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

Menstrual Hygiene Management (MHM) refers to the practice of using clean materials to absorb menstrual blood that can be changed privately, safely, hygienically, and as often as needed for the duration of the menstrual cycle. PMA2020 is the first survey platform to provide data on MHM indicators on a large scale. The data presented here are from a nationwide survey in Uganda of 2,762 females age 15 to 49, who reported menstruating in the past 3 months, conducted by PMA2020 Uganda.

Only 35% of women in Uganda report having everything they need to manage their menstruation. This does not vary by age, indicating that across their reproductive years, the majority of women are unable to adequately meet their MHM needs.

- 4% of women use backyard or no facility/other places.
- 37% use sleeping areas.
- 59% use sanitation facilities at home, school, work or other public facilities.

65% of women report using sanitary pads.
42% report using cloths.
5% report using cotton wool.

Only 35% of women report having everything they need to manage their menstruation. This does not vary by age, indicating that across their reproductive years, the majority of women are unable to adequately meet their MHM needs.

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

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

Washing, reuse and drying of materials: 42% of women report that they wash and reuse their MHM materials. Of those who wash and reuse, 97% reported that their materials were completely dried before reuse.

PMA2020 uses innovative mobile technology to support low-cost, rapid-turnaround surveys to monitor key indicators for family planning and water, sanitation and hygiene (WASH). The project is implemented by local university and research organizations in 11 countries, deploying a cadre of female resident enumerators trained in mobile-assisted data collection. PMA2020/Uganda is led by the Makerere University’s School of Public Health at the College of Health Sciences (MakU/CHS/MakSPH), in collaboration with the Uganda Bureau of Statistics (UBOs) and the Ministry of Health. Overall direction and support is provided by the Bill & Melinda Gates Institute for Population and Reproductive Health and the Johns Hopkins University Water Institute through a grant from the Bill & Melinda Gates Foundation.