

# 2025 Impact Report



# dignitygrows

# INTRODUCTION

What an extraordinary year 2025 was for Dignity Grows! It was a pivotal time for our organization, filled with defining moments that continue to shape our mission to combat Period Poverty across the United States.

We are deeply honored and energized to witness the Dignity Grows program flourishing nationwide, bolstered by innovative partnerships, and committed volunteers in 32 states. Thanks to this ever-expanding network and the forward-thinking spirit of our leaders, in 2025 Dignity Grows reached and supported more women and girls in need than ever before.

The year brought transformative changes. Our dedicated team tackled the challenges of an escalating public health issue. Period Poverty rates are at an all-time high, and our understanding of its impact on women, their families, and entire communities has never been clearer.

2025 was crucial in reinforcing Dignity Grows' role as a catalyst for authentic, meaningful change. As our program model advanced, both the scope and scale of our efforts grew exponentially. Dignity Grows is proud to be making significant strides in eradicating Period Poverty in entire communities, a milestone on our path to eliminating this health crisis nationwide.

**These achievements would not be possible without the incredible support of volunteers, investors, partners, and advocates like you!** Now, more than ever, your contribution is essential to ensuring healthy, equitable futures for American women and girls. From the bottom of my heart, **THANK YOU** for being a part of the Dignity Grows family as we work towards a brighter future for those affected by Period Poverty.

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Jessica Zachs  
Chair & CEO  
Dignity Grows Inc.

“ These aren’t just bags of period products, they mean we can take care of ourselves. For many of us, something this simple changes everything. It lets us keep working and caring for our families.

*Farmhand Portland, Oregon*



“ We have been staying in our car for a few weeks now and the Dignity Grows hygiene bags have helped us so much.

*Mother of 2  
Palm Beach, Florida*



“ Our school has a large immigrant population and hundreds of students pass through our food pantry weekly. When we received Dignity Grows hygiene totes, all 200 were gone the next day!

*High School Administrator  
Denver, Colorado*



“ Thank you for taking my health seriously and for providing what I needed but was too nervous to ask for.

*Teenage Clinic Patient  
Hartford, Connecticut*



“ Every time I get the Dignity Grows backpack with the maxi pads I feel like someone understands what I need and really cares about me.

*Middle School Student  
Petersburg, Virginia*



“ It is so helpful to receive these period items from Dignity Grows, especially during the holidays, when my budget gets stretched for every penny.

*Food Bank Client  
Somerset, New Jersey*



“ Dignity Grows has become the reliable and consistent source of period items to compliment the no-fee primary healthcare our clinic provides to underserved communities, such as newly arrived refugees.

