

## Menstrual Health Coalition Ministerial Asks

### Introduction

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The MHC is a coalition of patient and advocate groups, life sciences industry, leading clinicians and individuals who have come together to discuss and make recommendations around menstrual health. The purpose of the MHC is to raise the profile of menstrual health on the political and policy agenda, to reduce the stigma around talking about periods, and campaign for change to help women adversely affected by their menstrual health.

In December, the MHC hosted a roundtable focusing on the inequalities within menstrual health, in the backdrop of the Women's Health Strategy. The roundtable focused on the disparities in menstrual health across the country, looking at differences in outcomes for women based on a variety of factors. Following the roundtable, the MHC has produced a series of asks and recommendations the group would like to see from the Government and the Department of Health and Social Care.

### Recommendations

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- 1) Women, girls, trans and non-binary people should be empowered to make informed decisions about their care, and this starts with school-age education on menstrual health -implement SRE.
- 2) The MHC is calling for the NHS website to be updated to include more up to date information in easy-to-understand language, including videos in different languages to help those who have low literacy or do not speak English. The website should also include all registered community organisations that offer support for menstrual health conditions.
- 3) The Government should focus on the recruitment, retention and training of healthcare professionals with an interest in women's health in the Workforce Strategy.
- 4) The MHC would like to see women's health included in the Quality and Outcomes Frameworks (QOFs) to incentivise healthcare professionals to fund training courses in the area.
- 5) The MHC is calling on the Government to collect data on ethnicity and age. It is known that data collection can help drive forward outcomes for women, girls, trans and non-binary people it can also help to better understand how women, girls, trans and non-binary people access their care.
- 6) The Government and Department of Health and Social Care should outline the steps they are taking to promote early intervention and prevention for menstrual health conditions.
- 7) There is a lack of research into women's health research projects in England. The Government should review its plans to announce funding for research projects into menstrual health.
- 8) The MHC would like to see the Government join up budgets and commissioning for sexual and reproductive health and women's health to reduce the number of women slipping through the system and improving care outcomes.
- 9) The MHC is calling on the Government to roll out Women's Health Hubs across the country to join up care for women, girls, trans and non-binary people.
- 10) Women's Health conditions are often labelled as benign, which ignores the patient's quality of life. The MHC would like to see the Government take a strategic approach to how services for menstrual health are delivered to reduce the number of gynaecological patients on waiting lists.

### Asks

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- Will you agree to meet with the Menstrual Health Coalition's Steering Committee to discuss the asks and recommendations in more detail?
- Will you attend a meeting of the Menstrual Health Coalition to discuss the progress made to implement the recommendations in the Strategy on menstrual health?

### Contact

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If you have questions or require any additional information, please contact the Secretariat at [mhc@healthcommsconsulting.co.uk](mailto:mhc@healthcommsconsulting.co.uk).