



 **dignitygrows**

2024 Impact Report

# INTRODUCTION

What an incredible year 2024 was for Dignity Grows! This year marked a significant turning point for our organization, filled with key moments that will shape the future of the fight against Period Poverty in the United States.

We are both honored and invigorated to see the Dignity Grows program thriving across the country, powered by bold partnerships and dedicated volunteers in 28 states. Thanks to this expanding network and the innovative spirit of our leaders, Dignity Grows touched the lives of unprecedented numbers of women and girls in need in 2024.

This year has also been transformative. Our professional team has faced the challenges of addressing a rapidly growing public health crisis. Period Poverty rates are climbing more than ever before and we have a greater understanding of how this is impacting women, their households, and whole communities than ever before.

2024 was pivotal in solidifying Dignity Grows' position as the nonprofit catalyst for genuine, impactful change. As our program model expanded, both the depth and breadth of our efforts saw exponential growth. Dignity Grows is proud to be successfully eliminating Period Poverty in whole communities, a milestone step in our journey to eradicate this health crisis nationwide.

We could not embark on these important journeys without the tremendous support of volunteers, donors, partners, and advocates like **you!** Now, more than ever, your assistance is vital to ensure healthful, equitable futures for American women and girls. From the depths of my heart, THANK YOU for being a part of the Dignity Grows family as we work to create a brighter future for those affected by Period Poverty.

“2024 was pivotal in solidifying Dignity Grows' position as the nonprofit catalyst for genuine, impactful change.”



Jessica Zachs  
Chair & CEO  
Dignity Grows Inc.



“ I feel better about myself knowing that Dignity Growth truly cares. I used to worry every month and be ashamed. Through your caring hearts, lives like mine are being touched and made better.

*Dignity Grows product support recipient*



“ I love the help Dignity Grows gives me. I live alone here and I'm far from my parents, and I don't know what I'd do without your help.

*11th Grade Student  
Dignity Grows support recipient*



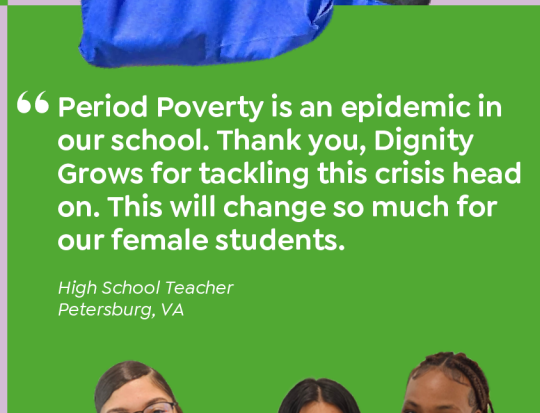
“ So many of the women I see are affected by Period Poverty. Dignity Grows addresses a variety of issues related to menstrual health. This benefits my patients and the whole community.

*OB/GYN in a Dignity Grows community*



“ I saw a young mother walking with her child in my neighborhood, with a Dignity Grows Tote slung over her stroller. It was such a powerful moment to see the direct impact of Dignity Grows in my own community.

*Dignity Grows Chapter Leader  
Portland, OR*



“ Period Poverty is an epidemic in our school. Thank you, Dignity Grows for tackling this crisis head on. This will change so much for our female students.

*High School Teacher  
Petersburg, VA*



“ Through our Dignity Grows chapter, our parent organization has seen remarkably increased engagement and we are better connected with the wider community.

*Dignity Grows Chapter Leader  
Phoenix, AZ*



“ Patrons tell us how relieved they are when they come to the library and find the totes. It's a big help financially and mentally to not have to worry how they will take care of these needs.

