

**sustainable  
sanitation  
alliance**

Reproductive Organ



COMPILED ON BEHALF OF  
SuSanA working group 7  
'Sustainable WASH in  
Institutions and Gender Equality'

WITH SUPPORT FROM THE  
GIZ Sustainable Sanitation  
Programme, Germany



A COMPILATION  
OF MHM  
RESOURCES.  
REVISED AND  
EXPANDED  
EDITION 2020

# MENSTRUAL HYGIENE MANAGEMENT RELEVANT, INTERSECTORAL AND ON THE RISE

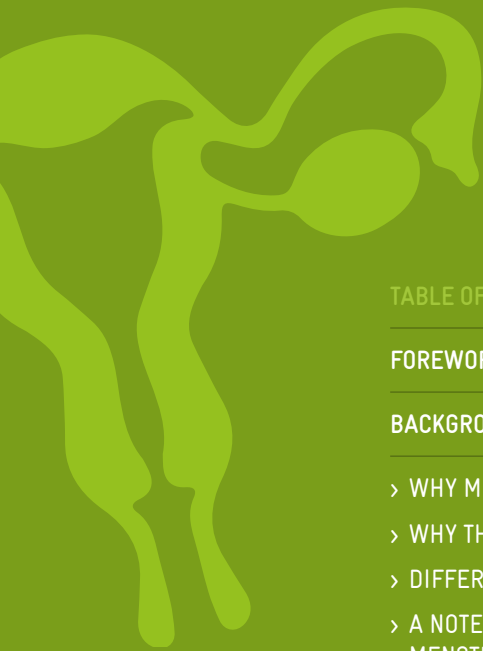
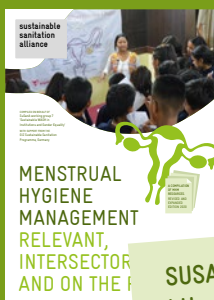


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<https://bit.ly/2LW3B0q>



Left: Dr. Maria Flachsbarth  
Right: Dr. Maria Flachsbarth  
at a Youth Empowerment  
Centre in Nairobi

## DEAR READERS

More than 600 million girls and women worldwide do not have access to toilet facilities during menstruation. School toilets are hugely important to ensure girls can continue going to school. Keeping girls in education longer has an immense impact: if a girl stays in school longer, she is less likely to be married off while still a child. And better education also improves girls' job opportunities. Achieving economic independence allows women to lead a self-determined life – and this also includes self-determined family planning. This example alone shows why it is so important that we break the stigma around menstruation and improve access worldwide to information, single-sex and usable toilets and washing facilities, and hygiene products.

Good menstrual hygiene management (MHM) makes an important contribution to gender equality, better education and employment, health and the realisation of sexual and reproductive health and rights (SRHR). Germany addresses menstrual hygiene in many development cooperation projects on water, sanitation and hygiene provision; the guiding principles are contained in the BMZ water strategy. Measures range from general awareness raising to improving sanitation facilities in schools.

We are, for instance, helping to improve sanitation and create girl-friendly toilets in schools in Cambodia, Laos, Indonesia and the Philippines through the Fit for School programme. Last year alone, 5.7 million learners were given access to information on menstrual hygiene with the help of our cooperation arrangement with the Department of Education of the Philippines. Since 2019 we have been supporting an initiative of the Nepalese government which has made locally and sustainably produced hygiene products available at 500 schools. In Jordan, Pakistan and Uganda the Sanitation for Millions programme is providing assistance for the construction of single-sex, usable and clean toilet facilities in schools, clinics and mosques. These activities and awareness-raising measures are aimed at helping to overcome the deep-rooted stigma that surrounds menstruation.

This present compilation of resources aims to provide anyone who is new to MHM with an overview of the most relevant publications in the field. By publishing this third, revised and expanded edition just in time for Menstrual Hygiene Day on 28 May the Sustainable Sanitation Alliance (SuSanA) is making an important contribution to improved MHM. I hope you will find it an informative read!

Dr. Maria Flachsbarth  
Parliamentary State Secretary to the Federal Minister for Economic Cooperation and Development

## WHY MHM MATTERS?

Approximately 1.9 billion women and girls menstruate worldwide. For an average of two to seven days a month, they have to deal with their period – in one way or another. Generally starting at menarche (usually between the age of 10 and 16) and continuing until menopause (usually somewhere between the age of 45 and 55), this recurring biological process has a significant impact on the lives of women and girls across the world.

Menstrual Hygiene Management (MHM) is understood as the way in which women and girls deal with their menstruation. Many factors account for effective MHM, which in turn means that, unfortunately, many factors can hinder effective MHM. In low- and middle-income countries (LMICs), in particular, practicing good menstrual hygiene is a difficult task for women and girls due to various reasons. Misinformation thrives due to the fact that menstruation is considered a taboo subject that is rarely discussed. Women and girls lack access to appropriate infrastructure. Commercial menstrual management supplies are either not available or unaffordable. All of this has consequences for the health, well-being and education of women and girls. Moreover, it reinforces gender inequities and exclusion.

EXPLORING MHM IN GREATER DETAIL,  
MANY OTHER TOPICS AND AREAS OF  
RESEARCH COME INTO PLAY:

- 
- › Water, sanitation and hygiene (WASH)

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  - › Sexual and reproductive health and rights (SRHR)

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  - › Education

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  - › Gender

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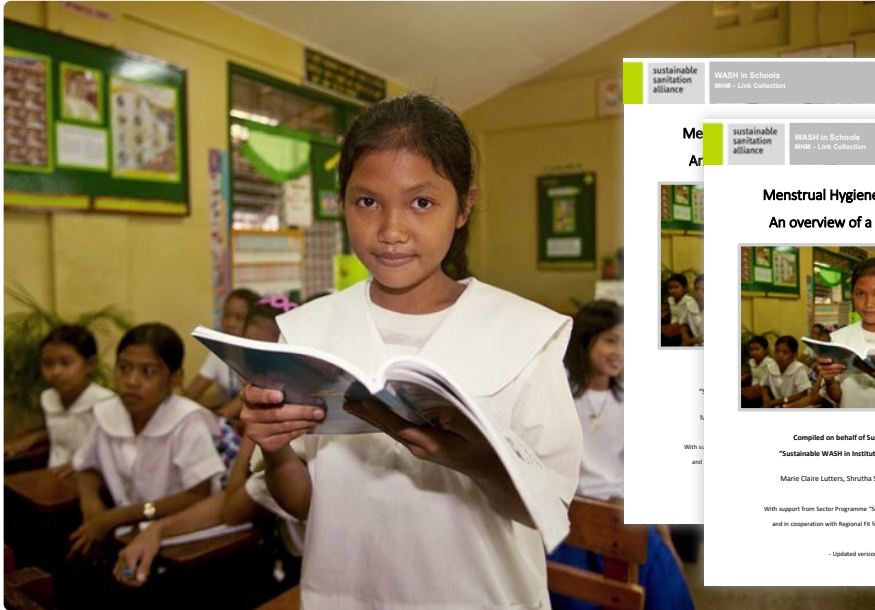
  - › Environment

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  - › Social business and innovation

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MHM is a truly intersectoral topic.



SUSANA MHM LINK COLLECTION  
 FIRST RELEASE 2016  
 UPDATED EDITION 2018

## WHY THIS PUBLICATION?

Improving MHM has certainly received increased attention in recent years. However, most interconnections between MHM and related fields as mentioned before are still under-researched. This compilation attempts to provide an overview of and categorise the key resources on MHM to date. By bringing together the growing body of resources, including research, case studies and information material for girls and boys, this publication intends to provide interested individuals and organisations with an overview of the most relevant publications on MHM to date.

The compilation at hand is the third edition of its kind. A first examination of the MHM global landscape by the Sustainable Sanitation Programme of the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) was discussed with members of the SuSanA working group 'Sustainable WASH in Institutions and Gender Equality'. As a result, a comprehensive link collection providing an overview of important information on MHM was published in 2016 and was followed by a SuSanA 'Thematic Discussion' on the topic at the beginning of 2017.

MHM has received increased attention at a global level from a variety of actors, including academics, policymakers, NGOs, and the private sector. Existing literature is still scarce but growing. By taking up the topic, GIZ recognises the importance of improving MHM in LMICs. The Sustainable Sanitation Programme is keen on moving the agenda forward and on establishing a platform that provides access to knowledge and facilitates interaction between GIZ programmes on MHM within the Health, Education, Gender, Waste and WASH sectors and beyond through the SuSanA network.

## DIFFERENT STRANDS AND DEVELOPMENTS ON MHM IN LITERATURE

The third, revised and expanded edition of a compilation of resources focusing on menstrual health and/or hygiene provides an overview of recent publications that address MHM in various (formerly under- or unresearched) areas such as refugee camps, informal settings but also in the context of Sexual and Reproductive Health and Rights (SRHR) and with regard to the inclusion of people with disabilities. These interconnections have received increased attention with the vast majority of available readings published in the last two years. By way of compiling material that addresses these new sub-categories, the publication not only collects new material but is also able to depict developments in research with regard to MHM: The first edition published in 2016 offered an overview of publications addressing MHM with a strong focus on schools and educational material developed to increase schoolchildren's understanding of puberty, menarche, and menstrual health and hygiene. The second, updated edition, published in 2018 gathered more information with regard to the focus area of schools but also expanded the list of publications to cover readings on MHM in emergency situations and with regard to environmental issues. The third edition expands the list of sub-categories even further, highlighting a broadening of the scope of current research on MHM. The change in the title also points to this development: From 'MHM – a neglected issue' to 'MHM – relevant, intersectoral and on the rise'.

Furthermore, this compilation of resources presents several systematic reviews (e.g. Sumpter & Torondel, 2013; Hennegan & Montgomery, 2016; Kuhlmann, Henry & Wall, 2017; van Eijk et al., 2019; Wilbur et al., 2019). These offer a comprehensive analysis on a plethora of research that provide profound insights into relevant publications on the topics analysed.

In addition, the compilation at hand draws attention to the variety of documents that have been published in the past years by INGOs and NGOs, providing relevant guidance. These documents allow readers to familiarise themselves with a particular aspect of MHM in more detail or provide them with more in-depth information about specific areas of MHM.

Sommer et al. (2019), for instance, look into how progress can be measured when attention is paid to designing and implementing programmes that can be monitored and evaluated. Their publication also highlights under-researched aspects of MHM and presents an outlook of what to expect in the near future. In addition, this compilation of MHM publications aims to provide a list of resources that can be accessed as webinars as well as a list of informational materials for children.

Finally, please note that the compilation does not offer an exhaustive account of the research and material available. Rather, the resources presented have undergone a pre-selection process by the GIZ Sustainable Sanitation Programme.

## A NOTE ON TERMINOLOGY:

### MENSTRUAL HEALTH

### MENSTRUAL HYGIENE (MANAGEMENT)

### MENSTRUAL HEALTH AND HYGIENE

A precise use of terminology is essential to avoid misunderstanding when talking about an issue such as MHM. However, such a clear use of terms, including abbreviations, is missing in the discussion. Instead, the (choice of) use of terms such as ‘menstrual health’, ‘menstrual hygiene management (MHM)’ and ‘menstrual health & hygiene (MHH)’ reveals much about the underlying concepts and debates surrounding MHM. Put differently, the use of a particular term is not rooted in precise terminology but in a specific focus and maybe even ideological underpinning with regard to the topic of MHM. The most commonly-used term in publications and materials that discuss menstruation with a link to the Sustainable Development Goals (SDGs) and other areas such as WASH, education, health, waste management, and gender is menstrual hygiene or menstrual hygiene management (MHM), respectively. The term was particularly common in early publications around 2010 when it was the WASH sector which was primarily working on the issue.

Different organisations and actors in the field use the abbreviation MHM interchangeably for two terms: ‘menstrual hygiene management’ and ‘menstrual health management’. The consequence of this absence of a common understanding of what MHM stands for is that MHM cannot be clearly affiliated with one sector within development cooperation.

Those referring to MHM as ‘menstrual hygiene management’ seem to use the term rather straightforwardly, that means without thinking too much about possible negative connotations with regard to the term hygiene. Marni Sommer (Columbia University), for instance, employs the term ‘menstrual hygiene management’ without elaborating on the use of the term hygiene. Her work significantly contributed to making MHM a part of WASH which in turn made it easier for MHM to be recognised in the SDGs.

A commonly used definition of menstrual hygiene management comes from the WHO/UNICEF Joint Monitoring Programme for WASH (JMP) and starts out as follows:

Women and adolescent girls use hygienic materials to absorb or collect menstrual blood, which can be changed in privacy as often as necessary for the duration of a menstrual period, use soap and water for washing the body as required, and have access to safe and convenient materials to dispose of used materials.

While many publications end their quote of the definition here, it is important to note that it includes another essential sentence:

They understand the basic facts linked to the menstrual cycle and how to manage it with dignity and without discomfort or fear. (WHO/UNICEF 2018: 50)

The additional sentence highlights dignity and the absence of discomfort and fear when managing one’s menstruation. This is what a growing number of NGOs and members of the academic community tap into. As Hennegan et al. outlines, there exists “a growing movement that believes in the use of a language that does not imply that menstruation is something dirty, but rather an aspect of health” (2017: 2). Therefore, by using the term health instead of hygiene, this growing movement emphasises the normality of menstruation as opposed to depicting menstruation as a ‘hygiene crisis’.

Proponents of the term hygiene, on the other hand, argue that the term does not necessarily associate menstruation with disease (cf. White). Put differently, hygiene is not equivalent with hygiene crisis. Rather, proper hygiene during menstruation can prevent illnesses associated with menstruation. Nevertheless, critics of the term ‘hygiene’ argue that understanding MHM as menstrual hygiene management focuses exclusively on the physical and managerial side of MHM and omits the broader psychological and biological aspects. That is why, since approximately 2015, the term menstrual health (management) has been gaining in importance and is becoming more prominent as organisations are strategically placing menstruation closer to the sexual and reproductive health and rights (SRHR) sector.

In an attempt to combine the definition of MHM from WHO/UNICEF (stated before) with “the broader systemic factors that link menstruation with health, well-being, gender, education, equity, empowerment, and rights” the NGO PATH, for instance, employs the term ‘menstrual health’ in its outlook on reproductive health (PATH 2016). Other organisations use the term MHM and menstrual health synonymously. Still others use the term menstrual health to refer to both the physical and also psychological aspects of an individual’s menstruation, including issues such as pain, fertility, endometriosis, etc.

Since 2018, the term MHH – menstrual health and hygiene – has become more prominent. It combines the two terms health and hygiene to give both equal importance. A focus on both the health-related issues stated above and the infrastructural factors that keep women and girls from managing their menstruation, such as access to water and adequate sanitation facilities as well as access to hygienic menstrual materials, which is particularly challenging for women and girls in developing countries.

A recently published Green Paper argues that:

These expanded or updated definitions may, for example, engage with menstruation from both a clinical and public health lens, address ongoing pervasive menstrual stigma, address socioeconomic aspects of menstruation, or the critical intersection of gender and menstruation. (Sommer et al. 2019: 4)

Establishing the term MHH will thus facilitate uniting all actors and reduce the confusion about what is meant by MHM. This will not only lead to greater consistency and clarity in the use of terms but might also bring together different advocacy groups (i.e. focused either on menstrual health or menstrual hygiene) for an overall more encompassing and thus more successful handling of the issue.





NON-EXHAUSTIVE  
OVERVIEW OF THE USE  
OF THE RESPECTIVE TERMS

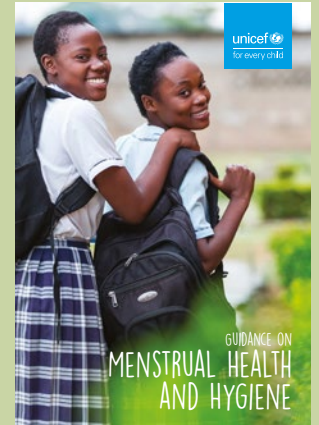
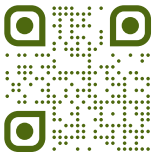
# 1

THESE SELECTED KEY READINGS PROVIDE FURTHER IN-DEPTH RESOURCES, EACH OF THEM DEALING WITH DIFFERENT IMPORTANT ASPECTS OF MHM.

