

COLUMBIA HEIGHTS

PROCLAMATION

Menstrual Hygiene Day: May 28, 2026

Menstrual Hygiene Day was established in 2014 as a Global Day of Action on period poverty and stigma.

Menstrual Hygiene Day is a day where citizens can come together to recognize the effect of period poverty in our community and the impact of menstrual inequities on those who experience a period while living in poverty.

The continued support at the local, regional, and national levels is helping break the silence and build awareness about the fundamental role that good menstrual hygiene management plays in the lives of people who menstruate.

Let us aim to be conscious of the needs of others, promote open dialogue to help counter taboos surrounding periods, learn new and creative ways to manage menstrual health issues, and promote equitable access to hygiene needs and products.

The Mayor and City of Columbia Heights support organizations and individuals committed to raising awareness about the needs of the community through education and support, to ensure the health and well-being of our communities are improved. All of this in support of a goal to create a world where no one is held back because they menstruate.

NOW, THEREFORE, be it resolved that I, Amáda Márquez Simula, Mayor of Columbia Heights, do hereby proclaim May 28, 2026, to be **Menstrual Hygiene Day** in the City of Columbia Heights, County of Anoka, State of Minnesota, U.S.A.

Amáda Márquez Simula, Mayor
May 26, 2026