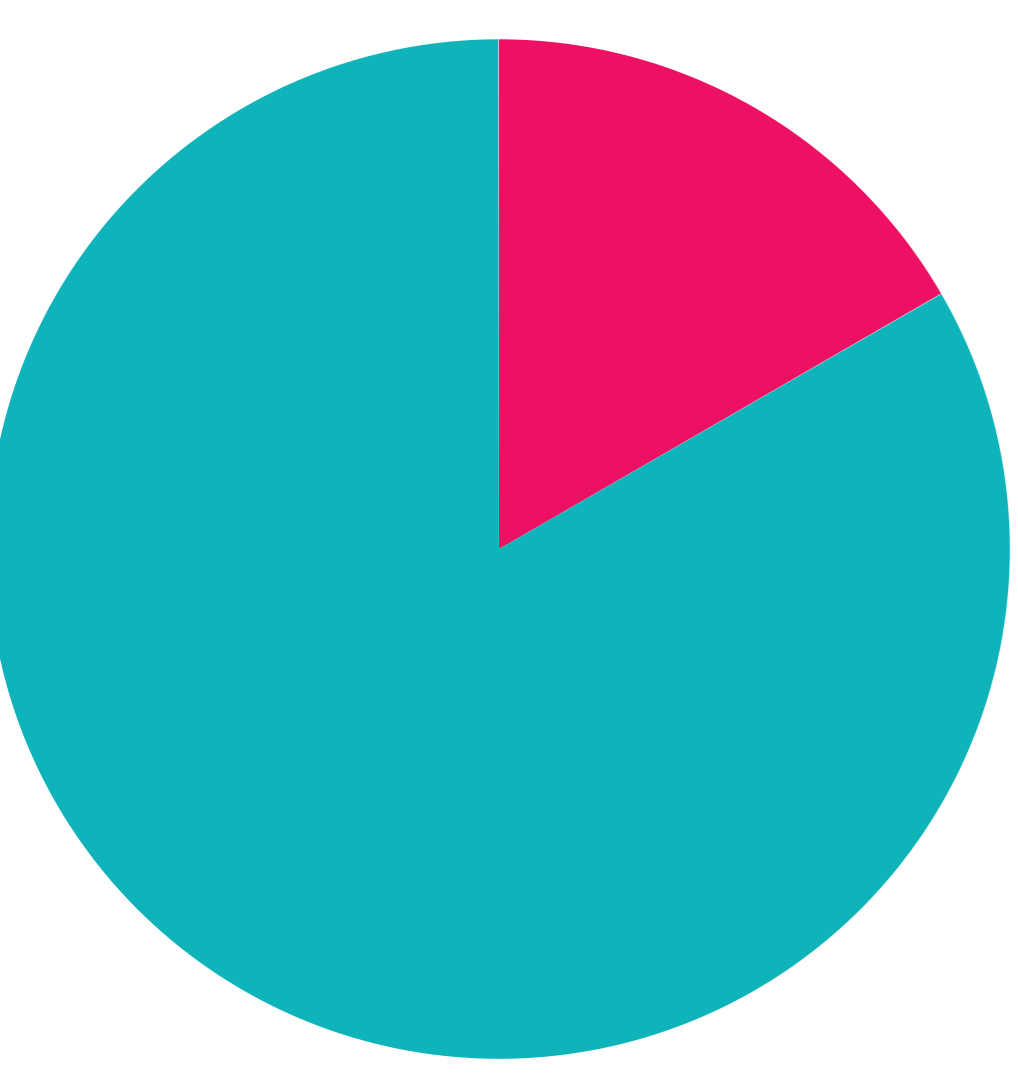


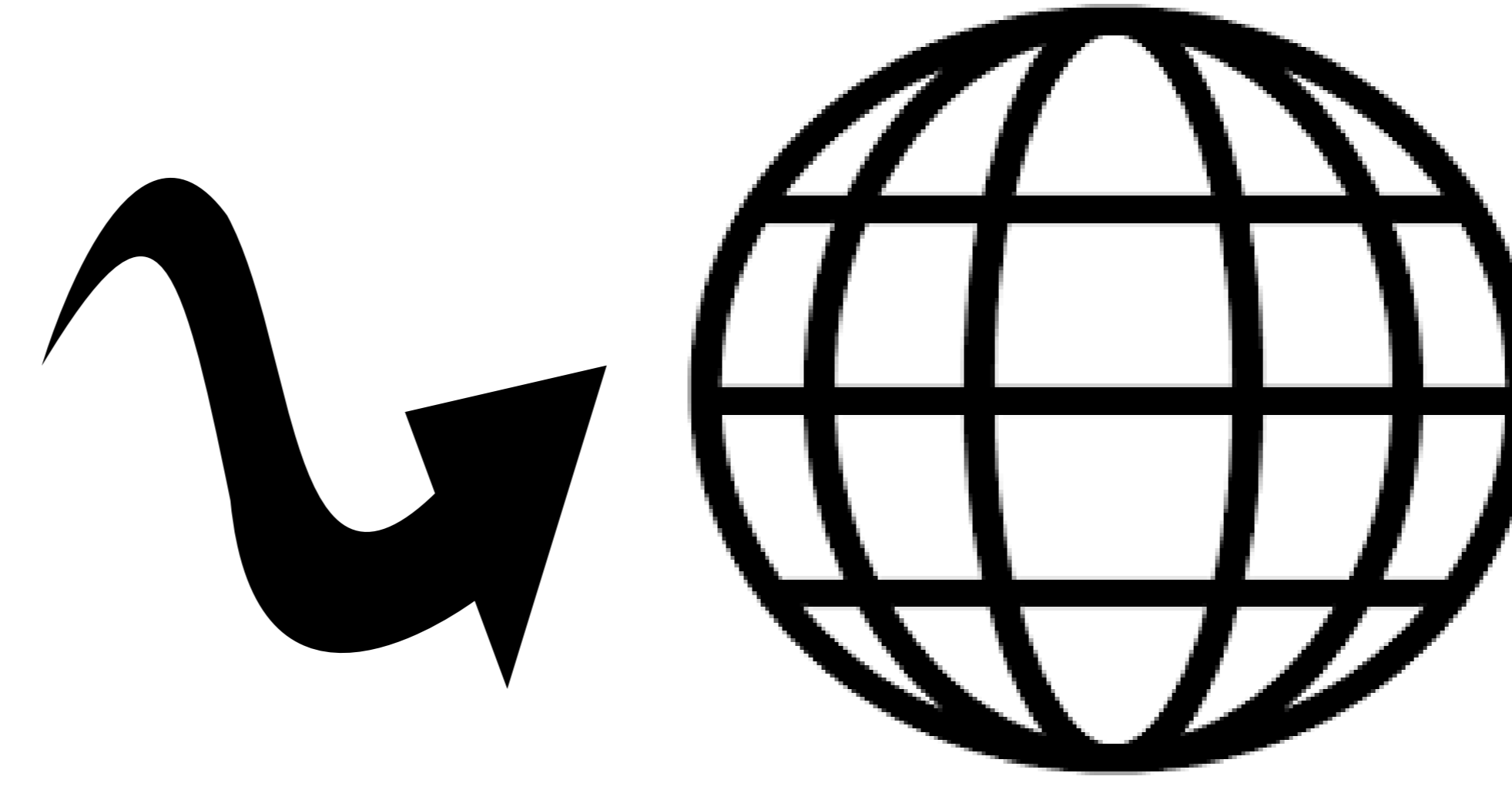
# Menstrual Hygiene Management: A Global Health Issue



Menstrual hygiene management (MHM) refers to the management of hygiene associated with the **menstrual** process.



About **1/5** of the world's population consists of women of reproductive age (15-49)



**800 Million** of these women and girls **menstruate** daily.



A woman spends **7** years of her **life** **menstruating**, making menstruation a natural and essential part of the reproductive cycle.