**TITLE:** Guidance on menstrual health and hygiene

**AUTHOR/SOURCE:** UNICEF (2019)

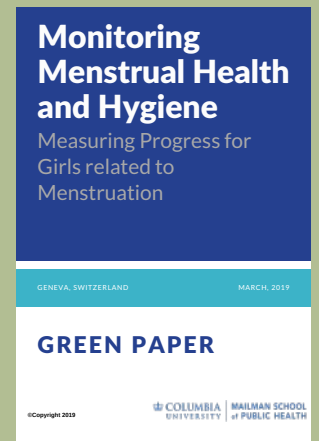
- › This extensive publication outlines all aspects of MHM, with a particular focus on how programmes can be developed that improve menstrual hygiene. It further elaborates on important components and strategies in developing WASH interventions and how to implement MHM measures.
- › SUSANA.ORG: <https://bit.ly/2LrpQey>



**TITLE:** Monitoring menstrual health and hygiene: measuring progress for girls on menstruation; meeting report

**AUTHOR/SOURCE:** Sommer, M., Zulaika, G., Schmitt, M. & Gruer, C. (Eds.) Columbia University & WSSCC (2019)

- › The Green Paper provides an overview of and reflection on the developments in menstrual health and hygiene. Additionally, it defines the new term of MHH, which is now increasingly being used within the field and in new resource materials.
- › SUSANA.ORG: <https://bit.ly/2A7Im9h>



**TITLE:** A time for global action: addressing girls' menstrual hygiene management needs in schools

**AUTHOR/SOURCE:** Sommer, M., Caruso, B.A., Sahin, M., Calderon, T., Cavill, S., Mahon, T. & Phillips-Howard, P.A. (2016)

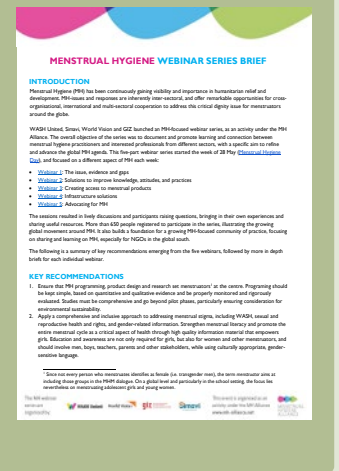
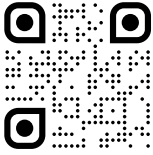
- › Columbia University and the United Nations Children's Fund (UNICEF) brought together members of academia, nongovernmental organisations, the UN, donor agencies, the private sector, and social entrepreneurial groups in October 2014 ('MHM in Ten') to identify key public health issues requiring prioritisation, coordination, and investment by 2024. Five key priorities were identified to guide global, national, and local action.
- › JOURNALS.PLOS.ORG: <http://bit.ly/2g2T6Kv>



TITLE: **Menstrual hygiene webinar series & brief**

AUTHOR/SOURCE: World Vision, WASH United, Simavi & GIZ (2018)

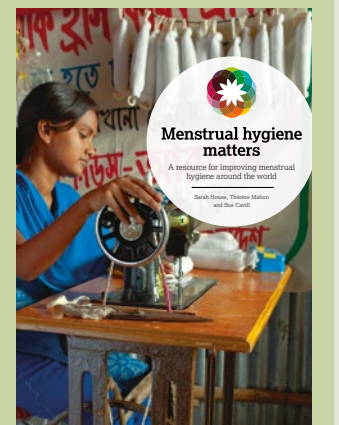
- > This brief summarises the topics presented in a webinar series focusing on menstrual hygiene. The five webinars focused on different aspects of menstrual hygiene and are entitled:
  - > The issue, evidence and gaps,
  - > solutions to improve knowledge, attitudes, and practices,
  - > creating access to menstrual products,
  - > infrastructure solutions, and
  - > advocating for MH.
- The brief also provides direct links to the recordings.
- > SUSANA.ORG: <https://bit.ly/2WSJN3b>



TITLE: **Menstrual hygiene matters: a resource for improving menstrual hygiene around the world**

AUTHOR/SOURCE: House, S., Mahon, T. & Cavill, S. (2012)

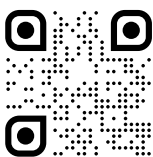
- > This resource brings together, for the first time, accurate, straightforward, non-judgmental knowledge and best practice examples on menstrual hygiene programming from around the world to encourage the development of comprehensive and context-specific approaches to menstrual hygiene. It presents comprehensive and practical guidance on what is already being implemented in different contexts to encourage replication. The resource is divided into modules, each with its own toolkit, focusing on various aspects of menstrual hygiene.
- > WASHMATTERS.WATERAID.ORG: <https://bit.ly/3cBw6vz> | ENGLISH, FRENCH



TITLE: **A toolkit for integrating menstrual hygiene management (MHM) into humanitarian response**

AUTHOR/SOURCE: Sommer, M., Schmitt, M. & Clatworthy, D. (2017)

- > The toolkit was designed to support a range of humanitarian actors involved in the planning and delivery of emergency responses. In particular, the guide aims to support
  - > programme staff directly delivering services;
  - > programme supervisors and country-level staff responsible for designing, coordinating and monitoring field activities, and
  - > technical staff, focusing on providing technical support and developing standards.
- > SUSANA.ORG: <https://bit.ly/363Q8Nb>



TITLE: **Female-friendly public and community toilets: a guide for planners and decision makers**

AUTHOR/SOURCE: UNICEF, WaterAid & WSUP (2018)

- > This publication outlines how female-friendly toilets can be created in an urban setting and what barriers many females face without adequate sanitation facilities. It offers a particularly detailed insight into policies and planning processes that take MHM into consideration.

> WASHMATTERS.WATERAID.ORG: <https://bit.ly/2Wz413b>

ENGLISH, FRENCH, PORTUGUESE, SPANISH

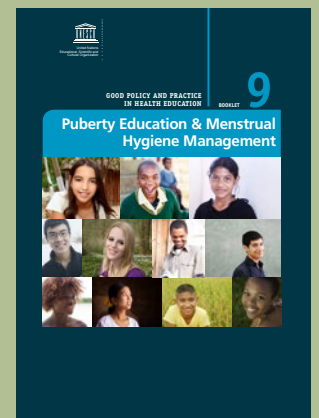
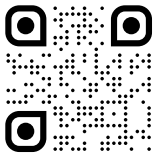


TITLE: **Puberty education & menstrual hygiene management**

AUTHOR/SOURCE: UNESCO (2014)

- > This book outlines good policies and practices around puberty education and menstrual hygiene management (MHM). It encourages a holistic approach to health promotion, starting with education and the creation of healthy environments. The book gives recommendations on what learners should be taught and touches upon a range of issues to help the education sector address puberty education and MHM systematically and effectively.

> UNESDOC.UNESCO.ORG: <https://bit.ly/2T7jN0x>

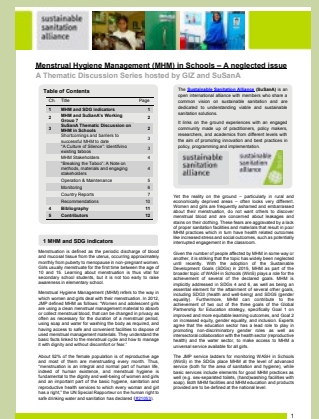


TITLE: **MHM in schools: a neglected issue – a thematic discussion series hosted by GIZ and SuSanA**

AUTHOR/SOURCE: Dauenhauer, K., Büürma, M., Schlenk, J., Sommer, M. & Mahon, T. (2017)

- > The four-week discussion taking place on SuSanA's online forum was entitled 'MHM in Schools – A neglected issue' and focused on two themes in particular: breaking the taboo around MHM and infrastructural barriers and how to monitor MHM. The main outcomes of the discussion, including various country reports, are covered in the synthesis report.

> SUSANA.ORG: <https://bit.ly/2Tbf6oW>



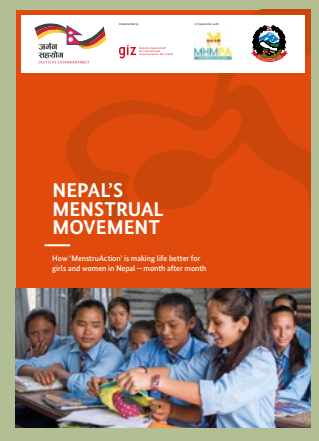
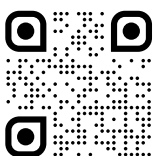
TITLE: **Nepal's menstrual movement – how 'MenstruAction' is making life better for girls and women in Nepal – month after month**

AUTHOR/SOURCE: Evans, R., & Broch Alvarez, V. (2019)

- > This publication explores the work of the 'MHM Practitioner Alliance Nepal' of improving menstrual health and hygiene and addresses the taboo surrounding the topic. The publication, while focusing on Nepal, can serve as a good practice example of how to set up national alliances in other countries.

> SUSANA.ORG: <https://bit.ly/3bzX9H1>

ENGLISH, NEPALI



# INTRODUCTIONS TO MHM

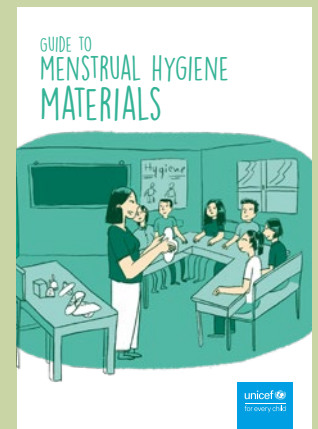
## 2

THE PUBLICATIONS PRESENTED IN THIS CHAPTER HAVE BEEN SELECTED DUE TO THE FACT THAT THEY CAN PROVIDE A BROADER OVERVIEW OF ASPECTS OF MHM RESEARCH AND PROGRAMMES.

TITLE: **Guide to menstrual hygiene materials**

AUTHOR/SOURCE: UNICEF (2019)

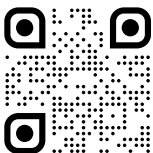
- › The guide gives an overview of what kinds of sanitary products are used globally and outlines barriers of procurement faced by many. Furthermore, this guide presents recurring topics of MHM that have been mentioned by girls and/or women worldwide and categorises them to illustrate the complexity of MHM.
- › SUSANA.ORG: <https://bit.ly/365K6f5>



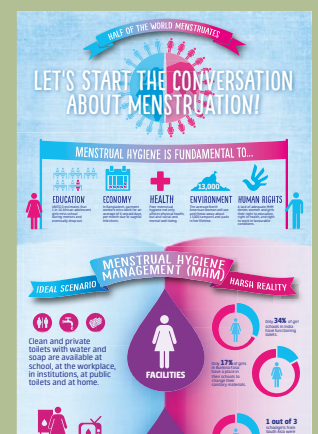
TITLE: **Menstrual hygiene management basics**

AUTHOR/SOURCE: WASH United (2015)

- › This 'classic' MHM infographic explains why menstruation matters and what is required for a good menstrual hygiene management.
- › MENSTRUALHYGIENEDAY.ORG: <https://bit.ly/2Tarju1>



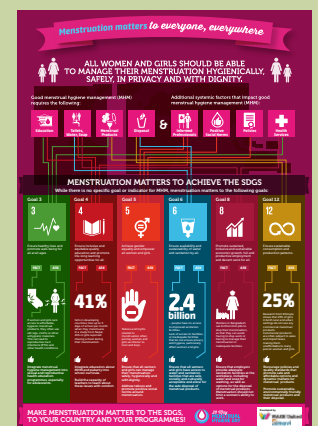
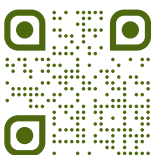
ENGLISH,  
PORTUGUESE/BRAZIL,  
GERMAN



TITLE: **Menstrual hygiene management and the Sustainable Development Goals**

AUTHOR/SOURCE: Simavi, PATH & WASH United (2017)

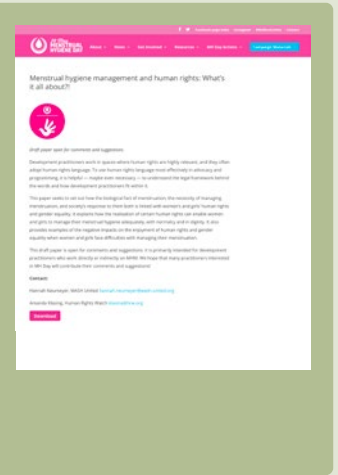
- › Infographic on why menstrual hygiene management matters to the achievement of several Sustainable Development Goals (SDGs).
- › MENSTRUALHYGIENEDAY.ORG: <https://bit.ly/35Zx4jc>



TITLE: **Menstrual hygiene management and human rights: What's it all about?!**

AUTHOR/SOURCE: Neumeyer, H. & Klasing, A. (2016)

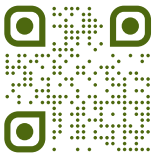
- > This draft paper elaborates on how the biological fact of menstruation, the necessity of managing menstruation, and society's response to it are linked to women's and girls' human rights and gender equality. It explains how the realisation of certain human rights can enable women and girls to manage their menstrual hygiene adequately, with normalcy and dignity.
- > MENSTRUALHYGIENEDAY.ORG: <https://bit.ly/2LB3ze5>



TITLE: **Menstrual hygiene management in resource-poor countries**

AUTHOR/SOURCE: Kuhlmann, A., Henry, K. & Wall, L. (2017)

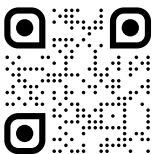
- > This publication provides a systematic literature review of studies on MHM. It finds that most studies focus on education while a few call for the need for improved WASH facilities. Overall, this paper offers a summary of recurring themes and barriers and points to case study research papers.
- > JOURNALS.LWW.COM: <https://bit.ly/363o6SB>



TITLE: **Menstrual hygiene management among adolescent schoolgirls in low- and middle-income countries: research priorities**

AUTHOR/SOURCE: Phillips-Howard, P.A., Caruso, B., Torondel, B., Zulaika, G., Sahin, M. & Sommer, M. (2016)

- > The aim of the article is to compile research priorities for MHM in order to better understand the main negative effects of poor MHM on girls' well-being, dignity, health and schooling. The authors highlight the need for a stronger evidence base and standardised tools and methods, definitions, measures and methodologies and advocate for a MHM research consortia.
- > TANDFONLINE.COM: <https://bit.ly/2y9jbtI>



# 3

## CHALLENGES AND THE INTERSECTORAL NATURE OF MHM

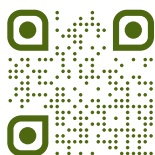
### MHM, EDUCATION AND WASH IN SCHOOLS

Among all research foci with regard to MHM, MHM in school settings is the most widely researched, based on the number of open access publications available. This reflects the emphasis of early programmes and research to address MHM around the age of puberty. Research aiming to elaborate on different thematic 'areas' of MHM such as health promotion or WASH have often been conducted in a school setting. Most research publications highlight the complexity of monitoring and evaluating MHM programmes or interventions as many factors are not easily quantifiable and the societal taboos that oftentimes surround menstruation need to be taken into consideration when drawing conclusions.

