Globally, many women and girls face challenges when managing their menstruation. Failure to address the menstrual hygiene needs of women and girls can have far-reaching consequences for basic hygiene, health and wellbeing, ultimately affecting progress towards the SDG goal of gender equality and dignity for all.

Menstrual Hygiene Management (MHM) refers to the practice of using clean materials to absorb menstrual blood that can be changed privately, safely, hygienically, and as often as needed for the duration of the menstrual cycle. PMA2020 is the first survey platform to provide data on MHM indicators on a large scale. The data presented here are from a provincial survey in Kongo Central, DRC, of 1,163 females ages 15–49, who reported menstruating in the past 3 months, conducted by PMA2020/DRC.

**SAFETY, CLEANLINESS, AND PRIVACY OF MHM LOCATION**

- **Urban**
  - Clean: 62.0%
  - Private: 78.0%
  - Safe: 75.0%
  - Able to be Locked: 50.0%
  - Soap and Water: 30.0%

**DISPOSAL OF MENSTRUAL MATERIALS**

- **Urban**
  - Toilet/Latrine: 20.0%
  - Waste Bin: 20.0%
  - Burn: 40.0%
  - Bush/Other: 20.0%

**WASHING, REUSE AND DRYING OF MATERIALS**

- 52.0% of women report that they wash and reuse their MHM materials. Of those who wash and reuse, 96.5% reported that their materials were completely dry before reuse.

**MAIN LOCATION USED FOR MHM**

- Backyard/No Facility/Other: 18.3%
- Sleeping Area: 36.4%
- Main Household Sanitation Facility: 31.0%
- Other Sanitation Facilities at Home: 12.0%
- Sanitation Facilities at School, Work or Public Facilities: 2.3%

**TYPES OF MENSTRUAL MATERIALS USED**

- **Urban**
  - Sanitary Pads: 35.0%
  - Cloths: 41.4%
  - Cotton Wool: 17.4%
  - Other Materials (e.g. Tampons, Toilet Paper, Foam, Natural Materials): 40.0%

**ONLY 15.0% OF WOMEN** in Kongo Central report having everything they need to manage their menstruation.