difficult. To say the least. I can't use period care products like pads or tampons because no mens bathrooms have sanitary bins, and I can't buy period underwear because they barely exist out here and even if they did it's all for women. I'm forced to buy online because it's the only way I'll ever get something that works for me, but even then my options are pretty limited. I have a heavy flow and I don't really like cutesy patterns so the ones that Modibodi currently sells won't work for me, so I'm basically shit out of luck as usual. It just sort of comes off as a tokenistic gesture to make one pair of period shorts in one specific pattern for one specific type of trans guy, while women get a huge range to choose from in a huge range of absorbencies.	4/28/2023 7:45 PM
71	i feel that your body works with what is around.	4/18/2023 9:00 PM
72	- Ag Work - long days, hard work, difficult to find the right products	4/15/2023 7:20 PM
73	When out on the farm all day with no access to proper bathroom facilities can be very pdifficult to change tampons and pads. One reason I prefer period underwear and cups because they don't need to be changed during the day.	4/11/2023 2:49 PM
74	Access & range is often limited in store and preparation / planned news needs to be considered if buying online (ie shipping time)	4/8/2023 10:39 PM
75	Need to have adequate supplies (and contraceptive pills subscription) on hand for when working long hours during seeding harvest (12-14 hour days, for several weeks straight)	4/2/2023 9:27 PM
76	Its not as convenient or easy tonnage while living regionally/remote. A lot of the time ypu live 40+ minutes from the store. Sometimes even half a day away. And as the closest towns are generally small with only convenience stores there isn't always the things ypu need. If ypu can find period products 90% of the time they aren't ypur proffered brand or they dont have the amount ypu need to stock up to get ypu by until ypur next town trip. And if you do uave the amount you need tou then have to manage it while ypur remote. Some days ypur doung a 12 hour day no where near bathroom's or anything so you then have to try change and them store the plspiled danitary products until your home. Or make the decision to use the same one for the day and risk bleeding through.	3/30/2023 10:45 AM

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77	You don't always have access to a toilet, it can be hard to work with blokes all day and 'sneak' off to change your tampon or pad or even empty your period cup. It looks weird taking your drink bottle with you so you can wash your hands or period cup behind a tree and your constantly looking over your shoulder wondering if someone is going to see you. Being a female is hard and having your period can be challenging but it's something that we have learned to live with	3/30/2023 8:37 AM
78	I would always skip my period because it was inconvenient for my job or I didn't have the necessary products at home	3/29/2023 11:35 PM
79	Because when I need period products I have to drive more than 20 minutes to get to a shop to buy them. This is problematic if it is urgent/unexpected and it also then costs additional money due to fuel expense to drive to town.	3/28/2023 9:12 PM
80	Access to products can be difficult with many products out of stock and limited opening hours means can't always access when need to.	3/28/2023 2:37 PM
81	We are very limited to what products we can buy	3/28/2023 10:35 AM
82	I have no idea of the new options available to me. We just found out about menstrual panties for my daughter. We were told about menstrual cups. But how do you use them? More education on new products and their usage is needed.	3/26/2023 4:19 PM
83	You may be on a horse or riding a bike in the middle of a paddock, picking up fleeces in a shearing shed or running around the cattle yards when Aunty flow comes around. You may only have stores come out to you once a week that may or may not contain the items you need. You have to be prepared for any situation where you may get it. Getting products like underwater and cups are more hygienic than having to change a tampon or pad in the outback.	3/26/2023 2:22 PM
84	My job is not office based, so access to toilets is difficult. Do a lot of changing on the side of road/in gravel pits	3/26/2023 10:53 AM
85	I have to make sure I always have a supply of pads/tampons in the cupboard - we go to town once a fortnight and it's a two hour round trip, there's no such thing as popping out to the supermarket if you've forgotten to keep an eye on the calendar!	3/25/2023 1:46 PM
86	Required gynaecologist management and the wait time for an appointment is ridiculous, with the lack of specialists servicing our area you either have to travel to the city for an earlier appointment (3hr each way) or wait longer. Then to have the d&c and mirena was a trip to Melbourne as it was going to be months before a local surgery day was available	3/24/2023 6:59 AM
87	I have to make sure I have products on hand. As I can't duck to the shops to get them.	3/22/2023 11:04 PM
88	when younger living in remote qld you always had to have a big stock pile of products as never knew when next going to town. never felt comfortable to ask others to get products.	3/22/2023 10:35 PM
89	Need to always keep on hand in case you run out can't just go to the shops	3/22/2023 10:02 PM
90	Yes, we don't have a selection of stores to choose from and therefore restricted in range, brand.	3/22/2023 9:58 PM
91	I use period undies now, just easier and less stressful to find products that I need.	3/22/2023 9:33 PM
92	If I need pain relief and have run out at home I can't access it instantly. I need to drive into town which has to factor in family (young kids) and cost of fuel etc often meaning I would delay going in and out up with the pain.	3/22/2023 9:16 PM
93	I have to plan ahead and always have products on hand since I live 30mins from the closest store.	3/22/2023 9:00 PM
94	Because if you forget to buy them or you run out it's longer to the shops to get them and they aren't open as late as city stores	3/22/2023 6:05 PM
95	Disposal of products as we	3/22/2023 4:51 PM
96	Less access to reusable products, and having to pay shipping (often inflated) increases the overall product price	3/22/2023 4:19 PM
97	Always working out when the next period is due to try and have enough supplies on hand so I don't have to rush out for supplies that aren't what I want	3/21/2023 2:56 PM
98	Accessibility to products I prefer and at a cost I'm willing to pay for. Waste management and accessibility to green options drive my choices.	3/21/2023 2:40 PM
99	The range of reusable & organic products was a very slow up take. A lot also towards liners	3/20/2023 11:42 AM