TITLE: **Making WASH in Schools more sustainable (Volume II)**

AUTHOR/SOURCE: Panesar, A., Roach, E., Wendland, C., Wienpahl, I., Schlenk, J. & Toetzke, J. (Eds.) (2015)

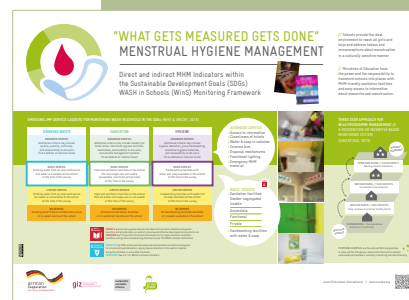
- › This publication is the second volume of 'Making WASH in Schools more Sustainable'. Similar to Volume I, it showcases various approaches, both practical and innovative, to provide sustainable WASH solutions in schools around the world. The case stories are divided into four thematic chapters:
  - › how to link school and productive sanitation,
  - › how to deal with menstrual hygiene management in schools (especially cases 5 & 8),
  - › how to bring school sanitation to scale, and
  - › the role of monitoring (with a special focus on WASH interventions in schools).
- › SUSANA.ORG: <https://bit.ly/3613Q3z>



TITLE: **'What gets measured gets done' – menstrual hygiene management**

AUTHOR/SOURCE: GIZ / Fit for School (2018)

- › This poster illustrates the different steps and definitions that are important to ensure that Menstrual Hygiene can be evaluated.
- › SUSANA.ORG: <https://bit.ly/2WzexaA>

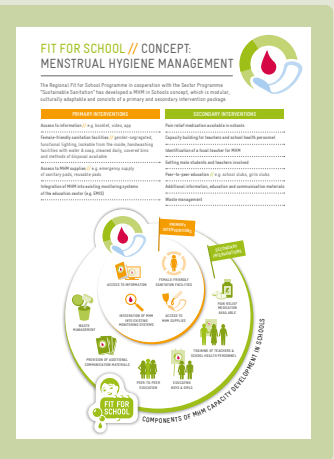


TITLE: **Fit for School concept: menstrual hygiene management**

AUTHOR/SOURCE: GIZ / Fit for School (2019)

- > The two-page document offers an overview on primary and secondary interventions which are important for a successful menstrual hygiene management in school and also provides an easy-to-understand graphic illustrating all features needed for a clean and female-friendly toilet.
- > SUSANA.ORG: <https://bit.ly/2X2xPny>

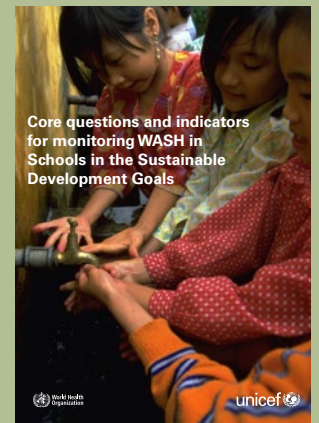
ENGLISH, KHMER, LAO, NEPALI



TITLE: **Core questions and indicators for monitoring WASH in Schools in the Sustainable Development Goals**

AUTHOR/SOURCE: WHO/UNICEF JMP (2018)

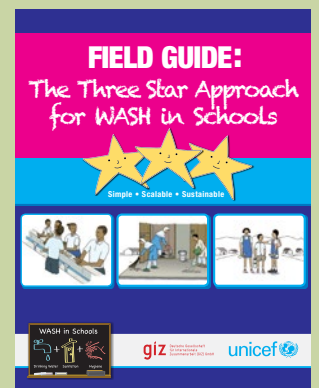
- > Through expert consultations, the JMP has developed core questions for monitoring water, sanitation and hygiene at home, in schools and healthcare facilities. The document contains core and expanded indicators related and specific to MHM and school infrastructure.
- > SUSANA.ORG: <https://bit.ly/2Z4lnVT>



TITLE: **Field guide: the Three Star Approach for WASH in Schools**

AUTHOR/SOURCE: GIZ & UNICEF (2013)

- > The Three Star Approach is modelled on successful programmes such as the Fit for School programme supported by GIZ. Schools are encouraged to take simple steps to make sure that all students wash their hands with soap, have access to drinking water, and are provided with clean, single-sex and child-friendly toilets at school every day.
- > SUSANA.ORG: <https://bit.ly/2yPzCoc>



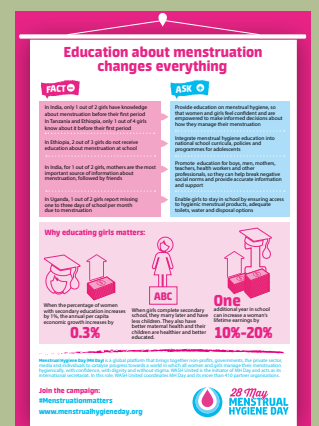
TITLE: **Menstrual hygiene education changes everything**

AUTHOR/SOURCE: WASH United (2018)

- > The infographic displays the challenges and highlights progress that has been made in raising awareness on MHM in a school context and how it links to wider developments.
- > MENSTRUALHYGIENEDAY.ORG: <https://bit.ly/3fQDkhUp>



ENGLISH, HINDI, PORTUGUESE/BRAZIL





TITLE: **WASH in Schools for girls: voices from the field – advocacy and capacity building for menstrual hygiene management through WASH in Schools programmes**

AUTHOR/SOURCE: UNICEF (2015)

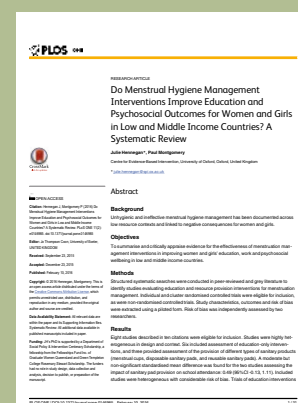
- > Since March 2014, the Canadian Government has been funding the project 'WASH in Schools for Girls: Advocacy and Capacity Building for MHM through WASH in Schools Programmes'. This publication documents the successes, challenges and lessons learned during the planning and implementation of the WinS4Girls project.
- > UNICEF.ORG: <https://uni.cf/2y3aR7l>



TITLE: **Do menstrual hygiene management interventions improve education and psychosocial outcomes for women and girls in low- and middle-income countries? A systematic review**

AUTHOR/SOURCE: Hennegan, J. & Montgomery, P. (2016)

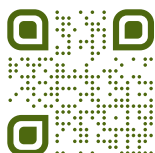
- > This study was conducted to review research findings for the effectiveness of menstruation management interventions for improving women's and girls' education, work, and psychosocial well-being in low- and middle-income countries. The authors focused on eight studies that include assessments of education-based interventions but also some on different types of sanitary products.
- > JOURNALS.PLOS.ORG: <https://bit.ly/2ZcJbYK>



TITLE: **Attention to menstrual hygiene management in schools: an analysis of education policy documents in low- and middle-income countries**

AUTHOR/SOURCE: Sommer, M., Figueroa, C., Kwauk, C., Jones, M. & Fyles, N. (2017)

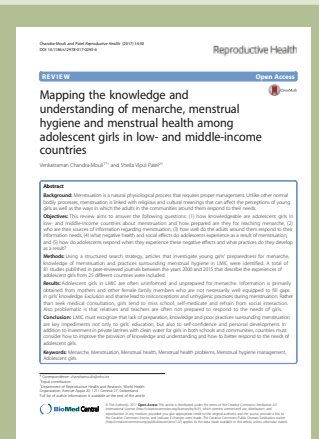
- > The article examines the attention that has been given to MHM in the education sector in recent years through an analysis of a sample of sector policy-related documents. The analysis enquires about the extent the education sector recognises menstrual needs in school and whether this attention goes beyond water and sanitation to include menstrual hygiene supplies and information.
- > SCIENTEDIRECT.COM: <https://bit.ly/2WwDoeU>



TITLE: **Mapping the knowledge and understanding of menarche, menstrual hygiene and menstrual health among adolescent girls in low- and middle-income countries**

AUTHOR/SOURCE: Chandra-Mouli, V. & Patel, S.V. (2017)

- > The review investigates how knowledgeable adolescent girls in low- and middle-income countries are about menstruation, how prepared they are for reaching menarche as well as what sources of information they use. Results suggest that girls are generally uninformed and unprepared for menarche. While the information they receive is primarily from female family members, it is not always complete or correct. Exclusion and shame lead to misconceptions and unhygienic practices during menstruation. Medical issues are related to school-absenteeism. In addition, it is regarded as problematic that relatives and teachers are oftentimes unprepared to respond to the needs of girls.
- > NCBI.NLM.NIH.GOV: <https://bit.ly/2yPG26L>



TITLE: **Menstrual hygiene in South Asia**

AUTHOR/SOURCE: Mahon, T. & Fernandes, M. (2010)

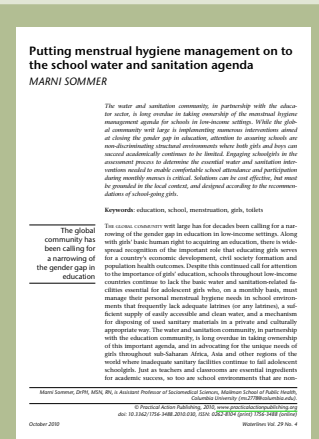
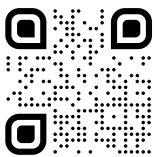
- > This article explores the reasons why menstrual hygiene management is not generally included in WASH initiatives and the social and health impacts of this neglect on women and girls. It provides examples of successful approaches to tackling menstrual hygiene in WASH in the South Asian region.
- > WASHMATTERS.WATERAID.ORG: <https://bit.ly/2WD8BfB>



TITLE: **Putting 'menstrual hygiene management' on to the school water and sanitation agenda**

AUTHOR/SOURCE: Sommer, M. (2010)

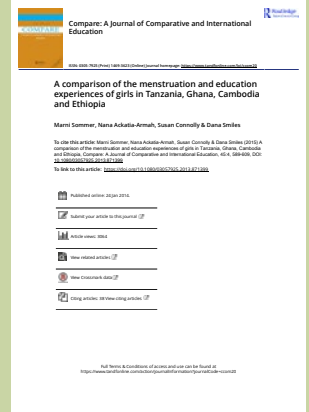
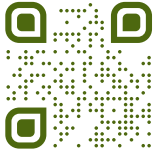
- > A variety of MHM aspects are closely intertwined with water and sanitation aspects. Therefore, the water and sanitation community, in partnership with the education sector, should take ownership of the MHM agenda for schools in low-income settings. Engaging schoolgirls in the assessment process to determine the essential water and sanitation interventions needed to enable comfortable school attendance and participation during monthly menses is critical.
- > SEMANTICSCHOLAR.ORG: <https://bit.ly/2AdTT6Q>



TITLE: **A comparison of the menstruation and education experiences of girls in Tanzania, Ghana, Cambodia and Ethiopia**

AUTHOR/SOURCE: Sommer, M., Ackatia-Armah, N., Connolly, S. & Smiles, D. (2015)

- > The publication examines studies in three low-income countries (Ghana, Cambodia and Ethiopia) that examine how menarche affects the lives of schoolgirls. The focus is on girls' school participation; their relationship with parents, teachers and peers; their evolving sanitation and hygiene needs; their understanding of cultural issues and taboos around menses; and what education, if any, they received prior to and during puberty.
- > TANDFONLINE.COM: <https://bit.ly/2WBs9LH>



TITLE: **Girls' and women's unmet needs for menstrual hygiene management: the interactions between MHM and sanitation systems in low-income countries**

AUTHOR/SOURCE: Sommer, M., Kjellén, M. & Pensulo, C. (2012)

- > This review explores knowledge about menstrual beliefs and behaviours, and how women and girls currently handle their monthly menses in relation to existing sanitation systems in low-income countries. It further explores how used menstrual materials are disposed of and the consequences of different disposal practices for the functioning of sanitation systems.
- > IWAPONLINE.COM: <https://bit.ly/363XNLR>



TITLE: **Menstruation hygiene management for schoolgirls in low-income countries**

AUTHOR/SOURCE: WEDC (2012)

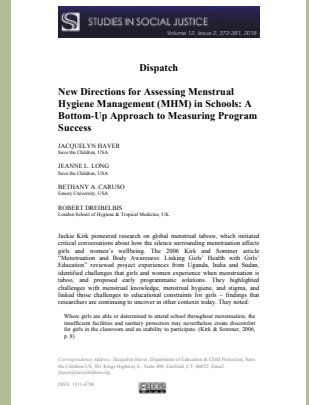
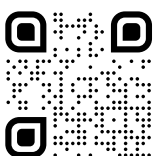
- > This fact sheet outlines the problems experienced by menstruating schoolgirls in low-income countries. Although its focus is predominantly on sub-Saharan Africa, many of the issues raised are relevant to girls in most low-income countries, although there may be differences in popular practice and beliefs. The fact sheet also evaluates simple solutions to these problems.
- > SUSANA.ORG: <https://bit.ly/3czfEwn>



TITLE: **New directions for assessing menstrual hygiene management (MHM) in schools: a bottom-up approach to measuring program success (dispatch)**

AUTHOR/SOURCE: Haver, J., Long, J.L., Caruso, B.A. & Dreibelbis, R. (2018)

- > The article discusses the development of a questionnaire assessing the barriers to school attendance girls face. The developed tool – Menstrual Related-School Participation, Stress and Self-Efficacy (MR-SSS) – aims to include all aspects that might lead to school absenteeism during menstruation, while remaining flexible to be adopted to local context. The study finds that the MR-SSS survey results correspond with other studies that have conducted research on school absenteeism during
- > JOURNALS.LIBRARY.BROCKU.CA: <https://bit.ly/36265DG>



**TITLE:** DepEd Philippines WASH in Schools Three Star Approach – monitoring results: menstrual hygiene management

**AUTHOR/SOURCE:** DepEd Philippines (2020)

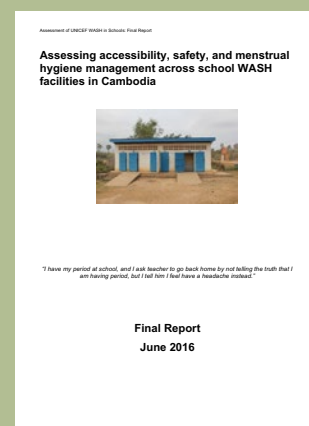
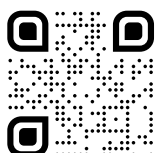
- > The national WinS monitoring results – school year 2017/2018 to 2018/2019 – show that
  - > MHM has improved in the first two years of implementation;
  - > schools are showing more improvements in areas which require less investment in infrastructure and where they can use existing resources;
  - > schools were able to make a drastic improvement in the availability of sanitary pads; and
  - > infrastructure continues to be a barrier for MHM.
- > FITFORSCHOOL.INTERNATIONAL: <https://bit.ly/36AUNXm>



**TITLE:** Assessing accessibility, safety and menstrual hygiene management across school WASH facilities in Cambodia

**AUTHOR/SOURCE:** UNICEF (2016)

- > UNICEF Cambodia commissioned WaterAid to assess the accessibility of UNICEF supported WASH facilities in schools, particularly for children with disabilities, and menstruating girls in schools. The study offers some recommendations which include:
  - > infrastructure designs,
  - > research and action learning,
  - > allocating budgets for accessible WASH, sanitary pad supply,
  - > improving M&E,
  - > building a coordinating role for UNICEF on MHM across sectors,
  - > update guidelines and policies to incorporate accessibility and MHM considerations.
- > WASHMATTERS.WATERAID.ORG: <https://bit.ly/2HLFWev>



**TITLE:** Cambodian girls' recommendations for facilitating menstrual hygiene management in school

**AUTHOR/SOURCE:** Connolly, S. & Sommer, M. (2013)

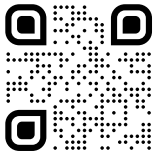
- > This academic article presents a comparative case study that was carried out in Cambodia to explore girls' own suggestions for improving the guidance they receive in the classroom, and for modifications of existing school water, sanitation and hygiene (WASH) facilities in order to better meet their menstrual hygiene management needs.
- > IWAPONLINE.COM: <https://bit.ly/2WCHqCR>



TITLE: **'We do not know': a qualitative study exploring boys' perceptions of menstruation in India**

