

RESOLUTION

Subject: Health Education  
Submitted by: Lexington Medical Society  
Referred to: Reference Committee

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WHEREAS, the National Health Institute has documented that menarche (the initiation of menses) is occurring at an earlier age than previously documented<sup>1</sup>. Further, there are racial differences in the age of menarche<sup>2</sup>; and

WHEREAS, the children of the commonwealth including children of color, deserve education regarding sexual development prior to menarche, education regarding sexual development should occur prior to grade 5; now, therefore, be it

RESOLVED, that KMA supports legislation to remove age limits for health education in schools.

**References:**

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- 1 Martinez GM. Trends and Patterns in Menarche in the United States: 1995 through 2013-2017. Natl Health Stat Report. 2020 Sep;(146):1-12. PMID: 33054923.
- 2 Biro FM, Pajak A, Wolff MS, Pinney SM, Windham GC, Galvez MP, Greenspan LC, Kushi LH, Teitelbaum SL. Age of Menarche in a Longitudinal US Cohort. J Pediatr Adolesc Gynecol. 2018 Aug;31(4):339-345. doi: 10.1016/j.jpag.2018.05.002. Epub 2018 May 24. PMID: 29758276; PMCID: PMC6121217.