## Modibodi's Regional Australia Menstrual Health Survey

& leakage /or super flow. Regular more scarce

100	Don't have access to preferred brands/types of products locally.	3/17/2023 8:42 PM
101	This is not so much about now as when I lived on a station 3+ years ago. There was a stock camp where workers camped out for weeks at a time. There was no toilet and no bins. Periods were a nightmare. The boss didn't care. V common problem.	3/17/2023 8:11 PM
102	You always have to plan for the next period as someone who lives rurally and also has endometriosis my periods are so bad and often heavy I need to plan ahead to make sure I have the products I need and most times the local shop doesn't have anything more than liners	3/17/2023 6:35 PM
103	Stock availability and inclusive size range over size 14 is often not possible in regional WA	3/17/2023 2:22 PM
104	You are not always able to access a toilet therefore need to plan ahead, if you do run out of period products you may need to improvise until you can get to a store	3/17/2023 11:06 AM
105	You have to always have a stock of products at home because you can't just duck to the shops if you get your period at an unexpected time. You always have to have product in your car incase you get your period in the paddock and your not near the house	3/17/2023 6:46 AM
106	I don't live in a town, so it isn't as easy as ducking to the shop. The nature of my job means I am outside away from toilets a lot, so period care is difficult.	3/17/2023 6:39 AM
107	I always keep a stick of period products on hand at home because our store hours aren't as broad as cities. There are a lot of regional toilets without proper amenities or it happens that you end up using the grass toilet so I always carry toilet paper and bags in the car just incase.	3/17/2023 4:44 AM
108	Because if your out in the paddock there's not toilets or enclosed spaces to change them in. I also find I need to keep more in stock because shops are a long drive to get the products.	3/17/2023 4:24 AM
109	50km from the nearest shop, not going to town for it so always shop ahead, have spares on hand. Tried reusable products to save money long term, no rubbish trucks out here, dont need a shop every month	3/17/2023 1:58 AM
110	Travel to access products	3/17/2023 12:39 AM
111	I live 40 minutes away from the closest major town, you need to forward plan to stockpile your period products & variety/availability of preferred products are not always there. I have changed to using period undies as they're much more cheaper & economical!	3/16/2023 11:44 PM
112	I have to have enough period products on hand to get me through a full cycle just in case I can't make it to town	3/16/2023 11:30 PM
113	Living regionally you have to be prepared for anything and everything. Living in Station country where a shop is several hours away and you can only get there every few months you have to be prepared for your period several months in advance. Period undies and cups are so useful and really take the hassle, storage space, mess out of having your period. Sitting on a horse for 12 hours a day, wearing period undies, you don't have to worry about changing a tampon or pad every few hours, having the piece of mind that your covered. it also helps decrease cramps and aches. Regional women don't have the accessibility or flexibility other women may have with their periods.	3/16/2023 11:13 PM
114	Would buy more products if available due to the distance. Bought period underwear due to the length of time out at work to not be able to change regularly.	3/16/2023 11:09 PM
115	Living remote, less shops more time to get to shops etc	3/16/2023 10:57 PM
116	Because of the work that I do - access to clean bathrooms etc is limited. Working in a male dominated industry also provides challenges	3/16/2023 10:36 PM
117	Distance to store that stocks products Local shop (20 mins away) could rely on if stuck - but only during their operating hours Otherwise drive 80km to nearest Woolies Still a stigma around purchasing period products so not that keen to do so in tiny local store	3/16/2023 10:15 PM
118	I use a cup as it's difficult/a bit gross to be changing single use products out in the bush or paddock, also even though I live close to the shops, we regularly travel long distances, so would rather a product that can last much longer.	3/16/2023 10:13 PM
119	Period undies make a big difference when I'm working out on the farm. I don't need to worry about leakages, and can feel prepared and comfortable wherever we are	3/16/2023 9:58 PM
120	Travel to stock up on items. Also not as easy to dispose of sanitary items as it is in metro	3/16/2023 9:53 PM

