Managing Menstrual Hygiene — кадима state, nigeria, 2015 —



Performance Monitoring and Accountability 2020

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, including affecting progress towards achieving the SDG goal of gender equality.

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, from PMA2020 Nigeria, Kaduna State, is from 2,934 females ages 15–49.

MAIN ENVIRONMENTS USED FOR MHM



SAFETY, CLEANLINESS, AND PRIVACY OF MHM FACILITY Clean Private Safe Able to be Locked Soap and Water 0 10 20 30 40 50 60 70 80 90 100

ONLY 37% OF WOMEN in Kaduna State report having everything they need to manage their menstruation. This does not vary by age, indicating that across their reproductive years, the majority of women are unable to adequately meet their MHM needs.



70% OF WOMEN REPORT USING **CLOTHS** AS THEIR MAIN MHM MATERIAL.

Although there is no consensus in the literature on what constitutes "hygienic" or "unhygienic" MHM materials, it is reported that the use of reusable cloths can increase the odds of a woman contracting a reproductive tract infection, such as bacterial vaginosis.

WASH, REUSE AND DRYING OF MATERIALS

PERCENT OF WOMEN

69% of women report that they wash and reuse their MHM materials. Of those who wash and reuse, 98% reported that their materials were completely dry before reuse.



PMA2020 uses innovative mobile technology to support low-cost, rapid-turnaround surveys to monitor key indicators for family planning and water, sanitation and hygiene (WASH). The project is implemented by local university and research organizations in 10 countries, deploying a cadre of female resident enumerators trained in mobile-assisted data collection.



PMA2020/Nigeria, carried out in Lagos and Kaduna states in 2015, is led by the Centre for Research, Evaluation Resources and Development (CRERD) and Bayero University Kano (BUK). The survey is endorsed and supported by the Federal Ministry of Health, the National Population Commission, the National Bureau of Statistics, and the Lagos and Kaduna State Ministries of Health. Overall direction and support is provided by the Bill & Melinda Cates Institute for Population and Reproductive Health and the Johns Hopkins University Water Institute through a grant from the Bill & Melinda Cates Foundation.

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