AUTHOR/SOURCE: Mason, L., Sivakami, M., Thakur, H., Kakade, N., Beauman, A., Alexander, K.T., van Eijk, A.M., Laserson, K.F., Thakkar, M.B. & Phillips-Howard, P.A. (2017)

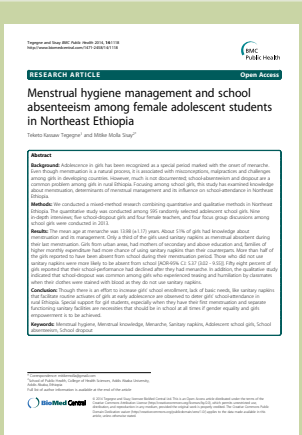
- > Focus group discussions with adolescent boys from three Indian states showed that few boys displayed an openly negative attitude towards menstruation but rather lack knowledge and formal knowledge sources of menstrual hygiene. The findings suggest involving boys as advocates in advancing the MHM agenda, as they seek information and show sympathy with fellow menstruating students.
- > NCBI.NLM.NIH.GOV: <https://bit.ly/2LuXgJd>



TITLE: **Menstrual hygiene management and school absenteeism among female adolescent students in Northeast Ethiopia**

AUTHOR/SOURCE: Tegegne, K. & Sisay, M.M. (2014)

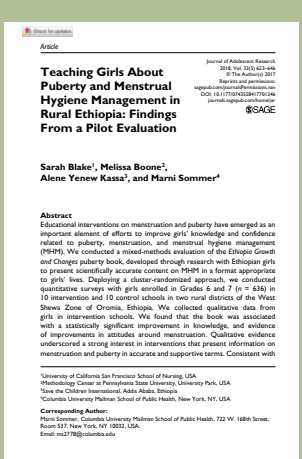
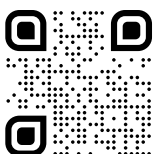
- > A combination of quantitative and qualitative analyses of adolescent schoolgirls in Northeast Ethiopia revealed that half of the interviewed girls had knowledge about MHM. School-performance reportedly declined after menarche. The results suggest that support female students, especially when they have their first menstruation, and separate, functioning sanitary facilities are necessities if gender equality and girls' empowerment is to be achieved.
- > NCBI.NLM.NIH.GOV: <https://bit.ly/2XzWcJw>



TITLE: **Teaching girls about puberty and menstrual hygiene management in rural Ethiopia: findings from a pilot evaluation**

AUTHOR/SOURCE: Blake, S., Boone, M., Kassa, A.Y. & Sommer, M. (2018)

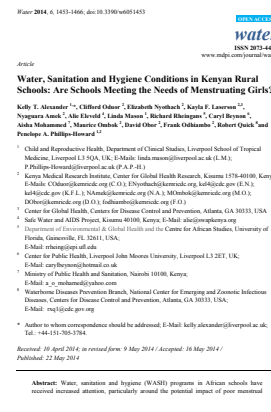
- > The research provides an assessment of whether the provision of a booklet about puberty, menstruation and MHM written for girls in Ethiopia contributes to increased knowledge. It finds that the booklet had an overall positive effect as girls felt more comfortable talking to peers and parental figures. However, the research strongly suggests that increased knowledge and less stigma surrounding menstruation has to go 'hand-in-hand' with improving washroom facilities in schools, as many have not addressed structural barriers yet.
- > JOURNALS.SAGEPUB.COM: <https://bit.ly/3fXoE0b>



TITLE: **Water, sanitation and hygiene conditions in Kenyan rural schools: Are schools meeting the needs of menstruating girls?**

AUTHOR/SOURCE: Alexander, K.T., Oduor, C., Nyothach, E., Laserson, K.F., Amek, N., Eleveld, A., Mason, L., Rheingans, R., Beynon, C., Mohammed, A., Ombok, M., Obor, D., Odhiambo, F., Quick, R. & Phillips-Howard, P.A. (2014)

- > The authors analysed how MHM is affected by a lack of WASH undertakings. They present evidence from over 60 primary schools in rural Kenya. While most schools had single-sex toilets, almost 80% could not be locked. Schools participating in WASH initiatives set up by NGOs performed better in all analysed areas (e.g. hand-washing facilities, cleaner latrines).
- > MDPI.COM: <https://bit.ly/3cCij8z>



TITLE: **Menstrual hygiene management and school absenteeism among adolescent students in Indonesia: evidence from a cross-sectional school-based survey**

AUTHOR/SOURCE: Davis, J., Macintyre, A., Odagiri, M., Suriastini, W., Cordova, A., Huggett, C., Agius, P.A., Faiqoh, Budiyan, A.E., Quillet, C., Cronin, A.A., Diah N.M., Triwahyunto, A., Luchters, S. & Kennedy, E. (2018)

- > This study evaluates schoolgirls' knowledge about MHM in eight different Indonesian districts. It found that the majority of them used disposable sanitary pads and were aware of menstrual hygiene. A lack of handwashing facilities close to the girls toilet was found to be the most prominent factor leading to poor MHM.
- > NCBI.NLM.NIH.GOV: <https://bit.ly/2WB9ars>



TITLE: **Menstrual hygiene management among Bangladeshi adolescent schoolgirls and risk factors affecting school absence: results from a cross-sectional survey**

AUTHOR/SOURCE: Alam, M.U., Luby, S.P., Halder, A.K., Islam, K., Opel, A., Shoab, A.K., Ghosh, P.K., Rahman, M., Mahon, T. & Unicomb, L. (2017)

- > For this survey conducted in 700 schools (rural and urban), over 2,000 schoolgirls aged 11-17 were interviewed in Bangladesh. Furthermore, the research team checked if adequate menstrual hygiene facilities/toilets were available and functional. The gathered data showed that over half of the schools did not have toilet facilities girls could access during the entire school day and only 9% provided soap and water within the toilet facility.

While the survey found a variety of factors that contribute to girls' absence during menstruation such as cultural attitudes, for instance, it also found that providing adequate gender-separated facilities and information about menstruation leads to a decrease in school absenteeism.

- > BMJOPEN.BMJ.COM: <https://bit.ly/3dR1183>



**TITLE:** Effect of menstruation on girls and their schooling, and facilitators of menstrual hygiene management in schools: surveys in government schools in three states in India, 2015

**AUTHOR/SOURCE:** Sivakami, M.M., van Eijk, A.M, Harshad Thakur, H., Kakade, N., Patil, C., Shinde, S., Surani, N., Bauman, A., Zulaika, G., Kabir, Y., Dobhal, A., Singh, P., Tahiliani, B., Mason, L., Alexander, K.T., Thakkar, M.B., Laserson, K.F. & Phillips-Howard, P.A. (2019)

- > The article researches what effect a more supportive school-environment (e.g. adequate toilet facilities, access to toilet throughout the day) and the availability of sanitary products have on school absenteeism. Better equipment and organised sanitary and disposal facilities were mentioned positively by the majority of girls in the model school and therefore were assumed to be a good indicator for successful MHM.
- > NCBI.NLM.NIH.GOV: <https://bit.ly/2LwSsDa>



**TITLE:** Menstrual hygiene – a salient hazard in rural schools: a case of Masvingo district of Zimbabwe

**AUTHOR/SOURCE:** Ndlovu, E. & Bhala, E. (2016)

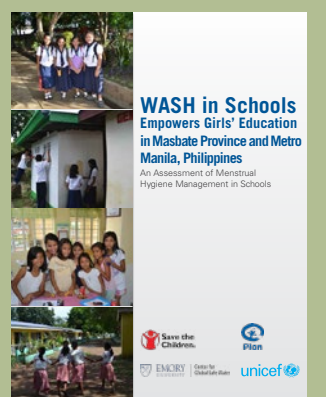
- > The research project aimed at getting input from small focus groups and also conducted interviews at schools in rural Zimbabwe in order to find out more on MHM gaps. The article proposes that national and regional governments should prioritise policies that support the implementation of appropriate WASH facilities. In addition, increasing community education and engagement can lead to increased awareness and knowledge of menstruation and MHM.
- > NCBI.NLM.NIH.GOV: <https://bit.ly/2Aw4cUe>



**TITLE:** Education in Masbate Province and Metro Manila, Philippines: an assessment of menstrual hygiene management in schools

**AUTHOR/SOURCE:** Haver, J., Caruso, B., Ellis, A., Sahin, M., Villasenor, J., Andes, K. & Freeman, M. (2013)

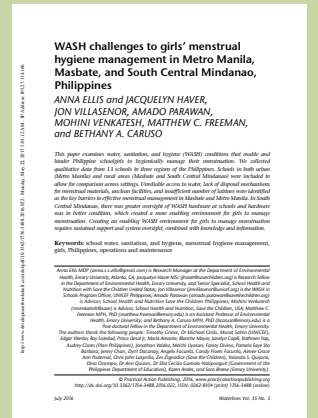
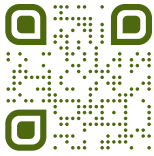
- > Emory University, UNICEF Philippines, Plan Philippines and Save the Children Philippines carried out a qualitative assessment of menstruation-related challenges girls face in school. Girls, boys, teachers and mothers at 10 schools in Masbate Province and the National Capital Region were interviewed. This report documents the challenges girls face in school during menses, describes the determinants of these challenges, and outlines the educational and health impacts of these challenges as voiced by the participants.
- > UNICEF.ORG: <https://uni.cf/2WZgFqX>



TITLE: **WASH challenges to girls' menstrual hygiene management in Metro Manila, Masbate, and South Central Mindanao, Philippines**

AUTHOR/SOURCE: Ellis, A., Haver, J., Villasenor, J., Parawan, A., Venkatesh, M., Freeman, M.C. & Caruso, B.A. (2016)

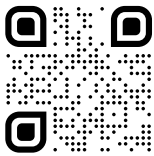
- > Qualitative data from 13 Philippine schools (three different regions) shows that improving WASH in Schools also leads to improved MHM practices in schools. Several aspects of WASH such as too few toilets per student, lack of running water, unclean facilities, and lack of opportunity to dispose of menstrual products were brought up by the students interviewed. The study recommends that a system of accountability can help in keeping existing facilities clean and working.
- > COMMUNITYLEDTOTALSANITATION.ORG: <https://bit.ly/360dOC8>



TITLE: **Overcoming the taboo: advancing the global agenda for menstrual hygiene management for schoolgirls**

AUTHOR/SOURCE: Sommer, M. & Sahin, M. (2013)

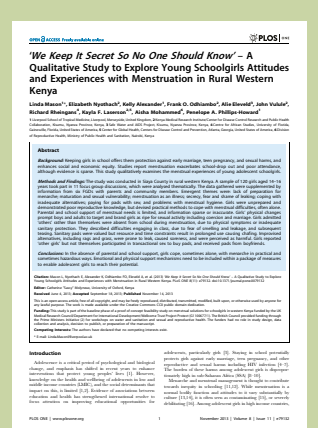
- > Sommer and Sahin highlight important developments and research on MHM in recent years. They emphasise that growing awareness from policymakers and internationally acting organisations is vital for further developments in this area.
- > NCBI.NLM.NIH.GOV: <https://bit.ly/3685oZB>



TITLE: **'We keep it secret so no one should know' – a qualitative study to explore young schoolgirls attitudes and experiences with menstruation in rural Western Kenya.**

AUTHOR/SOURCE: Mason, L., Nyothach, E., Alexander, K.T, Odhiambo, F.O., Eleveld, A., Vulule, J., Rheingans, R., Laserson, K.F., Mohammed, A. & Phillips-Howard, P.A. (2013)

- > The authors of this study set in Kenya conducted interviews with schoolgirls, their mothers and some local stakeholders to determine local attitudes about menstruation, the girls' knowledge about menarche and problems encountered during menstruation. These focus group interviews found that girls' knowledge about menstruation was limited and that an unsupportive environment at school added to this.
- > JOURNALS.PLOS.ORG: <https://bit.ly/2Wwiv3Z>





TITLE: **Menstrual hygiene management (MHM) implementation in Nagekeo District, Indonesia**

AUTHOR/SOURCE: Plan Indonesia, Australian Aid & Government of Indonesia (2015)

- > The article describes the objectives and results of a pilot phase for a MHM implementation programme in the Indonesian Nagekeo District. Seven schools were selected to run the pilot programme that aims to provide women-friendly access to water and sanitation and provide basic information on menstruation to girls and boys. The interventions stimulated female student attendance and improved knowledge on menstruation decreased bullying. It is examined how to scale-up the programme.

PDF: COMMUNITYLEDTOTALSANITATION.ORG: <https://bit.ly/3cAe39H>



TITLE: **The effect of peer education to anxiety of teenagers in post menarche in sub district Kasihan Bantul, Indonesia**

AUTHOR/SOURCE: Yati, D., Rachman, I.T. & Ikka, W. (2015)

- > The article presents the results of a qualitative analysis among teenagers after attending peer education which show an increase in happiness and a reduction of anxiety, confusion and fear because of increased knowledge.

> BIBLIOMED.ORG: <https://bit.ly/3fRuosB>



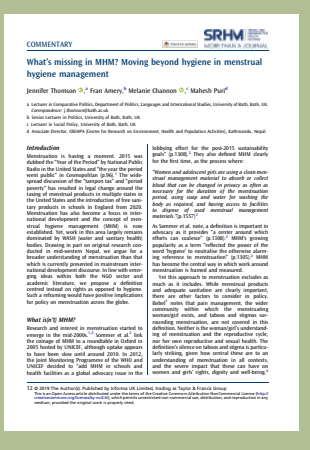
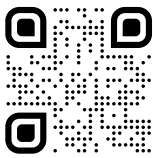
# MHM AND WASTE MANAGEMENT

Three out of the four articles presented in this section have been published in the past two years. This might hint at an increasing awareness to also look at MHM in the context of waste management. Interestingly, two of the publications are addressing the 'Swachh Bharat – Swachh Vidyalaya' Initiative in India, allowing the conclusion that this topic has been on the Indian government's agenda and programmes and initiatives linked to waste management are now being evaluated. Besides that, the comprehensive literature review by Elledge et al. (2018) includes 75 articles, with the majority focusing their research on Africa (n=26) or South East Asia (n=32). None of the included articles specifically focuses on Latin America or Europe, illustrating a research gap on MHM and waste management in these regions.