## Modibodi's Regional Australia Menstrual Health Survey

areas.

121	The nearest community is a 3 hour drive, the cost there is astronomical compared to big towns, which means I normally have to bulk buy at the beginning of the year which is costly	3/16/2023 9:41 PM
122	Forward planning always a necessity	3/16/2023 9:41 PM
123	Always have to be prepared with stocks of tampons or pads. Certainly no late night opened shops nearby if caught out. I now use a menstrual cup and love it!	3/16/2023 9:41 PM
124	For me personally it can be challenging working on our farm with mostly men. Yes basically being my own boss gives me some leeway however at times when we are working away from any of the farm houses or at harvest when I am driving a header for up to 16-18hrs a day it is very challenging trying to be discreet and change when needed. Generally the first 48hrs of my period I won't leave the house due to how heavy my flow is but at busy times such as harvest I have no choice.	3/16/2023 9:40 PM
125	Availability and pricing of products	3/16/2023 9:31 PM
126	Cost to buy these products locally. I have an IGA which is 15 minutes away but their period products are so much more expensive than Woolworths which is over an hour away. Thankfully I use modibodi already!	3/16/2023 9:31 PM
127	Access to products.	3/16/2023 9:29 PM
128	We don't have access to as many products in stores, and prices are often higher. I often buy online to get the products I want.	3/16/2023 9:27 PM
129	Long travel distances and accessing bathrooms is sometimes tricky	3/16/2023 9:18 PM
130	I feel like I grab what ever products are available rather than what I would like to use.	3/16/2023 9:16 PM
131	Due to not being g able to access a GP easily	3/16/2023 9:13 PM
132	Always have to have enough of a supply of products for my next period as there is not always a chance to get to town in between.	3/16/2023 9:09 PM
133	Period undies can only be purchased online where I live not available in nearest town	3/16/2023 9:07 PM
134	Type of work I do means a toilet is not always accessible (in a paddock!). It is more challenging on period weeks than other weeks.	3/16/2023 9:05 PM
135	Don't always have what you need, always seems to be more expensive than in the city.	3/16/2023 9:03 PM
136	Access to healthcare when it's really debilitating i.e. exceptionally heavy and something needs to be done about it. For me that was travelling to have an ablation but it also means I'm unable to bear any more children. This did not address significant pelvic floor dysfunction which is something I struggle with on a daily basis. It impacts on me being able to engage in activities I love (or sometimes just need to do). Access to support and affordable products is challenging especially when you'd like to look at, feel or trial something before purchasing. I'm currently saving to pay the hospital excess and surgeon gap etc to have surgery to (hopefully) fix it.	3/15/2023 10:56 PM
137	Access to shops aren't instant so you need to plan. I am actually a Modi body (5 years) user and LOVE them. I never worry about my period now as I keep a pair of undies in my bag so always ready to go.	3/14/2023 9:19 AM
138	I'm not sure of the question	3/13/2023 10:32 PM
139	No 24 hour shops around here. Have to always have stuff in the house	3/13/2023 7:53 PM
140	Cause if I run out of pads I have to use my kids nappies or lots of toilet paper which doesn't work well and if there is rain and we can't get to town at all it's even worse	3/9/2023 10:59 PM
141	I often have to travel/be away from home to access services, and it does make using reusable period products a bit more complicated	3/9/2023 7:45 PM
142	Only small local Iga close by doesn't have good range and garbage disposal is a problem with tampons and pads	3/9/2023 7:38 PM
143	Products are more expensive in rural shops. I have run out of products before and not been able to get to a store to purchase more. Plus, I buy from modi bodi and love them, but am often limited by the cost of shipping and cannot justify investing in them.	3/9/2023 6:45 PM
144	Have to buy options that are available, shortage or complete lack of availability than anything more than standard/basic products (pads, tampons)	3/9/2023 4:38 PM