*Physician  
Austin, Texas*

# PERIOD POVERTY AT A GLANCE

## *What is Period Poverty?*

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

**41.9%**  
of American women  
have struggled to afford  
basic period products

**57%**

experience a decline in their mental health

**99%**

say period products must be available in the home

**49%**

experience related medical complications

**48%**

cannot complete their daily routine

**33%**

worry about future product access

**21%**

miss educational opportunities

**42%**

report negative effects on employment

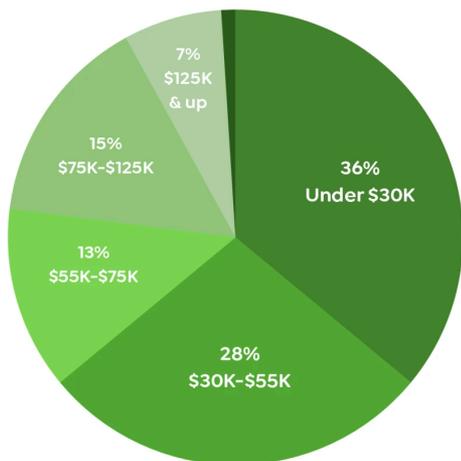
**27%**

of women who ask for help with Period Poverty actually receive it

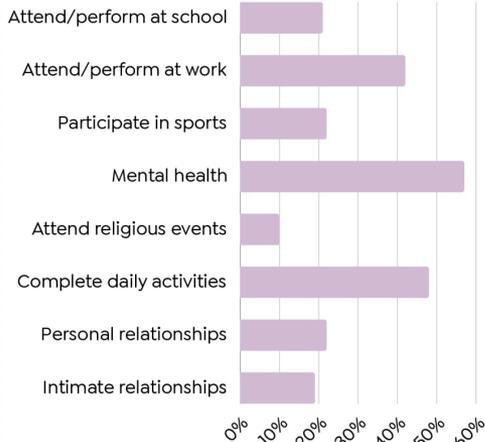
**48%**

have college degrees

## Annual Household Income



## Disruptive Impacts



# DIGNITY GROWS: 2025 IMPACT



**\$1.1M**

in total donations received



**57,000**

individuals supported



**3.6M**

products distributed



**73**

communities served



**570**

social service partners



**24,000**

K-12 students supported

## Measurable Change

**98%**

of community partner organizations observe positive effects on clients



**23%**

reduction in absenteeism is reported by partner school districts

**77%**

of support recipients indicate increased household/family stability

## Community Engagement



**5,450**

volunteers engaged

**61%**

repeat volunteerism

**288**

volunteer events

## Program Vitality



**22**

training hours led

**6**

hospital system collaborations

**10**

higher education partnerships

## Noteworthy



**Platinum**

transparency rating

**3**

city recognition honors declared

**4**

professional certificates earned



# LEADING A MOVEMENT

## THE NATIONAL SUMMIT ON PERIOD POVERTY



**“Humor helps us tell hard truths that could otherwise be taboo.**

*Ana Gasteyer  
Keynote*



**“The Summit was an eye-opener for me. We have to look at Period Poverty holistically and there is so much more we can do when we come together, make connections, and share perspectives.**

*Alexis White Hat  
Rosebud Sioux Tribe*

Dignity Grows' 2025 National Summit on Period Poverty at Emory University's Hatchery Center for Innovation, brought together leaders across public health, education, philanthropy, and nonprofit sectors for two days of strategy and action. The program combined research briefings, policy discussions, lived experience panels, and interactive workshops designed to move beyond awareness and toward implementation. Keynote speaker, SNL star Ana Gasteyer, brought national visibility and cultural relevance to the conversation, while a dynamic empower-tainment collaboration with “That's What She Said” elevated the voices and lived experiences at the heart of the movement to end Period Poverty.

The Summit created a space where expert insight and personal narrative aligned to advance real solutions to Period Poverty. Representatives from more than 80 organizations, businesses, and academic institutions were in attendance, demonstrating the power of cross-sector collaboration. Participants left equipped with tools, partnerships, and renewed momentum to expand menstrual equity in their own communities. The Summit continues to grow as a premier platform for advancing dignity, equity, and opportunity nationwide.

Information on the next biennial Summit will be available spring 2027:  
[PeriodPovertySummit.com](http://PeriodPovertySummit.com)

# LEADING INNOVATION

## the national research initiative on period poverty



Under the auspices of Dignity Grows, the Period Poverty Institute of America advances the national conversation on menstrual equity through three integrated research initiatives designed to generate credible data and drive smarter solutions:

### Period Poverty In America

a groundbreaking, comprehensive look into the prevalence of Period Poverty in the USA and its impacts on individuals and families. In 2025, Dignity Grows surveyed 2,000 American women to examine both immediate and longterm consequences of routine inaccess to menstrual hygiene necessities on education, employment, and health.

Read the report: [dignitygrows.org/periodpovertyinamerica](https://dignitygrows.org/periodpovertyinamerica)

### The Period Poverty Experience Scale™ (PPES™)

a proprietary measurement tool currently under research and development, designed to quantify the lived experiences of Period Poverty and guide community wraparound service resources. This patent-pending surveying matrix will equip medical and social service practitioners with unprecedented, holistic support options. In 2025, Dignity Grows selected research partner, **The Ohio State University College of Medicine**, from a competitive pool of national applicants.



“Period Poverty is tied to broader challenges like financial hardship or chronic illness. This is the opportunity to help build something that goes beyond simply providing supplies.

*Dr. Marybel Gonzalez  
The Ohio State University*

### Cost-Benefit Analysis

an evaluation of the measurable economic and social return generated by consistent access to menstrual hygiene essentials. Spearheaded by Drs. Cathy Moffitt and Daphne Bazile, this ongoing analysis examines how predictable product access reduces household strain, increases opportunity, and lowers downstream community costs.

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**SUPPORT  
DIGNITY  
GROWS**

**We need YOUR HELP  
to end  
Period Poverty**

**Donate today  
to drive real,  
measurable change**



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



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a recipe for successful giving

John Kaufman of  
Arthur J Gallagher

**New!**



**Educating. Empowering.  
Ending Period Poverty.**

**REGISTRATION  
IS OPEN NOW!**



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**Tax ID 85-2708901**

Dignity Grows is a 501 (c)(3) non-profit organization. Contributions are tax deductible to the extent permitted by law.