## TITLE: What's missing in MHM? Moving beyond hygiene in menstrual hygiene management

AUTHOR/SOURCE: Thomson, J., Amery, F., Channon, M. & Puri, M. (2019)

- > The paper highlights that, in the past, primarily actors involved in WASH and education were involved in MHM. The authors conclude that even though MHM is increasingly regarded and approached as an intersectoral issue, the topic should be addressed from a (human) rights-based perspective.
- > TANDFONLINE.COM: <https://bit.ly/3bueyRe>



## TITLE: Menstrual hygiene management and waste disposal in low- and middle-income countries – a review of the literature

AUTHOR/SOURCE: Elledge, M.F., Muralidharan, A., Parker, A., Ravndal, K.T., Siddiqui, M., Toolaram, A.P. & Woodward, K.P. (2018)

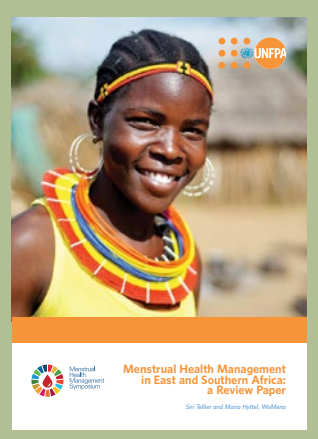
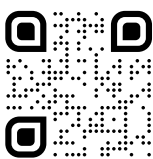
- > This paper offers an overview of MHM in LMICs by presenting recent developments and publications. Providing a comprehensive list of commonly found barriers in MHM, the paper seeks to provide an understanding of the current state of and developments in MHM.
- > MDPI.COM: <https://bit.ly/3d0jfqK>



## TITLE: Menstrual health management in East and Southern Africa: a review paper

AUTHOR/SOURCE: Tellier, S. & Hyttel, M. (2018)

- > This review offers a comprehensive overview of barriers and enablers for menstrual health management and gathers best practice examples in the region.
- > SUSANA.ORG: <https://bit.ly/2yZ0DFC>



**TITLE:** Menstrual hygiene management in India: the concerns

**AUTHOR/SOURCE:** Sinha, R. & Paul, B. (2018)

- › The article addresses how Indian initiatives such as 'Swachh Bharat – Swachh Vidyalaya' are part of an effort of improving MHM for schoolgirls. While the article acknowledges significant improvements in the WASH sector, it highlights that, among other things, waste disposal of sanitary products and access to affordable products still pose a major problem.
- › IJPH.IN: <https://bit.ly/2z1yWvL>



**TITLE:** Disposal of menstrual waste: trends, laws and solutions

**AUTHOR/SOURCE:** Singh, S. (n.d.)

- › Initiatives to break the shackles of menstruation-related myths and stigmas have led to an increase in sanitary napkin usage. However, this paradigm shift in menstruation hygiene is going against the principles of the Swachh Bharat Mission as it defeats the very purpose of the Prime Minister's initiative. Furthermore, the paper highlights how increasing amounts of menstrual waste have become a problem for communities.
- › ACADEMIA.EDU: <https://bit.ly/3f0ppw1>



**TITLE:** Menstrual hygiene management – informed product choice and disposal

**AUTHOR/SOURCE:** WaterAid India (2019)

- › This publication provides a comprehensive analysis on menstrual products commonly used in India. In addition, it looks at those products in the context of waste management and sustainability, arguing that the choice of products and their waste management solutions are deeply intertwined.
- › WATERAIDINDIA.IN: <https://bit.ly/2TGcboh>



**TITLE:** Technology applicability framework – TAF assessment low-cost sanitary pad machines

**AUTHOR/SOURCE:** Brama, K. & Schlenk, J. (2019)

- › This TAF publication assesses two low-cost sanitary pad machines placed in women's collectives in Nepal. The machines enable the production of sanitary pads particularly in rural, less accessible areas. The goal to produce biodegradable/compostable pads plays an important role and thus the publication also taps into the issue of MHM and waste management.
- › SUSANA.ORG: <https://bit.ly/3d7iV6y>



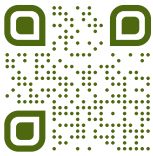
# MHM AND HEALTH

The two research articles found on MHM and health provide an introductory overview on what areas of health are affected by improved MHM. Therefore, these articles provide a valuable gateway for understanding that aspects such as psycho-social health and community health should be considered in the design and evaluation of MHM programmes.

**TITLE:** Putting menarche and girls into the global population health agenda

**AUTHOR/SOURCE:** Sommer, M., Sutherland, S. & Chandra-Mouli, V. (2015)

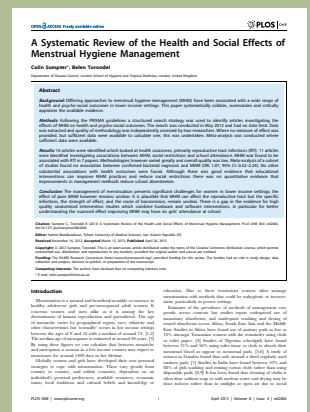
- > The article stresses that there is an important need for the public health community to assure that girls receive the education and support they need about menstruation, so that they are able to feel more confident about their bodies, and navigate preventable health problems – now and in the future.
- > REPRODUCTIVE-HEALTH-JOURNAL.BIOMEDCENTRAL.COM: <https://bit.ly/362SAnt>



**TITLE:** A systematic review of the health and social effects of menstrual hygiene management

**AUTHOR/SOURCE:** Sumpter, C. & Torondel, B. (2013)

- > The study presents research that examines the impact poor MHM can have on the health of women and on social factors. A plethora of research is listed that highlights the psycho-social impact of MHM.
- > JOURNALS.PLOS.ORG: <https://bit.ly/3bB94nU>



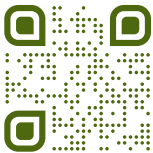
# MHM AND HEALTH PROMOTION

Outlining health promotion activities, the collected literature agrees that MHM education is a crucial part. It would be beneficial to further collect research on how MHM health promotion efforts are best being organised if not set in a school context.

## TITLE: Factors impacting on menstrual hygiene and their implications for health promotion

AUTHOR/SOURCE: Lahme, A.M., Stern, R. & Cooper, D. (2018)

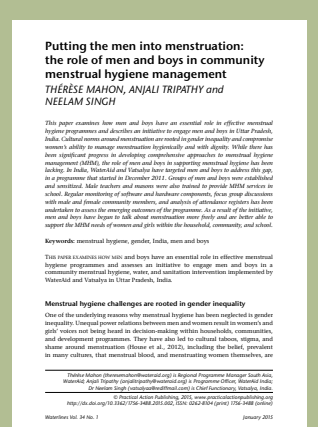
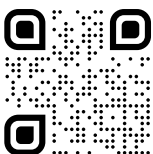
- > The publication is based on six focus group discussions in Zambia intended to explore the factors influencing the understanding, experiences and practices of menstrual hygiene among adolescent girls. The article recommends a 'super setting approach' in which a Health Promoting School could improve the girls' individual and group needs, and a community setting which would address the broader socio-economic, cultural and environmental conditions.
- > JOURNALS.SAGEPUB.COM: <https://bit.ly/2LwyQ15>



## TITLE: Putting the men into menstruation: the role of men and boys in community menstrual hygiene management

AUTHOR/SOURCE: Mahon, T., Anjali, T. & Singh, N. (2015)

- > Presenting a case study from Uttar Pradesh (India), this paper highlights the role community education can play in raising women's awareness of MHM and how educating boys and men about menstruation will lead to more support of MHM in schools, households, and the community overall. The study finds that men that have been educated on MHM practices were more supportive/willing to allocate some household income to purchase sanitary products and updating/building a household toilet facility.
- > DEVELOPMENTBOOKSHELF.COM: <https://bit.ly/2zBLaLE>



## TITLE: Menstrual cup use, leakage, acceptability, safety, and availability: a systematic review and meta-analysis

AUTHOR/SOURCE: van Eijk, A.M., Zulaika, G., Lenchner, M., Mason, L., Sivakami, M., Nyothach, E., Unger, Laserson, K.F. & Phillips-Howard, P.A. (2019)

- > This study provides a systematic review of menstrual cups. This includes highlighting the potential and challenges regarding aspects such as safety, availability, and acceptability.
- > THELANCET.COM: <https://bit.ly/2LtcHlp>



# MHM AND FEMALE GENITAL MUTILATION (FGM)

The scarcity of research conducted in this field makes it difficult to understand the impact FGM has on MHM. When implementing programmes or interventions aiming to address aspects of MHM it would be of vital importance to have a body of research that has conducted assessments on what interventions can work in a setting where girls and women are impacted by FGM.

**TITLE:** Menstrual hygiene management and female genital mutilation; case studies in Senegal

**AUTHOR/SOURCE:** UN Women & WSSCC (2017)

- > This case study focuses on challenges arising in a setting where female genital mutilation is practiced and outlines how this has to be taken into consideration when designing and implementing Menstrual Hygiene Management programmes and initiatives.
- > WSSCC.ORG: <https://bit.ly/2y9t3f0>



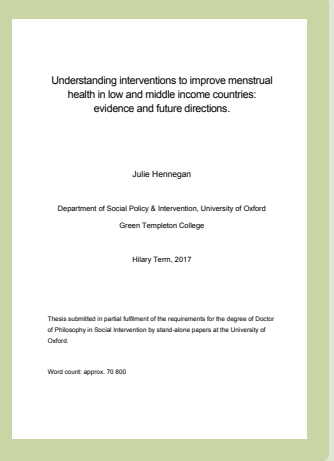
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FRENCH



**TITLE:** Understanding interventions to improve menstrual health in low- and middle-income countries: evidence and future directions

**AUTHOR/SOURCE:** Hennegan, J. (2017)

- > A chapter within this paper addresses the implications FGM has on MHM. It offers some suggestions on how MHM programmes should address the challenges.
- > ORA.OX.AC.UK: <https://bit.ly/2zHdWdE>



# MHM AND INCLUSION OF PEOPLE WITH DISABILITIES

Literature on MHM that addresses the inclusion of people with disabilities is very limited. The two listed articles are the only ones found that specifically focused on barriers of MHM and inclusion. Some areas of the topic are addressed by publications that highlight the need for adequate WASH facilities, so please refer to the WASH in Schools literature.

**TITLE:** Systematic review of menstrual hygiene management requirements, its barriers and strategies for people with disabilities

**AUTHOR/SOURCE:** Wilbur, J., Torondel, B., Mahon, T. & Kuper, H. (2019)

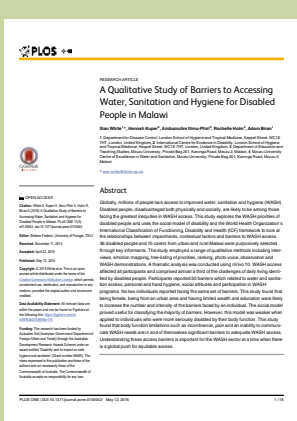
- > This systematic review assesses 22 peer-reviewed papers that evaluate menstrual hygiene requirements of people with disabilities and their carers.
- > NCBI.NLM.NIH.GOV: <https://bit.ly/3fR3T6I>



**TITLE:** A qualitative study of barriers to accessing water, sanitation and hygiene for people with disabilities in Malawi

**AUTHOR/SOURCE:** White, S., Kuper, H., Itimu-Phiri, A., Holm, R. & Biram, A. (2016)

- > This qualitative research conducted in rural Malawi assesses how facilities and access to facilities should be adapted to also cater to the needs of people with disabilities.
- > JOURNALS.PLOS.ORG: <https://bit.ly/2LrZ45P>



# MENSTRUAL HEALTH AND SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS (SRHR)

Within the last three years, practitioners and researchers have increasingly linked MHM to SRHR which can be seen by the literature published. Therefore, it can be concluded that a growing number of researchers and organisations aims to explore how the quality of research and recommendations can benefit from addressing intersections of both topics.

**TITLE:** A shared agenda – exploring links between water, sanitation, hygiene, and sexual and reproductive health and rights in sustainable development

**AUTHOR/SOURCE:** International Planned Parenthood Federation, International Women's Health Coalition (IWHC), Marie Stopes International, Simavi & WaterAid (2019)

- > This publication addresses women's health issues from menstrual health with regard to WASH to reproductive health and reproductive tract injuries in the context of SRHR. It includes several country case studies.
- > WASHMATTERS.WATERAID.ORG: <https://bit.ly/2T8Lybp>



**TITLE:** Technical brief for the integration of menstrual health in SRHR

**AUTHOR/SOURCE:** Hekster, O. & Punzi, M.C. (2019)

- > This brief discusses areas of menstrual health that should be more integrated into SRHR. The brief provides recommendations on how MHM can be integrated into existing SRHR programmes and interventions.
- > PSI.ORG: <https://bit.ly/2LxzIIZ>

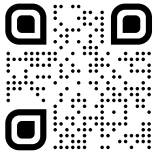




**TITLE:** Beyond menstrual hygiene: addressing vaginal bleeding throughout the life course in low- and middle-income countries

**AUTHOR/SOURCE:** Sommer M., Phillips-Howard, P.A., Mahon, T., Zients, S., Jones, M. & Caruso, B.A. (2017)

- > This research publication illustrates that access to and availability of WASH also affects the management of vaginal bleeding in general. Additionally, a further need for sanitary products/access to healthcare that do not affect MHM might arise. Recommendations include the expansion of policies to include efforts to diagnose the reasons for irregular vaginal bleeding (testing, healthcare visits) and to address regular prolonged periods of vaginal bleeding (post-partum; miscarriage; menopause).
- > GH.BMJ.COM: <https://bit.ly/2Ax4Qkn>



**TITLE:** Integrating menstrual health, water, sanitation and hygiene, and sexual and reproductive health in Asia and the Pacific Region: a discussion paper

**AUTHOR/SOURCE:** WaterAid & Marie Stopes International Australia (2018)

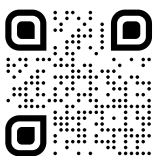
- > Offering a list of recommendations on which areas WASH and SRHR actors should pay joint attention to and develop initiatives for, this publication provides comprehensive sub-chapters on each key finding.
- > WASHMATTERS.WATERAID.ORG: <https://bit.ly/2T6ucvV>



**TITLE:** Addressing the gap: integrating menstrual health into the broader SRHR discussion

**AUTHOR/SOURCE:** Wilson, L. (2019)

- > The presentation outlines issues of menstrual health (management) and how they can be addressed. Furthermore, it emphasises how menstrual health issues must become more incorporated into sexual and reproductive health agendas and initiatives by highlighting contraceptive-induced bleeding, for instance.
- > RHSUPPLIES.ORG: <https://bit.ly/2X0K9ES>



# MHM AT THE WORKPLACE

A separate category was created for MHM and economic implications as the article by Sommer et al. (2016) powerfully highlights the barrier inadequate sanitary facilities can pose for women's ability to participate in the workforce during menstruation. More research should be conducted in this area to address how governments can tackle these issues, especially in the informal and less regulated sectors.

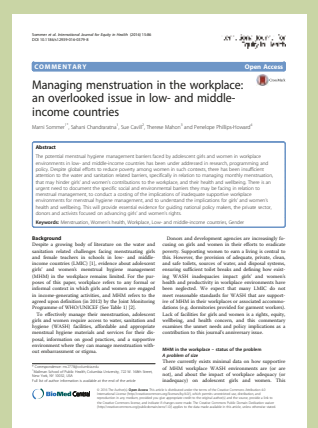
TITLE: **Managing menstruation in the workplace: an overlooked issue in low- and middle-income countries**

AUTHOR/SOURCE: Sommer, M., Chandraratna, S., Cavill, S., Mahon, T. & Phillips-Howard, P.A. (2016)

- > The article states that while increased attention is paid towards the link of WASH and MHM in schools, the area of MHM in the workplace is under-researched. WASH facilities are more likely to be provided in the formal sector but a large proportion of women in LMICs work in the informal sector which further hinders producing research on MHM in the workplace.

As the articles states, improvements are hampered due to the fact that WASH-MHM policies in the workplace are not in the responsibility of a specific ministry. In general, Ministries of Education are in charge of developing and implementing policies that concern WASH in schools and any MHM programmes within these initiatives. However, for workplace settings assigning a responsible ministry is often more challenging. Oftentimes, the issue is not on any government agenda.

- > EQUITYHEALTHJ.BIOMEDCENTRAL.COM: <https://bit.ly/3dHrTai>



# MHM AND EMERGENCIES

There is an expanding list of research that addresses how MHM should be handled in an emergency context. Researchers agree that MHM in post-disaster situations does not receive the needed attention – arguably due to cultural and societal taboos of talking about menstruation. Furthermore, several authors make the point that NGOs and international organisations have no set protocols in place to address MHM immediately post-crisis, causing delay in establishing MHM programmes. Most case studies available have analysed MHM in post-earthquake Nepal.