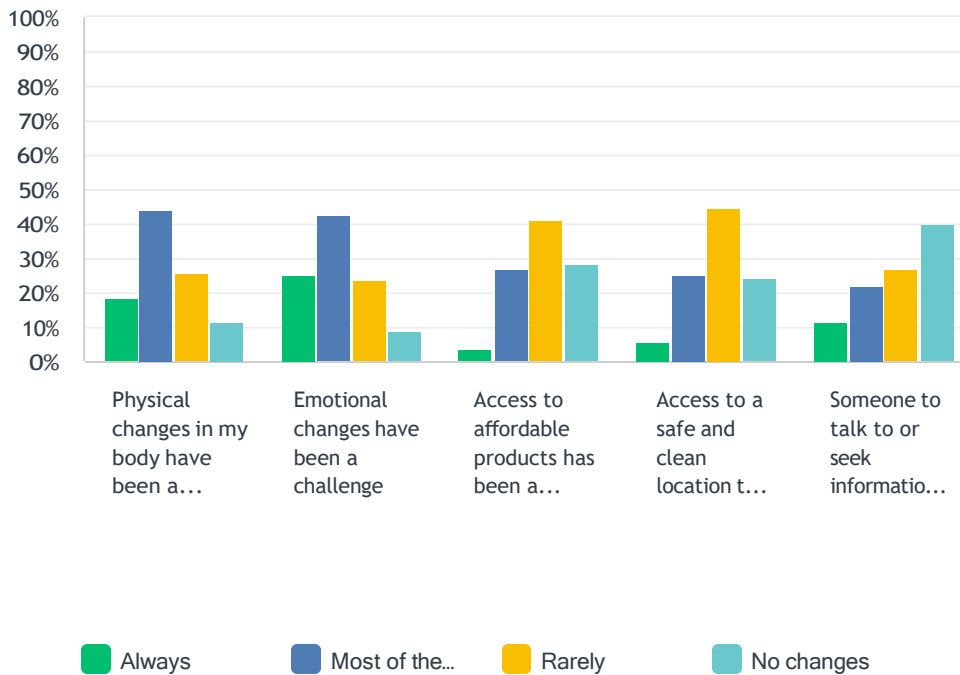
## Modibodi's Regional Australia Menstrual Health Survey