## Menstrual Hygiene Challenges: A global Snapshot

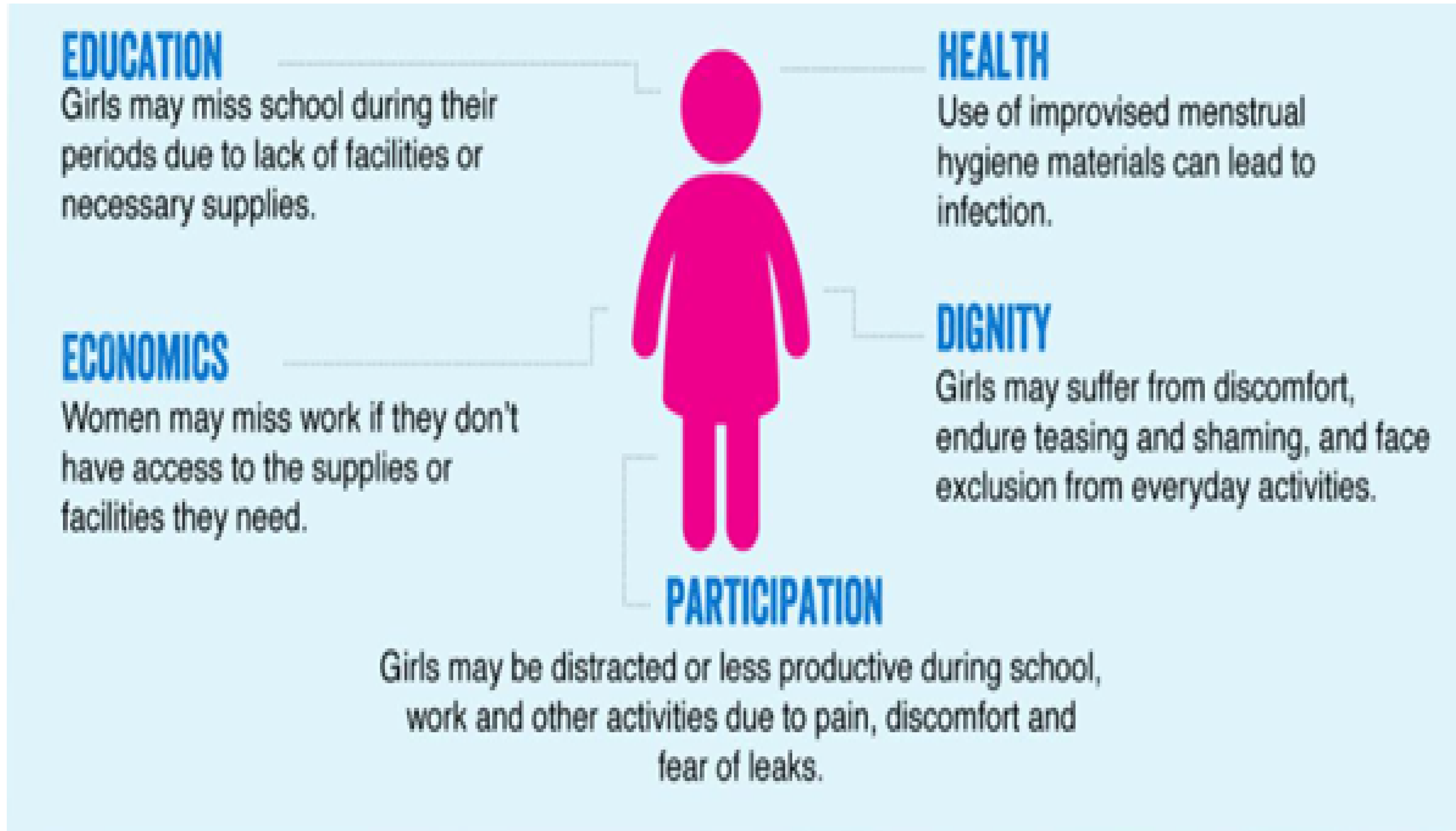
Managing menstruation with dignity is a global challenge for **most women and girls** especially does from developing countries.



- Globally, rigid **social norms and cultural taboos** prevent open dialogue and discussion about menstruation
- In **Iran, Ethiopia and India**, about **1 out of 3** girls knew nothing about menstruation before it happened
- In **Uganda**, **1 out of 2** girls report missing 1 to 3 days of school monthly due to lack of menstruation products

- Menstrual products are seen as **luxury items** in most countries and are **heavily taxed**
- Menstrual Hygiene Products are also used as a form of gender-based discrimination
- At least **500 million women and girls** lack proper access to menstrual hygiene facilities globally.