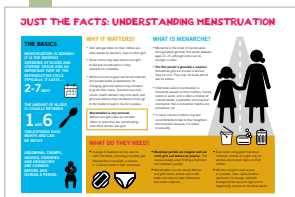
**TITLE:** A toolkit for integrating menstrual hygiene management (MHM) into humanitarian response

**AUTHOR/SOURCE:** Sommer, M., Schmitt, M. & Clatworthy, D. (2017)

- > The toolkit was designed to support a range of humanitarian actors involved in the planning and delivery of emergency responses. The guidance is therefore aimed to support
  - > programme staff directly delivering services,
  - > programme supervisors and country-level staff responsible for designing, coordinating and monitoring field activities, and
  - > technical staff, focusing on providing technical support and developing standards.
- > SUSANA.ORG: <https://bit.ly/363Q8Nb>



A TOOLKIT FOR INTEGRATING MENSTRUAL HYGIENE MANAGEMENT (MHM) INTO HUMANITARIAN RESPONSE  
THE FULL GUIDE



**TITLE:** What is the scope for addressing menstrual hygiene management in complex humanitarian emergencies? A global review

**AUTHOR/SOURCE:** Sommer, M., Schmitt, M., Clatworthy, D., Bramucci, G., Wheeler, E. & Ratnayake, R. (2016)

- > This article reviews how MHM in emergencies is addressed by different actors based on 29 interviews with stakeholders from relevant sectors. The article finds that there are many noted gaps in MHM in emergency approaches and programmes and addresses how these can be assessed and monitored. Furthermore, the review concludes that, in order to improve MHM in emergency intervention, MHM specific indicators, documentation, evaluation processes are important steps to be taken.
- > DEVELOPMENTBOOKSHELF.COM: <https://bit.ly/36dh3qh>

**What is the scope for addressing menstrual hygiene management in complex humanitarian emergencies? A global review**  
MARNI SOMMER, MARGARET L. SCHMITT, DAVID CLATWORTHY, GINA BRAMUCCI, ERIN WHEELER, and RUWAN RATNAYAKE

Global attention on improving the integration of menstrual hygiene management (MHM) into humanitarian response is growing. However, there continues to be a lack of consensus on how best to approach MHM inclusion within response activities. This global review assessed the landscape of MHM practice, policy, and research within the field of humanitarian response. This included an analysis of the limited existing documentation and research on MHM in emergency and field-level responses (n=21) conducted with humanitarian actors. This research covers needs, constraints, and evidence, women's and humanitarian actors' views, menstrual health, sanitation, menstrual management, and hygiene. The findings indicate that despite a growing attention around MHM in emergencies, there remains a lack of clarity on the key components for a complete MHM response, the appropriate overall action to implement MHM activities, and the most effective team systems to adopt in emergency contexts, and sufficient guidance on monitoring and evaluation. There is a critical need for improved technical guidance and documentation on how to integrate MHM into existing programming and monitoring systems and to ensure adequate coordination and communication about MHM across relevant sectors. There is also a need for improved evidence on effective MHM approaches, the development of MHM-specific indicators, improved consultation with girls and women in crisis-affected areas, and the documentation of practical learning. It is only through improving the research available and enhancing this evidence base that MHM can be positioned as an integral and routine component of any humanitarian response.

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**TITLE:** Improving menstrual hygiene management in emergency contexts: literature review of current perspectives

**AUTHOR/SOURCE:** VanLeeuwen, C. & Torondel, B. (2018)

- > The publication states as a key problem that humanitarian agencies/NGOs oftentimes are not planning which sector (e.g. WASH, healthcare) will undertake the coordinative aspects of MHM projects and how they can be adapted to the specific context in order to ensure an appropriate delivery of actions. The articles highlights the importance of paying attention to the various aspects concerning MHM:
  - > the material of products used/provided,
  - > the WASH infrastructure,
  - > education,
  - > health,
  - > the socio-cultural context,
  - > policy.

Organisations ought to include stakeholders in the discussion on how menstrual products can best be delivered and how WASH facilities can be constructed/modified appropriately. The review found that several studies have established a link between funding needs for MHM not being identified which negatively impacted policy development and implementation.

> NCBI.NLM.NIH.GOV: <https://bit.ly/2XudZ54>

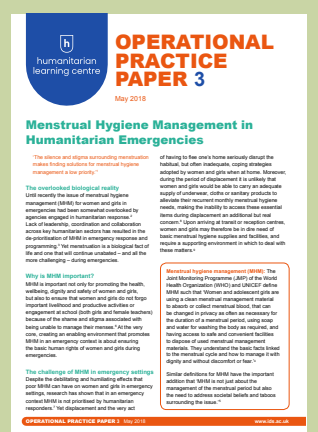


**TITLE:** Operational practice paper 3: menstrual hygiene management in humanitarian emergencies

**AUTHOR/SOURCE:** Nelis, T. (2018)

- > The paper compiles an introduction to terms, issues and problems pertaining to MHM in emergencies and provides guidelines on general approaches and responses for MHM interventions at different stages of emergencies.

> OPENDocs.IDS.AC.UK: <https://bit.ly/2WXDPY2>

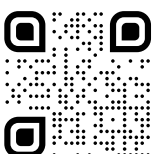
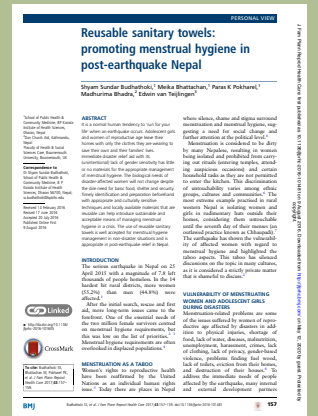


**TITLE:** Reusable sanitary towels: promoting menstrual hygiene in post-earthquake Nepal

**AUTHOR/SOURCE:** Budhathoki, S.S., Bhattachan, M., Pokharel, P.K., Bhadra, M. & van Teijlingen, E. (2017)

- > The publication investigates to what extent reusable sanitary towels are a viable solution in the Nepali context. The article highlights that MHM has not received enough attention after the 2015 earthquake. The article recommends that locally produced sanitary pads can be a solution as long as other factors of MHM (e.g. sanitation, information about MHM) are also included.

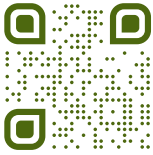
> SRH.BMJ.COM: <https://bit.ly/2zHUVYA>



TITLE: **Menstrual hygiene management in humanitarian emergencies: gaps and recommendations**

AUTHOR/SOURCE: Sommer, M. (2012)

- > The article is an attempt to begin to document the recommendations of key multi-disciplinary experts working in humanitarian response on effective approaches to MHM in emergency contexts. It also provides a summary of the existing literature and identifies the remaining gaps in MHM practice, research and policy in humanitarian contexts.
- > DEVELOPMENTBOOKSHELF.COM: <https://bit.ly/2WTeyVG>



**Menstrual hygiene management in humanitarian emergencies: Gaps and recommendations**

MARNI SOMMER

Over the last 15 years there has been increasing attention to adolescent girls' and women's menstrual hygiene management (MHM) needs in humanitarian response contexts. A growing number of donors, non-governmental organisations, and governments are calling attention to the importance of addressing girls' and women's MHM needs through post-disaster and post-conflict settings. However consensus on the most effective and culturally appropriate approaches to address these needs remains insufficiently documented for widespread sharing of lessons learned. This article is an effort to begin to document the recommendations of key multi-disciplinary experts working in humanitarian response on effective approaches to MHM in emergency contexts, along with a summarisation of the existing literature, and the identification of remaining gaps in MHM practice, research and policy in humanitarian contexts.

**Keywords:** menstrual hygiene management, humanitarian emergencies, adolescent girls, women.

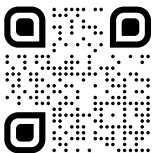
Over the last 15 years, there has been increasing attention within the global humanitarian emergency response community to addressing the menstrual hygiene management (MHM) needs of adolescent girls and women in post-conflict and post-disaster settings. MHM refers to the spectrum of interventions deemed necessary and appropriate to assist adolescent girls and women to maintain consistent care privately and safely manage their monthly menstrual flow. Although the global MHM approach to reach-affected women is well established, the implementation of MHM per se, there is insufficient consensus to suggest that an MHM approach to reach-affected women is well established. The global MHM approach to reach-affected women includes adequate provision of safe and private latrines (including separate latrines for girls and women), water tanks, hand washing facilities, accessible women (ideally) inside a latrine facility (culturally appropriate sanitary materials (cloth, pads, tampons) and environmentally appropriate means of disposal of used sanitary materials (e.g. burning, burying or private washing) during the day, and, addressing attitudes and knowledge regarding menstrual hygiene management.

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doi:10.21963/1754-2488-2012-028, ISSN: 1754-2488 (print) / 1754-2489 (online)  
Menstrual Hyg. 21 Nov. 2012

TITLE: **Menstrual hygiene: a 'silent' need during disaster recovery**

AUTHOR/SOURCE: Krishnan, S. & Twigg, J. (2016)

- > Two qualitative case study assessments from India (flood, 2012 and cyclone, 2013) explore MHM as part of relief efforts. The lack of toilet and washing facilities is arguably the central problem that was not addressed directly post-disaster; therefore appropriate MHM was not possible. The women interviewed also highlighted the lack of affordable sanitary pads and that for reusable cloth an additional bar of soap would be needed which meant that washing the cloth properly was not always possible.
- > DEVELOPMENTBOOKSHELF.COM: <https://bit.ly/3dLqQ20>



**Menstrual hygiene: a 'silent' need during disaster recovery**

SNEHA KRISHNAN and JOHN TWIGG

Post-disaster relief and recovery operations seldom focus on women's priorities regarding menstrual hygiene. There is increasing consensus to incorporate menstrual hygiene management and gender-sensitive strategies for implementation of disaster programmes. This article presents empirical findings related to menstrual hygiene management (MHM) during disaster recovery in a hospital for women's privacy and safety during recovery. Using case studies from India, the 2012 flood-stricken Andhra Pradesh and 2013 cyclone-stricken Kerala, this article explores menstrual hygiene practices in a post-disaster context. The data were collected through participant observation and in-depth interviews with women and staff. The findings highlight the need for appropriate MHM facilities, privacy, and safety during recovery. Women and adolescent girls faced challenges and limitations, such as the lack of affordable sanitary pads and that for reusable cloth an additional bar of soap would be needed which meant that washing the cloth properly was not always possible. Some humanitarian agencies have used low-cost approaches to address MHM, which is better than the distribution of sanitary pads and does not address the socio-cultural practices around MHM. There is a need for strategic planning to address MHM with a gender-sensitive and recovery approach. This article also provides practical and policy implications for the recovery of appropriate MHM facilities including behaviour change in MHM, and addressing attitudes and knowledge regarding menstrual hygiene.

**Keywords:** menstrual hygiene management, disaster recovery, inclusive WASH, community resilience.

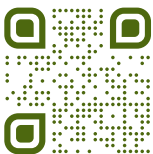
This article examines the impact of a disaster (floods and cyclones) on the implementation of MHM in a post-disaster context. It explores the need for appropriate MHM facilities, privacy, and safety during recovery. Women and adolescent girls faced challenges and limitations, such as the lack of affordable sanitary pads and that for reusable cloth an additional bar of soap would be needed which meant that washing the cloth properly was not always possible. Some humanitarian agencies have used low-cost approaches to address MHM, which is better than the distribution of sanitary pads and does not address the socio-cultural practices around MHM. There is a need for strategic planning to address MHM with a gender-sensitive and recovery approach. This article also provides practical and policy implications for the recovery of appropriate MHM facilities including behaviour change in MHM, and addressing attitudes and knowledge regarding menstrual hygiene.

Menstrual Hyg. 21 Nov. 2012

TITLE: **Menstrual hygiene management among women and adolescent girls in the aftermath of the earthquake in Nepal**

AUTHOR/SOURCE: Budhathoki, S.S., Bhattachan, M., Castro-Sánchez, E., Agrawal Sagtani, R., Rayamajhi, R.B., Rai, P. & Sharma, G. (2018)

- > Focusing on post-earthquake Nepal, the publication analyses how women and girls managed their menstrual period and how they handled the occurring gaps in the provision of sanitary pads. The paper found that the majority of women were using locally available materials, as humanitarian agencies did not cover MHM needs.
- > BMCWOMENSHEALTH.BIOMEDCENTRAL.COM: <https://bit.ly/3czxIX7>



BMC Women's Health

RESEARCH ARTICLE

**Menstrual hygiene management among women and adolescent girls in the aftermath of the earthquake in Nepal**

Sagar Sanjeev Budhathoki<sup>1</sup>, Sneha Bhattachari<sup>1</sup>, Srejana Castro-Sánchez<sup>2</sup>, Sneha Agrawal Sagtani<sup>1</sup>, Rajamajhi R.B., Rai P. and Sharma G.

**Abstract**  
**Background:** Menstrual hygiene management (MHM) is an essential aspect of hygiene for women and adolescent girls. Limited research has been conducted on the needs of women and adolescent girls in the aftermath of a disaster. This study aims to explore the menstrual hygiene management (MHM) needs of women and adolescent girls in the aftermath of the earthquake in Nepal. **Methods:** A cross-sectional study was conducted in the aftermath of the earthquake in Nepal. The study included 100 women and adolescent girls. The data were collected through participant observation and in-depth interviews with women and staff. The findings highlight the need for appropriate MHM facilities, privacy, and safety during recovery. Women and adolescent girls faced challenges and limitations, such as the lack of affordable sanitary pads and that for reusable cloth an additional bar of soap would be needed which meant that washing the cloth properly was not always possible. Some humanitarian agencies have used low-cost approaches to address MHM, which is better than the distribution of sanitary pads and does not address the socio-cultural practices around MHM. There is a need for strategic planning to address MHM with a gender-sensitive and recovery approach. This article also provides practical and policy implications for the recovery of appropriate MHM facilities including behaviour change in MHM, and addressing attitudes and knowledge regarding menstrual hygiene.

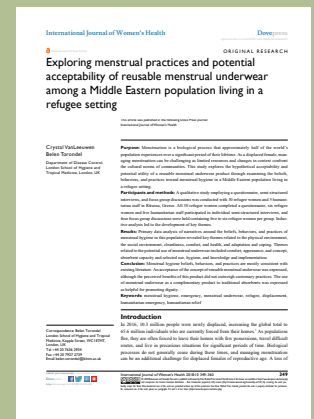
# MHM IN REFUGEE CAMP SETTINGS

This section listing literature on MHM in refugee camp settings illustrates how girls and women face different challenges during menstruation. The first category concerns the availability of products, the second the accessibility of water and sanitary facilities. The overarching result in all research is that MHM is often not on the agenda of NGOs or international agencies. Consequently, MHM is often not taken into consideration or an uncertainty about who is responsible (e.g. health, WASH, SRHR) prevails. Hence, the majority of the available literature advocates for having women who live in refugee camps participate in the agenda setting and programme design.

**TITLE:** Exploring menstrual practices and potential acceptability of reusable menstrual underwear among a Middle Eastern population living in a refugee setting

**AUTHOR/SOURCE:** VanLeeuwen, C. & Torondel, B. (2018)

- > The paper discusses whether menstrual underwear could offer an alternative to other sanitary products. Through questionnaires and semi-structured interviews with 35 woman, the study concludes that menstrual underwear was not seen as a preferred option. Participants expressed that menstrual underwear could be used in combination with other products.
- > NCBI.NLM.NIH.GOV: <https://bit.ly/2WAuvBm>

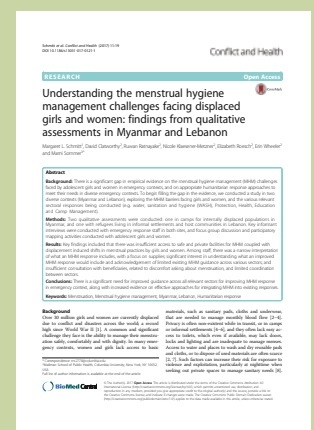


**TITLE:** Understanding the menstrual hygiene management challenges facing displaced girls and women: findings from qualitative assessments in Myanmar and Lebanon

**AUTHOR/SOURCE:** Schmitt, M.L., Clatworthy, D., Ratnayake, R., Klaesener-Metzner, N., Roesch, E., Wheeler, E. & Sommer, M. (2017)

- > The publication presents two qualitative assessments from Myanmar and Lebanon that examine MHM from various angles such as education, WASH, and health. It highlights that access to appropriate facilities was the main area of concern found in both case studies.

