

# Menstrual Hygiene Management

UGANDA, 2017



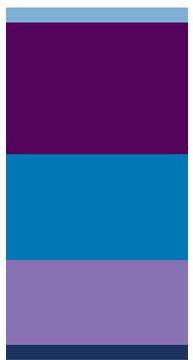
Performance Monitoring and Accountability 2020

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 for basic hygiene, health and wellbeing, ultimately affecting progress towards 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 nationwide survey in Uganda of 2,854 females age 15 to 49, who reported menstruating in the past 3 months, conducted by PMA2020/Uganda.

## MAIN LOCATION USED FOR MHM\*

PERCENT OF WOMEN



BACKYARD/NO FACILITY/OTHER: **4.1%**

SLEEPING AREA: **37.0%**

MAIN HOUSEHOLD SANITATION FACILITY: **30.0%**

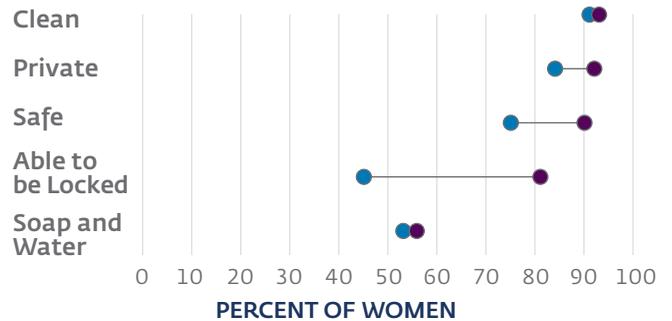
OTHER SANITATION FACILITIES AT HOME: **24.4%**

SANITATION FACILITIES AT SCHOOL, WORK OR PUBLIC FACILITIES: **4.9%**

\*totals do not add to 100% due to rounding

## SAFETY, CLEANLINESS, AND PRIVACY OF MHM LOCATION

● RURAL ● URBAN



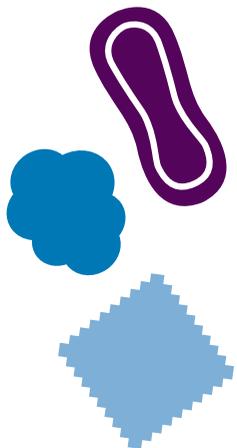
## DISPOSAL OF MENSTRUAL MATERIALS\*

\*Women are asked to select all types of disposal methods they use.



## TYPES OF MENSTRUAL MATERIALS USED\*

PERCENT OF WOMEN



	Rural	Urban
SANITARY PADS	<b>59.1%</b>	<b>84.2%</b>
CLOTHS	<b>49.0%</b>	<b>22.0%</b>
COTTON WOOL	<b>5.4%</b>	<b>5.0%</b>
OTHER MATERIALS (E.G. TAMPONS, TOILET PAPER, FOAM, NATURAL MATERIALS)	<b>3.0%</b>	<b>1.8%</b>

\*Women are asked to select all types of absorbents they use.

**ONLY 35.0% OF WOMEN** in Uganda report having everything they need to manage their menstruation.

## WASHING, REUSE AND DRYING OF MATERIALS

**42.0%** of women report that they wash and reuse their MHM materials. Of those who wash and reuse, **97.0%** reported that their materials were completely dried before reuse.