*Public Library Distribution Partner  
Bloomfield, CT*

# A YEAR OF ACTION



## CRITICAL, LARGE-SCALE HYGIENE SUPPORT TO CHANGE THE ECOSYSTEM OF NEED IN UNDER-RESOURCED COMMUNITIES

Hope in a Backpack is a proud addition to Dignity Grows' direct product support programming. This initiative offers a bold solution to end Period Poverty by way of community-based partnerships. Through this program, whole under-resourced populations, neighborhoods, or school districts receive immediate, critical, and compassionate large-scale direct hygiene and period product support.

Hope in a Backpack strengthens communities from within by enabling women and girls to attend school, maintain employment, and achieve their goals, free from the disruptive and often debilitating effects of Period Poverty.

Dignity Grows is now accepting supported nominations for new Hope in a Backpack communities.

“ This is the change the women in our community need!

*Hospital Administrator  
Hope in a Backpack Community Partner*



## IMPACT SNAPSHOT: PETERSBURG, VA

78% of recipients reported an immediate sense of relief and comfort

55% say they feel cleaner

33% miss fewer days of school

38% see an improvement to their household financial stability





# A YEAR OF INNOVATION

## [PeriodPovertyInstitute.com](https://PeriodPovertyInstitute.com)

Period Poverty, the lack of or uncertain access to menstrual hygiene products due to financial constraints, disproportionately impacts low-income individuals, posing severe barriers to health, education, and overall well-being. Without the necessary resources to manage menstruation with dignity, those affected may experience significant disruptions to their daily lives, including missing school or work, facing social stigma, and enduring health complications. The Institute aims to eradicate these barriers by advocating for systemic change and providing essential support to those in need.



### **CHAMPIONING DATA-DRIVEN SYSTEMIC CHANGE TO ELIMINATE OBSTACLES AND COMBAT THE PUBLIC HEALTH ISSUE OF PERIOD POVERTY**

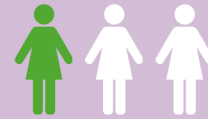
Launched this year under the auspices of Dignity Grows, The Period Poverty Institute of America is designed to serve as a clearinghouse for research and educational resources and a virtual home for action-focused change leadership.

The Institute emphasizes the importance of focusing on the lived experiences of affected individuals, households, communities, and populations in its methodology. Ensuring that all have access to menstrual hygiene products is not merely about meeting a physical need; it is about restoring and upholding their one's dignity. The Institute's initiatives recognize menstrual hygiene as a fundamental human right and a noncanonical social determinant of health.

# PERIOD POVERTY AT A GLANCE

## What is Period Poverty?

the lack of or uncertain access to monthly menstrual hygiene supplies due to financial constraints



Over one-third of American women & girls experience Period Poverty



Nearly half of impacted women have difficulty maintaining employment



Medical complications range from infection to fatality



Teens can miss up to 145 days of school by the end of 12th grade



38% of impacted women have a college degree or higher



Over 66% of cases result in depression and heightened anxiety



55% of impacted women report disruptions to their daily routine



Food insecurity is often predicated by baseline menstrual hygiene needs



Period Poverty is frequently passed from one generation to the next in a family



Domestic Violence and Period Poverty have a reciprocal influence on one another

“When basic hygiene needs go unmet, it can change the course of someone’s life. No woman should have to deal with that.”

*Dignity Grows community partner  
New York, NY*

“This isn’t just period supplies. This is dignity. This is knowing the community is looking out for me.”