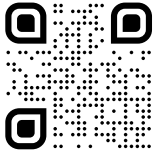
The publication presents qualitative research findings on the type of materials the female study participants would like to use during menstruation and discusses if women could access these. The paper also stresses the importance of providing soap as as part of a safe MHM practice. Lastly, it highlights that insufficient attention is given to MHM education.



TITLE: **Pilot testing and evaluation of a toolkit for menstrual hygiene management in emergencies in three refugee camps in Northwest Tanzania**

AUTHOR/SOURCE: Sommer, M., Schmitt, M.L., Ogello, T., Mathenge, P., Mark, M., Clatworthy, D., Khandakji, S. & Ratnayake, R. (2018)

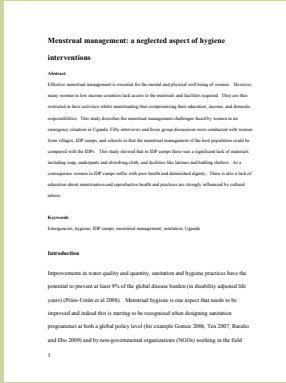
- > The publication outlines how a designed evaluation toolkit can help spot gaps in MHM in a refugee camp context. This evaluation toolkit is designed to be used in a variety of scenarios/contexts to indicate MHM tasks that need to be addressed. In the assessed refugee camps in Northwest Tanzania the toolkit was used and a key finding here was that there needs to be a bigger overlap of WASH programmes and other health/education programmes to ensure the improvement of MHM.
- > JHUMANITARIANACTION.SPRINGEROPEN.COM: <https://bit.ly/3fRvAMq>



TITLE: **Menstrual management: a neglected aspect of hygiene interventions**

AUTHOR/SOURCE: Parker, A., Smith, J., Verdemato, T., Cooke, J., Webster, J. & Carter, R. (2014)

- > Assessing MHM among displaced population groups in Uganda, the article concludes that MHM is often neglected as part of healthcare (intervention) planning in crisis situations. It argues that WASH programmes themselves are often inadequately executed in IDP camps but that MHM is often not even considered. The article strongly recommends that more attention is paid to all aspects of MHM but especially to the accessibility of sanitary products and appropriate toilet facilities.
- > SEMANTICSCHOLAR.ORG: <https://bit.ly/2XuEs2m>



## MHM IN INFORMAL SETTLEMENTS

Access to sanitation facilities is a major barrier in informal settlements. The presented publications commonly highlight the lack of accessible, private and safe toilets. Oftentimes, toilet facilities are, for instance, located in unlit areas of the settlements and sanitary materials cannot be disposed due to shared toilet facilities. Compared to refugee camp settings, informal settlements – due to the longer timeframe of their existence – have oftentimes already developed a more set infrastructure of houses, water sources, location of toilet facilities. This further highlights the importance of improving existing facilities to enable women to manage their menstruation adequately and safely.

**TITLE:** Does menstrual hygiene management in urban slums need a different lens? Challenges faced by women and girls in Jaipur and Delhi

**AUTHOR/SOURCE:** Chakravarthy, V., Rajagopal, S. & Joshi, B. (2019)

- > The article offers several case studies set in an urban Indian context. One of the primary concerns brought up by the interviewed women was a lack of access to toilets and subsequent issues related to privacy. This, in connection with an apparent lack of knowledge about MHM, led the researchers to the conclusion that more needs to be done in the assessed urban Indian slum to support MHM.
- > JOURNALS.SAGEPUB.COM: <https://bit.ly/2Z7so6A>



Article  
**Does Menstrual Hygiene Management in Urban Slums Need a Different Lens? Challenges Faced by Women and Girls in Jaipur and Delhi**  
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 Volume 36(12) 118-131, 2019  
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 journals.sagepub.com/home/hyg

Vasudha Chakravarthy<sup>1</sup>  
 Shobhita Rajagopal<sup>2</sup>  
 Bhavya Joshi<sup>1</sup>

**Abstract**  
 For the first time since Independence, India's urban population has registered a higher increase than the rural population. Increasing urban-based economic activity and job creation are leading to rapid urbanization, and a greater number of poor people today are living in cities and towns in India. Slums, often the residence of migrants and urban poor, are under-served areas with poor housing, insufficient living space, basic infrastructure and services such as clean drinking water, drainage and electricity, and poor access to toilets and sanitation services. Urban poverty and life in slums significantly compromise the ability of women and girls to effectively manage menstruation. There are many factors that affect how women manage their monthly period, such as the lack of

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 Vasudha Chakravarthy, Development Studies, 171028, Basement, Vasant Vihar, Lajpat Nagar IV, New Delhi 110024, India.  
 Email: vasudha@developmentstudies.org

**TITLE:** 'Bitten by shyness': menstrual hygiene management, sanitation, and the quest for privacy in South Africa

**AUTHOR/SOURCE:** Scorgie, F., Foster, J., Stadler, J., Phiri, T., Hoppenjans, L., Rees, H. & Muller, N. (2015)

- > This paper investigates how women in three different locations in Durban, South Africa deal with their menstruation. The key takeaway is that it is less of a problem to access sanitary disposable pads but rather a lack of clean, private sanitation facilities. In addition, the interviewed women see the disposing of menstrual products as a key area that needs improvement.
- > TANDFONLINE.COM: <https://bit.ly/3czHed5>



Medical Anthropology  
 Cross-Cultural Studies on Health and Illness  
 Volume 46(4) 409-424, 2015  
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**"Bitten By Shyness": Menstrual Hygiene Management, Sanitation, and the Quest for Privacy in South Africa**  
 Fana Scorgie, Jennifer Foster, Jonathan Stadler, Thokozile Phiri, Laura Hoppenjans, Helen Rees & Nancy Muller

To cite this article: Scorgie, Fana, Foster, Jennifer, Stadler, Jonathan, Stadler, Thokozile Phiri, Laura Hoppenjans, Helen Rees & Nancy Muller (2015) "Bitten By Shyness": Menstrual Hygiene Management, Sanitation, and the Quest for Privacy in South Africa, *Medical Anthropology*, 46(4): 409-424. doi:10.1177/0891246415571184

To link to this article: <https://doi.org/10.1177/0891246415571184>

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SAGE  
 Health & Social Care of Women and Men  
 https://doi.org/10.1177/0891246415571184



TITLE: **Making the case for a female-friendly toilet**

AUTHOR/SOURCE: Schmitt, M.L., Clatworthy, D., Ogello, T. & Sommer, M. (2018)

- Besides highlighting the need for providing comfortable and accessible toilets, the article emphasises the need for those toilets to be located in a secure and accessible area (of the urban slum, refugee camp etc.). The article uses the term 'toilet-security' which entails that policies addressing WASH issues have to pay attention to the negative health impact the unavailability of female appropriate toilets has. The article does not only point out the need for female-friendly toilets for daily use and appropriate MHM, but also other vaginal bleeding periods. It further stresses the importance of designing toilets that allow for appropriate waste disposal of sanitary materials.

➢ MDPI.COM: <https://bit.ly/2yxtd03>

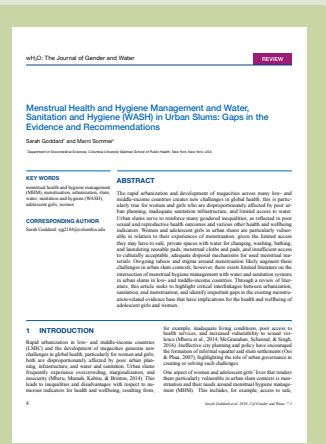


TITLE: **Menstrual health and hygiene management and WASH in urban slums: gaps in the evidence and recommendations**

AUTHOR/SOURCE: Goddard, S.J. & Sommer, M. (2020)

- The article researches the significant impact sanitation infrastructure, access to water and urban planning have on adequate MHM. The authors state that there is a research gap on urban informal settlements and menstrual hygiene. The article concludes that governance, new policies and MHM in relation to water, sanitation and waste management are key areas when aiming to improve MHM in urban informal settlements.

➢ REPOSITORY.UPENN.EDU: <https://bit.ly/2Z84X06>



# 4

## MHM ACTIVITIES, MATERIALS AND INTERVENTIONS

### INFORMATION FOR THE EDUCATIONAL SECTOR

The publications presented here aim at improving access to MHM information for teaching personnel while also providing an overview on what interventions and approaches should be implemented in order to ensure girls' school attendance during menstruation. This ranges from modifying sanitary facilities to be more female-friendly to measures of monitoring progress of implemented programmes targeting MHM. Especially the manuals produced by ministries can provide an important entry-point for staff (on a school, district or regional level), as they outline government policies and offer best practice approaches. Once implemented, these manuals often also introduce steps to ensure continued progress through monitoring and evaluation.

TITLE: **MHM – operational guidelines**

AUTHOR/SOURCE: Save the Children (n.d.)

- > The 'MHM operational guidelines' consist of three chapters with corresponding appendices that provide clear and comprehensive guidance on conducting an MHM Situation Analysis, designing an MHM programme and monitoring and evaluating an MHM programme. The source also contains planning and implementation documents and tools that are not easily accessible online.
- > SAVETHECHILDREN.ORG: <https://bit.ly/2WXnTfg>



TITLE: **Menstrual hygiene management in Indonesia: understanding practices, determinants and impacts among adolescent school girls**

AUTHOR/SOURCE: Burnet Institute, SurveyMETER, WaterAid & Aliansi Rem aja Independen (2015)

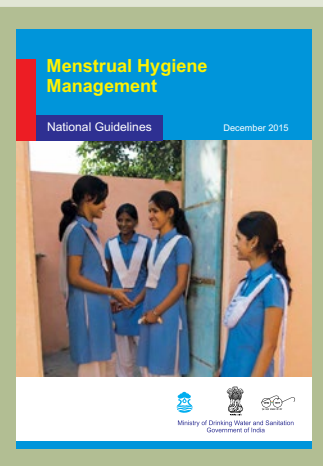
- > This report covers a mixed-methods study that was conducted with 1402 participants in 16 schools across four provinces in Indonesia to explore current MHM practices, determinants and impacts among adolescent schoolgirls. A number of challenges were identified that impact on girls' ability to manage menstruation hygienically and with dignity in schools.
- > BURNET.EDU.AU: <https://bit.ly/3bBlZpV>



TITLE: **Menstrual hygiene management – India: national guidelines**

AUTHOR/SOURCE: Ministry of Drinking Water and Sanitation (2015)

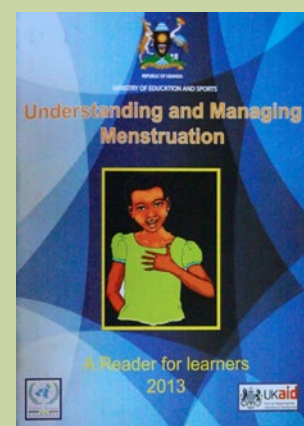
- › Menstrual hygiene management is an integral part of the Swachh Bharat Mission Guidelines (Clean India Campaign). The publication is issued by the Ministry of Drinking Water and Sanitation to support all adolescent girls and women. It outlines what needs to be done by state governments, district administrations, engineers and technical experts.
- › SUSANA.ORG: <https://bit.ly/3eY1Rm>



TITLE: **Understanding and managing menstruation**

AUTHOR/SOURCE: Ministry of Education and Sports Uganda, United Nations Uganda & UKAid (2013)

- › As an action to implement the National Strategy for Girls Education, Uganda's Ministry of Education and Sport has developed various interventions to accelerate girls' full and equal participation and decrease drop-out rates in primary schools including a Menstrual Reader that has been developed for boys and girls in primary schools. It contains three main sections: What I need to know about menstruation (including frequently asked questions and answers), how do I manage menstruation (including myths and misconceptions) and supporting girls and peers to manage menstruation.
- › SUSANA.ORG: <https://bit.ly/2ZPcNvZ>



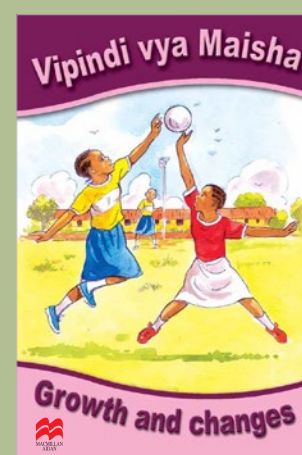
## INFORMATION FOR SCHOOLCHILDREN (GIRLS AND BOYS)

This collection of educational material for school children and adolescents illustrates that information material (on puberty and menstruation) has been around in different countries for more than a decade. Besides being available in a variety of languages, some of these resources are designed to address 'only' girls or 'only' boys. With an increasing number of research highlighting the need to educate boys and men about menstruation, these publications could be used as part of the sex education of all (school) children.

### TITLE: Growth and changes – Tanzania

AUTHOR/SOURCE: Sommer, M. (2009)

- > Grow & Know developed and disseminated the book 'Growth and changes' in Tanzania, which aimed at empowering and teaching 10–14 year old girls about their changing bodies. The book was written in English and Swahili. Following the success of the booklet, participatory research with adolescent girls in Ghana, Ethiopia and Cambodia was realised. As a result, context-specific girls' puberty books were developed and published in each country.
- > SUSANA.ORG: <https://bit.ly/2AwGcQR>



> [www.growandknow.org/country-books](http://www.growandknow.org/country-books)

COUNTRY	LANGUAGE	VERSION FOR BOYS AVAILABLE
Cambodia	Khmer-English	Yes
Ethiopia	Amharic, Agnuak-Gambella, Oromiffa, Nuer-Gambella, Af-Somali-Somali, and Tigrinya	Planned for 2020
Ghana	Twi-English, English	
Kenya	Swahili-English	Planned for 2020
Lao PDR	Lao-English	
Madagascar	Malagasy, Braille	
Pakistan	Urdu-English	
Tanzania	Swahili-English, Braille	Yes

Today, 'Growth and changes' books from Grow & Know are available in multiple languages and country contexts and can directly be downloaded from the organisation's website. For some countries an equivalent version for boys is available under the title 'To become a young man'.

The books have been adapted by other organisations or experts for the use in other countries and are also available through the Grow & Know webpage.

COUNTRY	LANGUAGE	VERSION FOR BOYS AVAILABLE	EDITOR/PUBLISHER
Bolivia	Spanish	Yes	Save the Children
Malawi	Chewa-English	Yes	Save the Children
Nepal	English		Save the Children
Uganda	English	Yes	Save the Children (Boys) / Independent Expert
Zimbabwe	English	Yes	Independent Expert

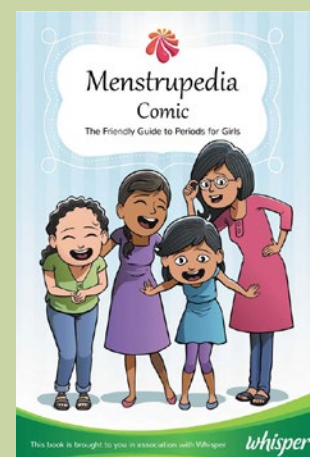
TITLE: **Menstrupedia – a website and comic book from India on menstruation**

AUTHOR/SOURCE: Menstrupedia (n.d.)

- > Menstrupedia is a user-friendly guide to periods which helps girls and women to stay healthy and active during their periods. The comic book and complementary website aim at delivering informative and entertaining content, which appeals to young girls.
- > MENSTRUPEDIA.COM: <https://bit.ly/3fRbqll>



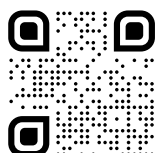
AVAILABLE IN  
16 LANGUAGES



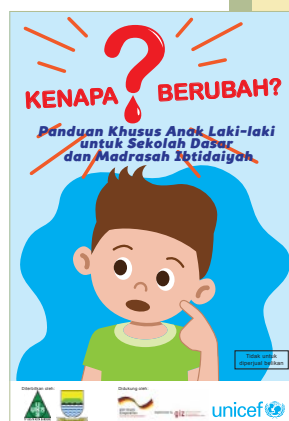
TITLE: **Kenapa Berdarah? – ‘Why bleeding?’**

AUTHOR/SOURCE: UKS & UNICEF (2016)

- > A MHM comic set in Bahasa, Indonesia and developed by the UKS team and UNICEF, in collaboration with GIZ. The book aims to provide proper guidance for young women when they face their periods, while at the same time providing education for young men to appreciate their female peers who are menstruating. This book was developed based on the results of a study on MHM in Indonesia conducted by UNICEF in 2015 and has been tested in several elementary schools in various provinces in Indonesia. Teachers and parents are expected to use this book to explain Menstrual Hygiene Management to young women and men at home and in school.



