Menstrual Hygiene Management

RAJASTHAN STATE, INDIA, 2017

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 statewide survey in Rajasthan of 5,139 females aged 15 to 49, who reported menstruating in the past 3 months, conducted by PMA2020/India.

**MAIN LOCATION USED FOR MHM**

- **PERCENT OF WOMEN**
  - Backyard/No facility/Other: 34.4%
  - Sleeping area: 7.6%
  - Main household sanitation facility: 41.1%
  - Other sanitation facilities at home: 14.5%
  - Sanitation facilities at school, work or public facilities: 2.4%

**TYPES OF MENSTRUAL MATERIALS USED**

- **PERCENT OF WOMEN**
  - **SANITARY PADS**
    - Rural: 40.0%
    - Urban: 67.0%
  - **CLOTHS**
    - Rural: 70.2%
    - Urban: 41.9%
  - **COTTON WOOL**
    - Rural: 1.6%
    - Urban: 1.1%
  - **OTHER MATERIALS (E.G. TAMPONS, TOILET PAPER, FOAM, NATURAL MATERIALS)**
    - Rural: <1%
    - Urban: <1%

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

- **PERCENT OF WOMEN**
  - Clean
  - Private
  - Safe
  - Able to be Locked
  - Soap and Water

**DISPOSAL OF MENSTRUAL MATERIALS**

- **PERCENT OF WOMEN**
  - Toilet/Latrine
  - Waste bin
  - Burn
  - Bush/Other

**WASHING, REUSE AND DRYING OF MATERIALS**

44.1% of women report that they wash and reuse their MHM materials. Of those who wash and reuse, 97.3% reported that their materials were completely dry before reuse.

ONLY 36.0% OF WOMEN in Rajasthan report having everything they need to manage their menstruation.