145	I've changed to a period cup to deal with disposal of period products because we don't have local garbage collection so we have to dispose of all our garbage ourselves. I also use period underwear on my heavy period days because the cup overflows on those days. Since having my children my period is a lot heavier and often takes me by surprise which is difficult to manage when you're 30mins from town and only have one small IGA to buy products if caught out.	3/9/2023 3:37 PM
146	Often Working remotely and outside there is not access to a bathroom or sanitary bins.	3/9/2023 3:30 PM
147	I have to be prepared. We have a shop close by but it has minimal products and closes early/weekends and we got isolated in the floods anyway. A normal woolies/coles is 1.5 hrs away. But Ive swapped completely to a cup and period knickers so I am completely self sufficient and don't need shops! It is such a good feeling! I only have some disposables on hand in case guests get caught:)	3/9/2023 3:11 PM
148	I live 45 mins from a small town and 1 hr 15 mins from a larger town. I can't just pop to the shops when my period appears. I must always be purchasing ahead for my next period. I've gotten used to being organised!	3/9/2023 3:00 PM
149	Disposal of single use items. Stocking up of items to ensure you had enough supply for entire period	3/9/2023 2:40 PM
150	I have to stock up more than I used to when I lived in the city. Our local store sometimes runs out of the brands that I use, or if I get my period and I'm out on the farm, I don't have time to go to a shop , and in in a paddock, so I need to keep them in the Ute	3/9/2023 1:59 PM
151	Not ease to access as shops aren't 5 minutes away.	3/7/2023 7:46 PM
152	Limited access to stock in store. Limited brand access. Limited sizing options (other period underwear products).	3/6/2023 9:58 PM



## Q16 Over the past 3 months have you faced challenges during your menstrual cycle? Please rate.

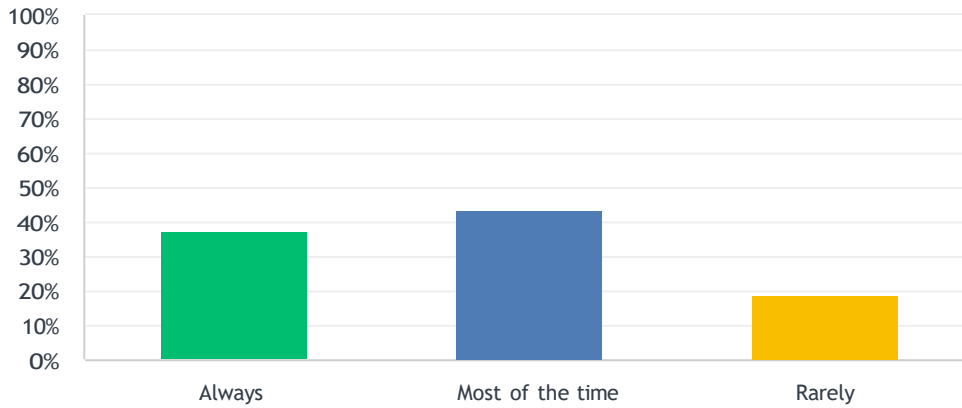
Answered: 273 Skipped: 163



	ALWAYS	MOST OF THE TIME	RARELY	NO CHANGES	TOTAL	WEIGHTED AVERAGE
Physical changes in my body have been a challenge	18.68% 51	43.96% 120	25.64% 70	11.72% 32	273	2.30
Emotional changes have been a challenge	25.27% 69	42.49% 116	23.44% 64	8.79% 24	273	2.16
Access to affordable products has been a challenge	3.66% 10	26.74% 73	41.03% 112	28.57% 78	273	2.95
Access to a safe and clean location to change/clean has been a challenge	5.86% 16	25.27% 69	44.69% 122	24.18% 66	273	2.87
Someone to talk to or seek information from about my period has been a challenge	11.36% 31	21.98% 60	26.74% 73	39.93% 109	273	2.95

### Q17 Over the past 3 months have you been able to access information related to your menstrual cycle and health when you needed it?

