

OUR CURRENT INITIATIVE

Flow Without Fear

Period kits for Phoenix

No one should have to choose between food and period products. We are raising funds to pack and place free period kits across Phoenix, in schools, shelters, campuses, tribal communities and neighborhood partners. Each kit carries dignity in a bag: menstrual products, hygiene basics, and plain language education on PCOS, fibroids and what a healthy cycle looks like.

WHAT YOUR GIFT DOES

- | | |
|--------------|--|
| \$25 | Helps provide essential period products to someone in need |
| \$50 | Helps fund educational workshops for our community |
| \$100 | Supports research initiatives and policy advocacy work |
| \$250 | Sponsors one community event or support group meeting |

OTHER WAYS TO SHOW UP

Volunteer at a kit packing event, or **partner** with us to bring Flow Without Fear to your school, clinic, salon or congregation.

In a low income urban sample, 64% of women could not afford menstrual products in the past year and 46% had to choose between period products and food.

Kuhlmann et al., Obstetrics & Gynecology, 2019

GIVE TODAY

Scan to fund a period kit

Every dollar stays in service of the One in Every 10. Secure giving, one time or monthly.



ONEINEVERY10.ORG/DONATE

CONNECT WITH US

hello@oneinevery10.org
929-266-9223
3104 E. Camelback Rd #2289
Phoenix, AZ 85016
www.oneinevery10.org

We respond within 24 to 48 hours

INSTAGRAM / FACEBOOK / TIKTOK
@ONEINEVERY10

Because every 1 in 10 deserves equity,
justice and healing.

One in Every 10 is an Arizona registered charity and 501(c)(3) nonprofit organization advancing reproductive health equity for people affected by PCOS and uterine fibroids. EIN 39-3823208. All donations are 100% tax deductible.



PCOS & UTERINE FIBROIDS

Closing the Health Equity Gap

Dignified, culturally responsive reproductive health care for BIPOC and low income communities. Rooted in Phoenix. Built for the nation.

1 in 10 women live with PCOS.
7 to 8 in 10 will develop fibroids.
Up to 70% of PCOS goes undiagnosed.

WWW.ONEINEVERY10.ORG

Our Mission

One in Every 10 exists to close the gap in reproductive health equity for women and menstruators living with PCOS and uterine fibroids, with a focus on BIPOC and low income communities. We empower individuals through education, research, wellness programs and advocacy while driving systemic change in healthcare, policy and industry standards.

Our Vision

A world where PCOS and fibroid care is equitable, holistic and accessible to all. A future where BIPOC and low income communities are no longer left behind in reproductive health, and where equity, dignity and wellness are the standard for all who menstruate.

THE NUMBERS BEHIND THE NAME

1 in 10

Women of reproductive age live with PCOS, an estimated 8 to 13 percent worldwide. WHO, 2025

7 to 8 in 10

By age 50, more than 80 percent of Black women and nearly 70 percent of white women have developed uterine fibroids.

Baird et al., Am J Obstet Gynecol, 2003

70%

Of PCOS cases go undiagnosed worldwide. WHO, 2025

3x

Higher fibroid prevalence among Black women, who are also diagnosed about 4 years earlier and carry anemia at 56 percent versus 38 percent. Catherino 2013; Kjerulff 1996

1 in 3

Women with PCOS wait more than two years and see three or more clinicians before diagnosis. Gibson-Helm et al., JCEM, 2017

Our Programs

Five community designed programs, launched in Arizona and built to travel nationally.

01 The Womb Wellness Project

Nutrition education, cooking classes and food access support built on anti inflammatory, blood sugar balancing and culturally relevant foods, delivered with Arizona farms, pantries and co-ops.

[NUTRITION](#) · [FOOD ACCESS](#) · [HEALING KITCHENS](#)

02 Flow Without Fear

Ending period poverty through free menstrual products, menstrual equity workshops and policy advocacy. This is where our current period kit campaign lives.

[FREE PRODUCTS](#) · [WORKSHOPS](#) · [POLICY ADVOCACY](#)

03 SheSpeaks Research Equity

Community led research that centers BIPOC experiences and fills the gaps left by studies that never included us. We train BIPOC researchers and hold to data justice, so the people living these conditions help shape the questions, the findings and what gets done with them.

[PARTICIPATORY RESEARCH](#) · [RESEARCHER TRAINING](#) · [DATA JUSTICE](#)

04 Pathways to Parenthood

Expanding fertility access for BIPOC and low income women affected by PCOS and fibroids, through affordable care, early detection and a whole person approach.

[AFFORDABLE FERTILITY CARE](#) · [EARLY DETECTION](#)

OUR FUTURE INITIATIVE

WombSafe Certified

A product and environment safety certification that protects women's reproductive and hormonal health by certifying foods, products and environments free from harmful chemicals and endocrine disruptors.

[FOODS](#) · [PERSONAL CARE](#) · [HOUSEHOLD](#) · [ENVIRONMENTS](#)

BPA was detectable in over 90% of Americans sampled. Calafat et al., 2008

Every statistic in this brochure is drawn from peer reviewed literature or federal public health data. Full citations at oneinevery10.org/research

05

Keza, our Health Intelligence App

An evidence first health intelligence app that listens to the whole body, not just bleeding, cites peer reviewed research behind every insight, and turns your logs into a print ready brief for your doctor. Free, no app store required.

[KEZA.ONEINEVERY10.ORG](https://keza.oneinevery10.org)

HOW WE WORK ACROSS EVERY PROGRAM

Closing the Diagnosis Gap

Community based health navigation and physician training that shorten the PCOS diagnostic wait, so women stop losing years to being dismissed.

[PEER SUPPORT](#) · [SYMPTOM TRACKING](#) · [PROVIDER TRAINING](#)

Community Voice in Policy

Amplifying patient experience to drive legislative change and institutional reform through policy labs, storytelling campaigns and research advocacy.

[POLICY LABS](#) · [STORYTELLING](#) · [ADVOCACY](#)

BASED IN ARIZONA · NATIONAL IMPACT

We serve Maricopa, Pinal and Pima counties, tribal nations, border communities and rural Arizona, while building models the rest of the country can copy.

OUR CORE VALUES

Equity · Compassion · Holistic Healing · Advocacy · Community · Justice

FOUNDED AND LED BY

Roxi Thiam, Executive Director and Founder. Certified holistic nutritionist and clinical herbalist.

JOIN THE MOVEMENT

Give. Volunteer. Partner.

Fund a period kit, join a kit packing event, or bring our programs to your community.

HELLO@ONEINEVERY10.ORG

ONEINEVERY10.ORG/DONATE

Because every 1 in 10 deserves equity, justice and healing.