- > SUSANA.ORG: <https://bit.ly/2AxunKf>



TITLE: **Growing up at school: a guide to menstrual management for school girls**

AUTHOR/SOURCE: Kanyemba, A. (2011)

- > The author of this publication, Annie Kanyemba, works for Aquamor, a small research and development organisation based in Harare. The booklet is meant to help schoolgirls in Zimbabwe manage the critical phase of entering adolescence. It explains in detail what menstruation is and the changes it brings about. The booklet also talks about how to manage periods, personal hygiene during menstruation, how to manage menstrual flow, etc. The booklet is available in English, Shona and Ndebele.



- > SUSANA.ORG: <https://bit.ly/3cBJn83>

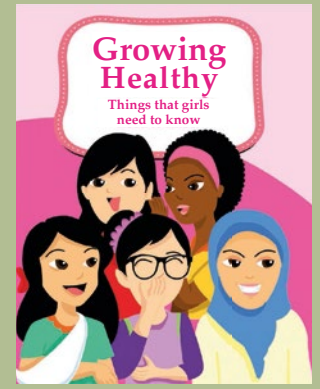
ENGLISH, SHONA,  
NDEBELE



TITLE: **Growing healthy – things that girls need to know**

AUTHOR/SOURCE: DepEd Philippines, GIZ, Save the Children & UNICEF (2017)

- > A booklet designed to provide information for girls about menstruation and puberty. This year alone 200,000 copies of the booklet have been distributed to schools in the Philippines.
- > SUSANA.ORG: <https://bit.ly/363lJpP>

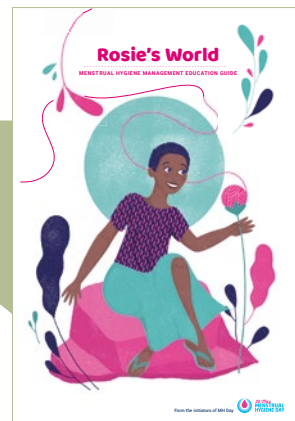
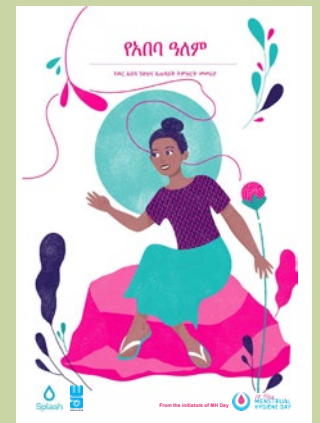


TITLE: **Ruby's world / Rosie's world / Abeba's world – MHM education guide**

AUTHOR/SOURCE: WASH United (2018)

- > Different culturally adapted versions (Africa, Ethiopia, India) of an easy-to-use educational booklet for girls aged 10-17 that combines an engaging story with simple activities that educates and engages girls. It creates an understanding that periods are something normal, empowering girls to question and overcome myths and restrictions, informing them how to handle menstruation hygienically and engages them to support each other.
- > Planned to be published mid-June 2020 on [wash-united.org](http://wash-united.org)

ENGLISH,  
FRENCH,  
AMHARIC



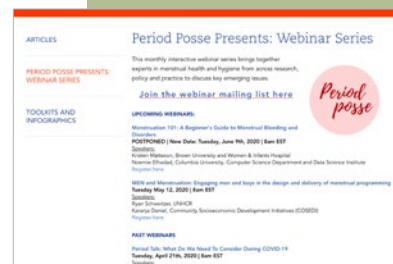
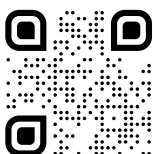
## eLEARNING MATERIALS, COURSES, CONFERENCES, WEBINARS

The increasing variety of eLearning materials that address topics around MHM can function as a good means for interested individuals to engage with the topic. Conferences, webinars and online courses have the ability to allow individuals and organisations working on MHM topics to exchange opinions and discuss research and developments. As the links below illustrate, eLearning materials often discuss the links of WASH (in schools) and MHM. However, a growing body of eLearning materials is making use of case studies (e.g. Indonesia, Philippines). These allow to learn more about how MHM interventions have been applied in the field and offer insights on barriers and best practice methods.

### TITLE: **Period posse – webinar series**

AUTHOR/SOURCE: Columbia University Mailman School of Public Health (n.d.)

- > This ongoing webinar series addresses ongoing MHM topics.
- > PUBLICHEALTH.COLUMBIA.EDU: <https://bit.ly/363piVN>



### TITLE: **Menstrual health & hygiene web-dialogues 2019 – 2020**

AUTHOR/SOURCE: Menstrual Hygiene Day/WASH United, Menstrual Health Alliance India, African Coalition for Menstrual Health Management & Reproductive Health Supply Coalition (n.d.)

- > This ongoing webinar series addresses ongoing MHM topics, such as taxation, product standards, and education.
- > MENSTRUALHYGIENEDAY.ORG: <https://bit.ly/2X0cwTz>



### TITLE: **Virtual Conference on Menstrual Hygiene Management (MHM) in Schools**

AUTHOR/SOURCE: UNICEF & Columbia University Mailman School of Public Health (n.d.)

- > WWW.MHMVIRTUALCONFERENCE.COM: <https://bit.ly/3dTQhpl>
- > To provide an opportunity for sharing MHM research and practice, and to enable joint discussion on the way forward, Columbia University Mailman School of Public Health and UNICEF co-hosted the first Menstrual Hygiene Management in Schools Virtual Conference on 27 September 2012. The conference highlighted outstanding efforts to tackle MHM challenges schoolgirls face, a topic that until then was considered too secretive and taboo to address in most contexts. Since 2012, the conference has been held annually with different overarching themes related to MHM. In 2020, the theme is 'Innovation in MHM: Putting Girls at the Center' and aims to highlight programmes that found new ways to identify and address barriers to safe and dignified MHM for girls in schools.

Proceedings of all virtual conferences can be found under:

- > MHMVIRTUALCONFERENCE.COM/PREVIOUS-CONFERENCES: <https://bit.ly/2WHsRxz>

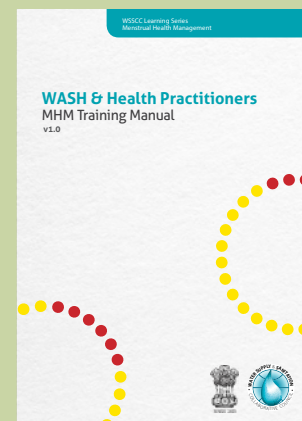


TITLE: **WSSCC learning series:  
WASH & health practitioners –  
MHM training manual**

AUTHOR/SOURCE: Government of India – Ministry of Drinking Water and Sanitation (2013)

- > This manual was developed to sensitise WASH and health practitioners to the various issues associated with menstrual hygiene management. It equips professionals with important information, skills and tools for communicating with a variety of stakeholders, which can help them to promote MHM practices in their communities. The step-by-step learning approach of this manual helps to develop a thorough understanding of current practices, myths and taboos around menstruation, the biological process of menstruation, hygienic management of menstruation, and safe disposal practices.

> WSSCC.ORG: <https://bit.ly/2Z4S8TZ>



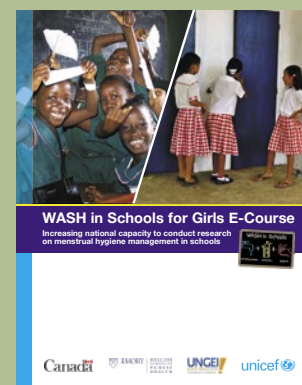
TITLE: **WinS4Girls distance learning course book –  
WASH in Schools for girls e-course:  
increasing national capacity to conduct research  
on menstrual hygiene management in schools**

AUTHOR/SOURCE: UNICEF, UNGEI, Emory University & Government of Canada (2015)

- > The WinS4Girls e-course was developed and delivered as part of the project 'WASH in Schools for Girls: Advocacy and Capacity Building for MHM through WASH in Schools Programs' (WinS4Girls Project), which is being funded by the Government of Canada. The WinS4Girls e-course was designed by the Center for Global Safe WASH at Emory University and UNICEF to help strengthen the capacity of WASH practitioners and policymakers to carry out rigorous research that investigates local MHM practices and challenges.



> UNGEI.ORG: <https://bit.ly/3cBh2yG>



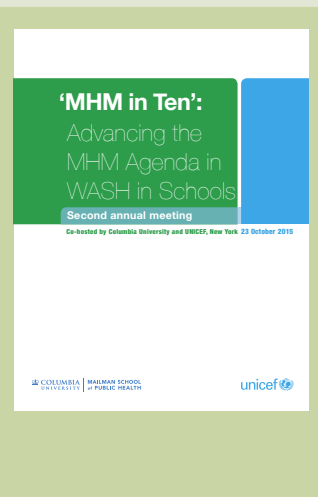


TITLE: 'MHM in Ten': advancing the MHM agenda in WASH in Schools – second annual meeting

AUTHOR/SOURCE: UNICEF (2015)

- > This report reflects the outcomes of the second annual 'MHM in Ten' meeting of a group of academics, NGOs, donors, private sector companies, and United Nations agencies in order to address the MHM barriers schoolgirls face in low-income contexts and to identify priority actions to help create schools that provide comfortable, safe and supportive environments for menstruating girls and female teachers.

> UNICEF.ORG: <https://uni.cf/2zDuDXy>

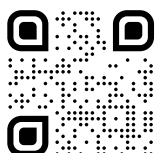


TITLE: Traversing the ridge: connecting menstrual research and advocacy

AUTHOR/SOURCE: SMCR (2019)

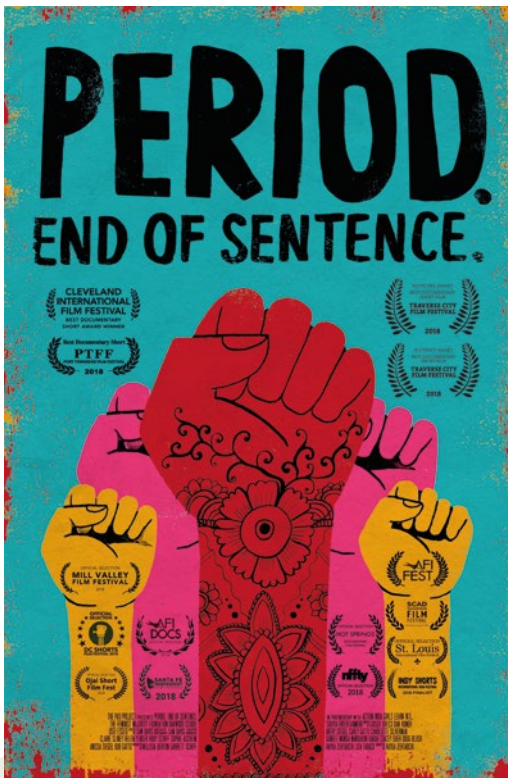
- > The conference programme provides extensive abstracts outlining all research and MHM advocacy aspects discussed at this international conference.

> SUSANA.ORG: <https://bit.ly/3dL9mtR>



## EDUTAINMENT: DOCUMENTARIES AND MOVIES ON MHM

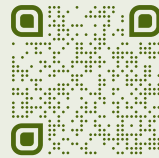
In recent years, documentaries, movies, and short films have highlighted issues surrounding menstruation. This publication presents three recent examples.



### Period. End of Sentence. (Documentary, 2019)

In 2019 'Period. End of sentence' won the Oscar for Best Documentary (Short Subject). It is a 30-minute film documenting the stigmas surrounding menstruation and follows a group of women in India that have started to work in a collective to produce sanitary pads for their communities. The documentary also shows interviews with Arunachalam Muruganantham ('Pad Man').

> <https://thepadproject.org/period-end-of-sentence>



### Menstrual hygiene (Animated educational video, 2019)

'Menstrual hygiene' is an animated, educational video on menstrual health and hygiene management in Nepal. Out of 1265 entries received, the video, together with 15 other submissions, was shortlisted in the category 'Animation films' for the WHO Health for All Film Festival 2020. Developed by GIZ, the copyright has meanwhile been transferred to the National Health Education Information and Communication Centre (NHEICC), Nepal.

Link to the full 4:30 minutes video:

> [www.youtube.com/watch?v=0oBAnhVaJ1U&t=119s](https://www.youtube.com/watch?v=0oBAnhVaJ1U&t=119s)

Further information on the WHO Health for All Film Festival 2020:

> [www.who.int/news-room/campaigns/the-health-for-all-film-festival/official-selection-and-awards](https://www.who.int/news-room/campaigns/the-health-for-all-film-festival/official-selection-and-awards)



### Pad Man (Bollywood film, 2018)

This Hindi-language comedy-drama film (with English subtitles) is about the life of Arunachalam Muruganantham ('Pad-man'). It follows Muruganantham's life-story and addresses how and why he developed a low-cost sanitary pad machine.

> [www.netflix.com/de-en/title/81016191](https://www.netflix.com/de-en/title/81016191)



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## WHAT IS SuSanA?

The Sustainable Sanitation Alliance (SuSanA) works towards a world in which all people have access to adequate sanitation, regardless of gender, age, income, culture or location.

SuSanA is an open network of people and organisations who share a common vision on advancing sustainable sanitation systems. The overall goal is to contribute to achieving the Sustainable Development Goals (SDGs), in particular SDG 6, by promoting a systems approach to sanitation provision.

SuSanA came into existence in early 2007. Since then, it has been providing a platform for coordination and collaborative work. Today, it connects more than 11,000 individual members and 350 partner organisations (NGOs, private companies, multilateral organisations, government agencies and research institutions) to a community of people with diverse expertise and opinions.

By supporting its partners in developing, accelerating and exchanging innovations, SuSanA also serves as sounding board for innovative ideas.

Finally, SuSanA contributes to policy dialogue through joint publications, meetings and initiatives.

### HOW SuSanA WORKS

SuSanA's most important assets are the knowledge, experience, creativity and energy of a large and diverse membership. SuSanA focuses on all the different dimensions of sustainable sanitation and the full spectrum of development contexts. It provides its members fora for discussion and analysis, structures to support collaboration, and a range of channels for effective communication.

SuSanA strives to be a true partnership, in which all members can have a voice and can all contribute. New members and organisational partners are welcome. Decision-making is achieved through reaching a broad consensus. Interactions within the network are creative, respectful and constructive.

SuSanA is guided by the SDGs. It provides policy advice, practical guidance and up to date knowledge about how to realise sustainable sanitation for all.

### SuSanA's VISION

There are several billion people in the world who lack access to basic or to safely managed sanitation. The result is a public health crisis, with infants and young children being the most affected group.

The SDG 6 on sustainable water and sanitation management aims at giving access to water and sanitation to all by 2030. This is not just about achieving a narrow sanitation access target. The targets under SDG 6 address sanitation beyond toilets, including aspects of excreta management and reuse. Furthermore, good sanitation, hygiene and wastewater management are fundamental to achieving many of the other SDGs. The SDGs and the broader 2030 Agenda for Sustainable Development make the work of SuSanA more important than ever.

### JOIN SuSanA

SuSanA is open to anyone who wants to join and be active in the promotion of sustainable sanitation systems. Membership is open to any individual.

Members can receive updates on SuSanA activities and discussions that interest them, take part in the discussion forum, and become active in the thematic working groups.

## FOLLOW SuSanA



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