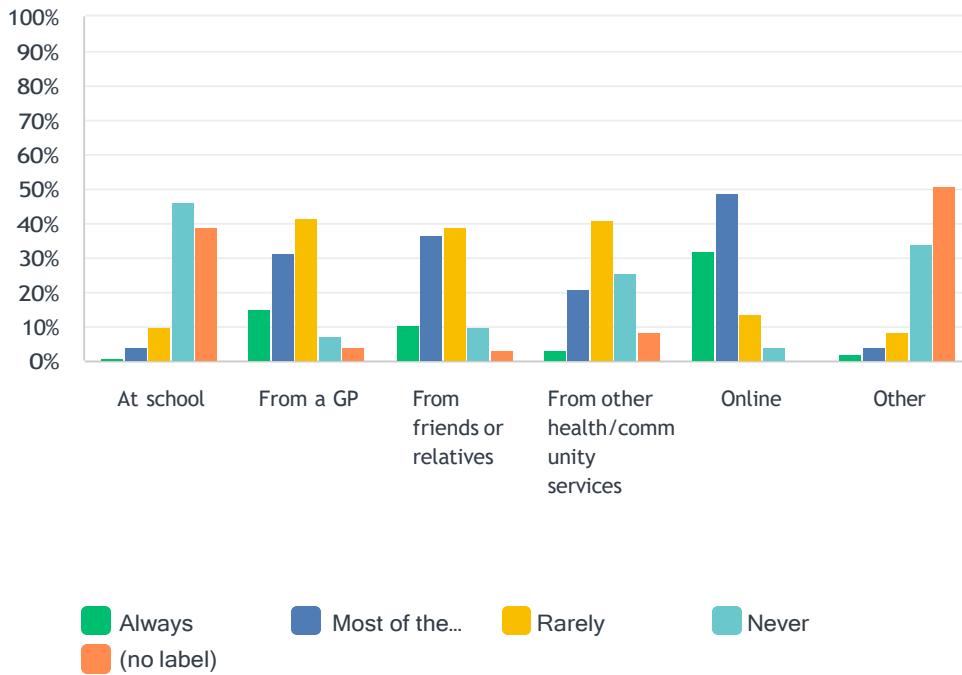
Answered: 273 Skipped: 163



ANSWER CHOICES	RESPONSES	
Always	37.36%	102
Most of the time	43.59%	119
Rarely	19.05%	52
<b>TOTAL</b>		<b>273</b>

## Q18 Where would you access menstrual cycle and health information?

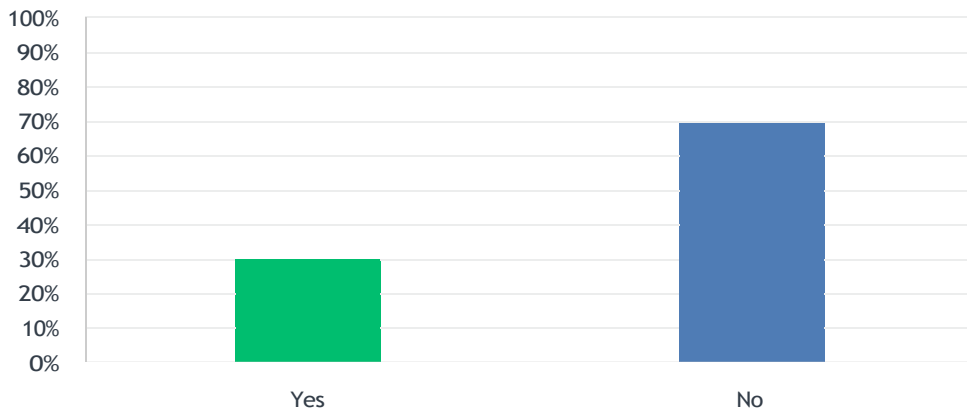
Answered: 273 Skipped: 163



Source	Always	Most of the...	Rarely	Never	(no label)	Total	Avg
At school	1.10%	4.03%	9.89%	46.15%	38.83%	273	2.23
From a GP	15.38%	31.50%	41.39%	7.33%	4.40%	273	2.32
From friends or relatives	10.62%	37.00%	38.83%	10.26%	3.30%	273	2.42
From other health/community services	3.30%	21.25%	41.03%	26.01%	8.42%	273	2.73
Online	32.23%	49.08%	13.92%	4.03%	0.73%	273	1.88
Other	4.40%	7.33%	41.39%	38.83%	8.42%	273	1.73

