Managing Menstrual Hygiene
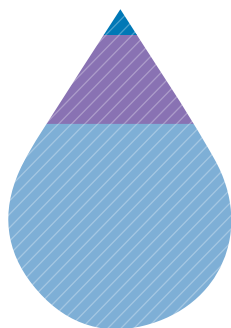## KADUNA STATE, NIGERIA, 2015

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, including affecting progress towards achieving 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, from PMA2020 Nigeria, Kaduna State, is from 2,934 females ages 15–49.

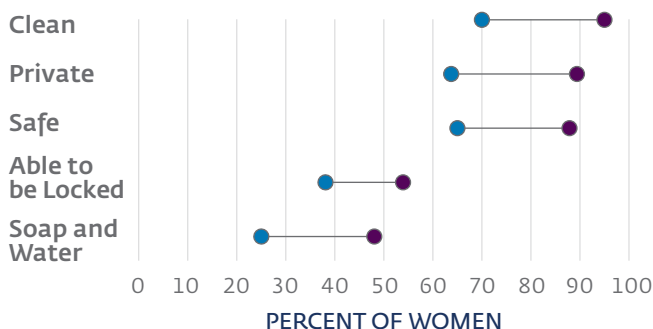## MAIN ENVIRONMENTS USED FOR MHM

PERCENT OF WOMEN

8% BACKYARD / BUSH / NO FACILITY / OTHER

28% SLEEPING AREA

64% SANITATION FACILITIES AT HOME, SCHOOL, WORK OR OTHER PUBLIC FACILITIES

SAFETY, CLEANLINESS, AND PRIVACY OF MHM FACILITY

● RURAL   ● URBAN

Clean	
Private	
Safe	
Able to be Locked	
Soap and Water	

PERCENT OF WOMEN (0 10 20 30 40 50 60 70 80 90 100)

ONLY 37% OF WOMEN in Kaduna State 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.

70% OF WOMEN REPORT USING CLOTHS AS THEIR MAIN MHM MATERIAL.

Although there is no consensus in the literature on what constitutes "hygienic" or "unhygienic" MHM materials, it is reported that the use of reusable cloths can increase the odds of a woman contracting a reproductive tract infection, such as bacterial vaginosis.

WASH, REUSE AND DRYING OF MATERIALS

69% of women report that they wash and reuse their MHM materials. Of those who wash and reuse, **98%** reported that their materials were completely dry before reuse.