Managing Menstrual Hygiene
NIGER, 2016
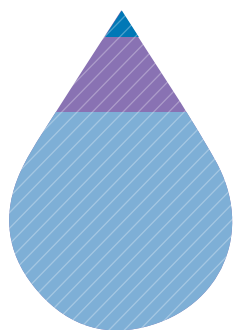
Globally, many women and girls face challenges when managing their menstruation. Failure to address the menstrual hygiene needs of women and girls can have far-reaching consequences for basic hygiene, sanitation and reproductive health, ultimately affecting progress towards the SDG goal of gender equality.

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 from the first round of national data collection in Niger, is from 3,031 women.

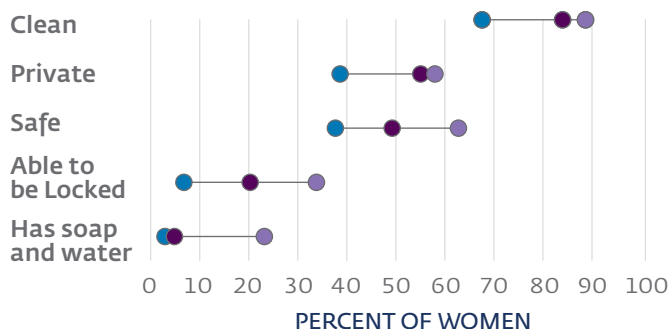## MAIN ENVIRONMENTS USED FOR MHM

PERCENT OF WOMEN

8% BACKYARD / BUSH / NO FACILITY / OTHER
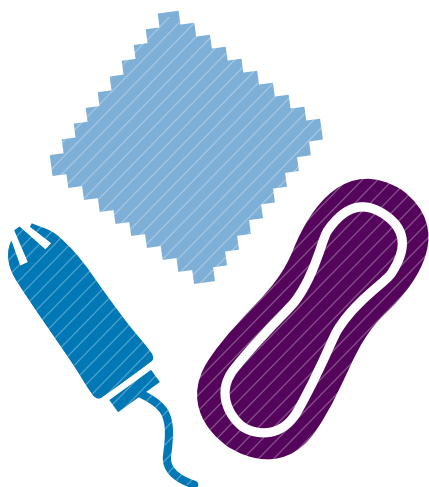
24% SLEEPING AREA

68% SANITATION FACILITIES AT HOME, SCHOOL, WORK OR OTHER PUBLIC FACILITIES

SAFETY, CLEANLINESS, AND PRIVACY OF MHM FACILITY

● NIAMEY ● URBAN (OUTSIDE NIAMEY) ● RURAL

Clean
Private
Safe
Able to be Locked
Has soap and water

0 10 20 30 40 50 60 70 80 90 100

PERCENT OF WOMEN

ONLY 44% OF WOMEN in Niger 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.

63% 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

75% of women report that they wash and reuse their MHM materials. Of those who wash and reuse, **97%** reported that their materials were completely dry before reuse.