### Q19 Over the past 3 months have you been absent from work/school because you of your menstrual cycle?

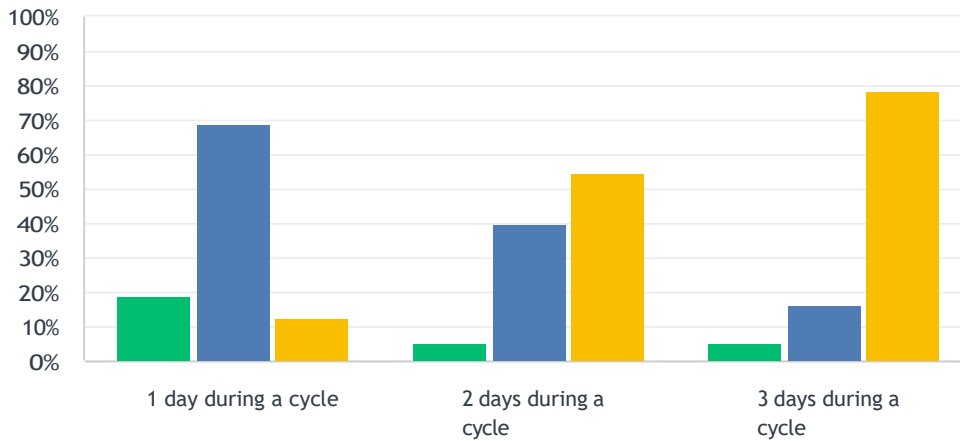
Answered: 273 Skipped: 163



ANSWER CHOICES	RESPONSES	
Yes	31.14%	85
No	68.86%	188
TOTAL		273

## Q20 I have been absent from school or work

Answered: 85 Skipped: 351

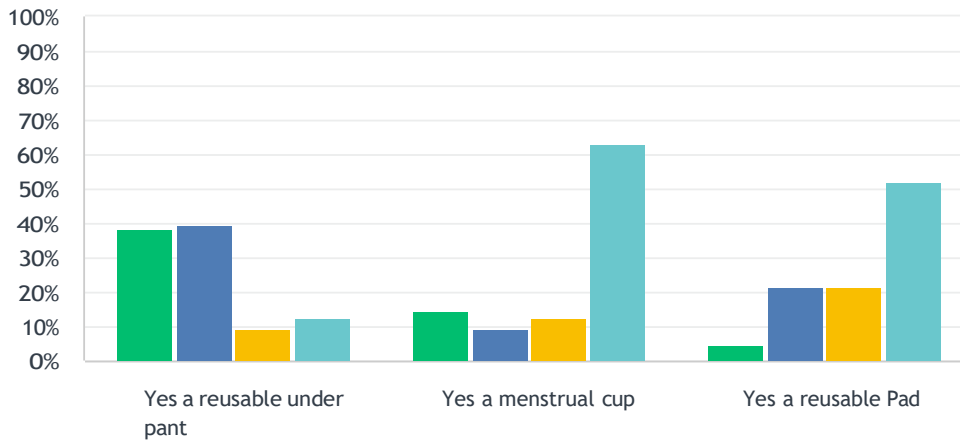


■ Always
 ■ Sometimes
 ■ Rarely

	ALWAYS	SOMETIMES	RARELY	TOTAL	WEIGHTED AVERAGE
1 day during a cycle	18.75% 15	68.75% 55	12.50% 10	80	1.94
2 days during a cycle	5.33% 4	40.00% 30	54.67% 41	75	2.49
3 days during a cycle	5.41% 4	16.22% 12	78.38% 58	74	2.73

## Q21 Would you use a reusable period product?

Answered: 261 Skipped: 175



Always Sometimes Rarely Never

	ALWAYS	SOMETIMES	RARELY	NEVER	TOTAL	WEIGHTED AVERAGE
Yes a reusable under pant	38.31% 100	39.46% 103	9.58% 25	12.64% 33	261	1.97
Yes a menstrual cup	14.56% 38	9.58% 25	12.64% 33	63.22% 165	261	3.25
Yes a reusable Pad	4.98% 13	21.46% 56	21.46% 56	52.11% 136	261	3.21