Menstrual Hygiene Management

KONGO CENTRAL, DRC, 2017

PMA2020
Performance Monitoring and Accountability 2020

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

Menstrual Hygiene Management (MHM) refers to the practice of using clean materials to absorb menstrual blood that can be changed privately, safely, hygienically, and as often as needed for the duration of the menstrual cycle. PMA2020 is the first survey platform to provide data on MHM indicators on a large scale. The data presented here are from a provincial survey in Kongo Central, DRC, of 1,163 females ages 15–49, who reported menstruating in the past 3 months, conducted by PMA2020/DRC.

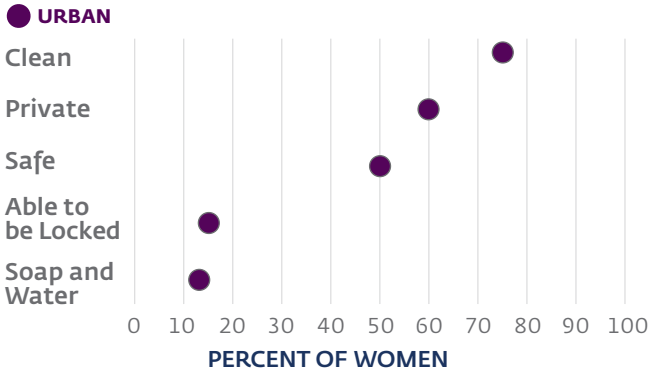
MAIN LOCATION USED FOR MHM*

PERCENT OF WOMEN

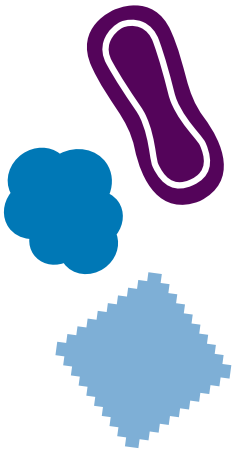
- BACKYARD/NO FACILITY/OTHER: **18.3%**
- SLEEPING AREA: **36.4%**
- MAIN HOUSEHOLD SANITATION FACILITY: **31.0%**
- OTHER SANITATION FACILITIES AT HOME: **12.0%**
- SANITATION FACILITIES AT SCHOOL, WORK OR PUBLIC FACILITIES: **2.3%**

*totals do not add to 100% due to rounding

SAFETY, CLEANLINESS, AND PRIVACY OF MHM LOCATION



TYPES OF MENSTRUAL MATERIALS USED*



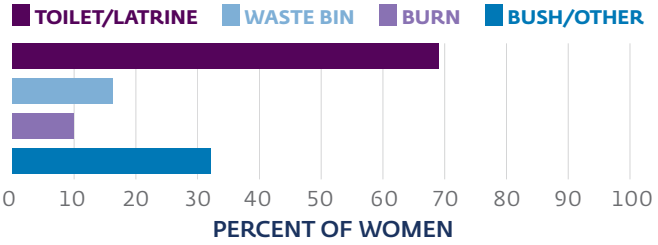
PERCENT OF WOMEN

	Urban
SANITARY PADS	**35.0%**
CLOTHS	**41.4%**
COTTON WOOL	**17.4%**
OTHER MATERIALS (E.G TAMPONS, TOILET PAPER, FOAM, NATURAL MATERIALS)	**40.0%**

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

DISPOSAL OF MENSTRUAL MATERIALS*

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



ONLY 15.0% OF WOMEN in Kongo Central report having everything they need to manage their menstruation.

WASHING, REUSE AND DRYING OF MATERIALS

52.0% of women report that they wash and reuse their MHM materials. Of those who wash and reuse, **96.5%** reported that their materials were completely dry before reuse.

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Bill & Melinda Gates Institute for Population and Reproductive Health

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/DRC is led by the University of Kinshasa's School of Public Health, in collaboration with Tulane University School of Public Health and Tropical Medicine. 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.

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