*Dignity Grows support recipient  
Bridgeport, CT*





# DIGNITY GROWS: 2024 IMPACT

**56,000**  
individuals supported



**10.5 million**  
total period products distributed

**65**  
regional support networks



**5,300**  
volunteers engaged



**550**  
social service partners

**286**  
community volunteer events



**23,130**  
K-12 students supported

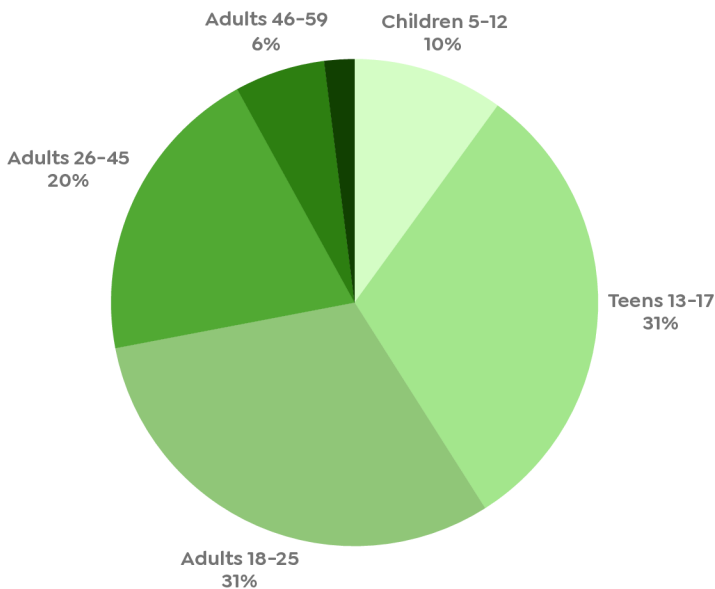


**62.4**  
tons of products distributed

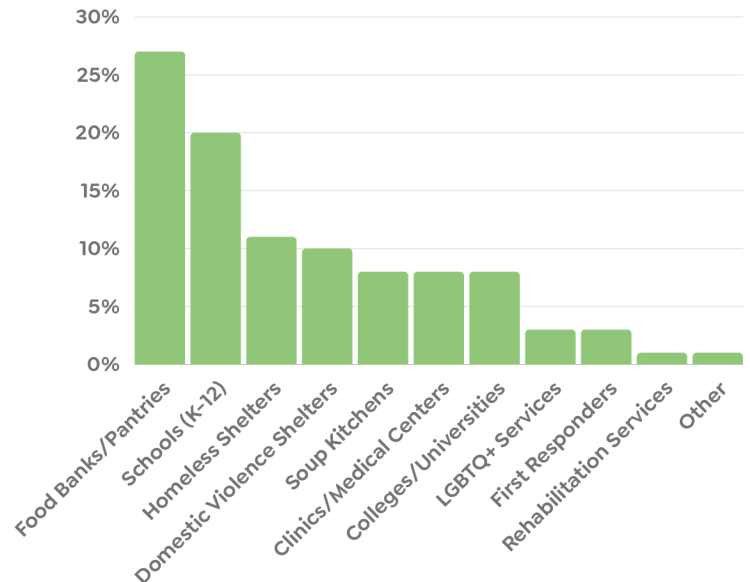


**2**  
national initiatives launched

## Support Recipients



## Community Partners



# LEADERSHIP

## Board of Directors

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Stacie Brockman  
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*EVP, Data-Mail Inc.*

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*Community Leader*

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*CEO, Connect the Dots*

Kristen Ylana  
*ED, Texas Women's Health Caucus*

Judith Zachs  
*Clinical Social Worker*

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*President & Chief Operating Officer*

Jill Grossman  
*National Development Director*

Rebecca Carroll  
*Flagship Operations Associate*

Jerrell Starling  
*Program Assistant*

## Hub Facilitators

Austin, TX Chapter

Detroit, MI Chapter

Hartford, CT Chapter

Palm Beach, FL Chapter

Portland, OR Chapter

Richmond, VA Chapter



OCTOBER 27-28, 2025  
HATCHERY INNOVATION CTR.  
EMORY UNIVERSITY, ATLANTA

**THE NATIONAL SUMMIT  
ON PERIOD POVERTY**

**SUPPORT  
DIGNITY GROWS**



YOUR GIFT  
CHANGES THE LIVES  
OF WOMEN & GIRLS  
ACROSS THE  
COUNTRY





# PARTNERS



The Simon Family Foundation



Charlotte and Hy Goode Family Foundation



D Lane & Anwyl Bates Foundation



The Stanley Family Foundation



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