## Why MHM matters

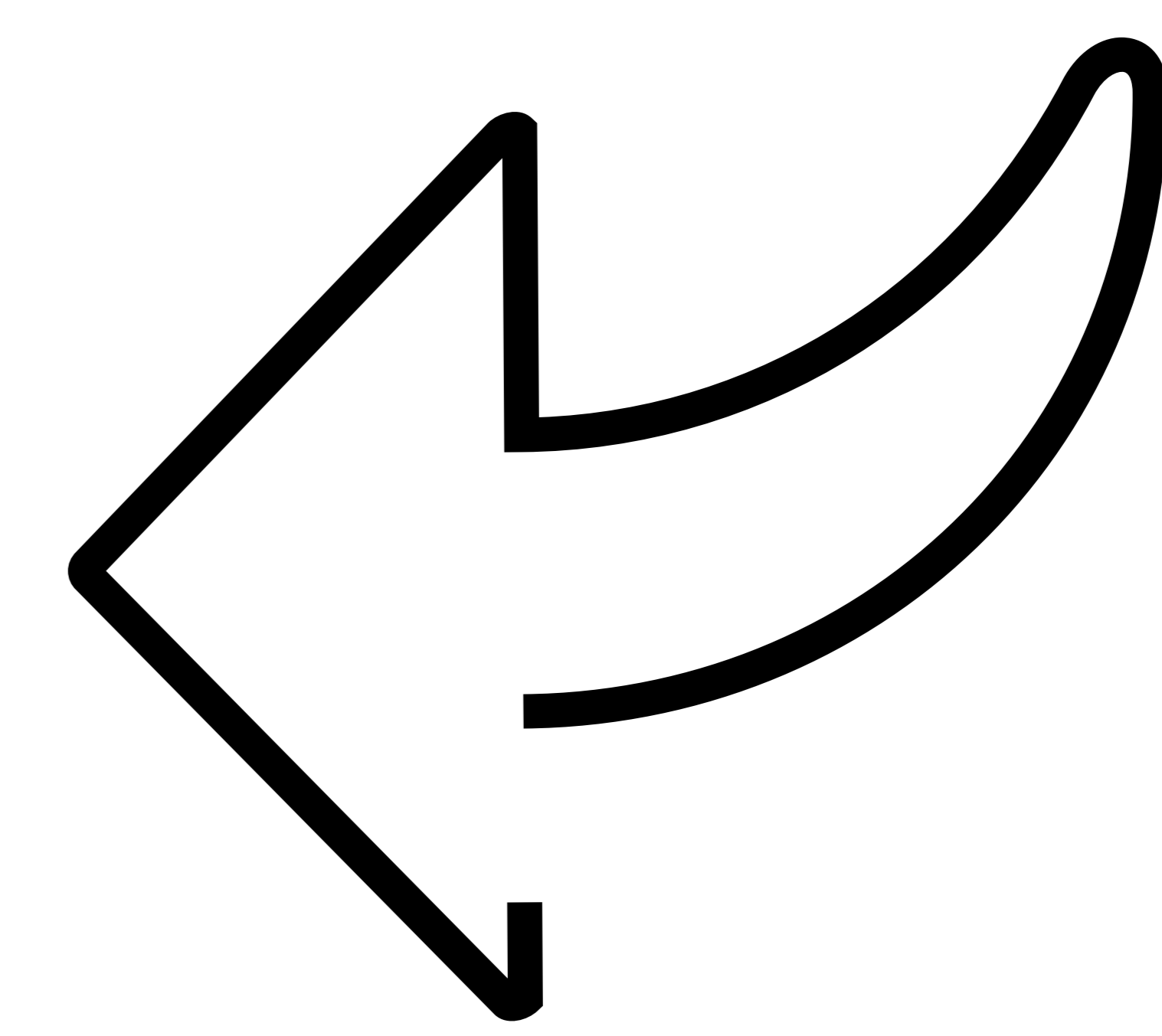


MHM is linked to the achievement of some Sustainable Development Goals directly and indirectly



### How do we create **change?**

- Girls and women in the developing world need access to water and sanitation to manage their periods.
- Girl students need safe and private bathrooms to change pads, and clean water and soap to wash their hands at school.
- Girl students need facilities for safe and hygienic disposal of used materials.
- Their teachers, education officials, and boys, men, and women need to become aware of menstrual health and hygiene too.



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**Sources**

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