

Managing Menstrual Hygiene

LAGOS STATE, NIGERIA, 2015

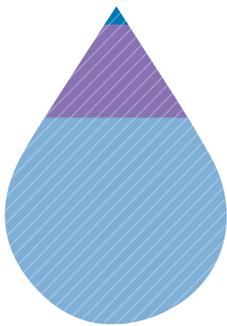


Globally, many women and girls face challenges when managing their menstruation. Failure to address the menstrual hygiene needs of women and girls can have far-reaching consequences for basic hygiene, sanitation and reproductive health, ultimately affecting progress towards the SDG goal of gender equality.

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 statewide survey in Lagos of 1,429 females age 15 to 49, conducted by PMA2020 Nigeria.

MAIN ENVIRONMENTS USED FOR MHM

PERCENT OF WOMEN

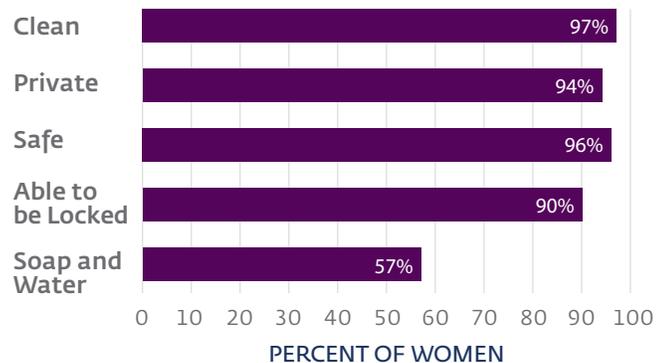


1% BACKYARD / BUSH /
NO FACILITY / OTHER

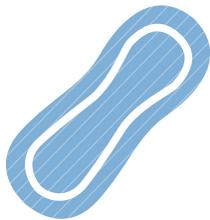
33% SLEEPING AREA

66% SANITATION FACILITIES AT
HOME, SCHOOL, WORK OR
OTHER PUBLIC FACILITIES

SAFETY, CLEANLINES, AND PRIVACY OF MHM FACILITY



85% OF WOMEN in Lagos 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 able to adequately meet their MHM needs.



85% OF WOMEN
REPORT USING
SANITARY PADS AS
THEIR MAIN MHM
MATERIAL.



95% OF WOMEN
REPORT HAVING A
PRIVATE PLACE TO
DISPOSE OF MHM
MATERIALS.

WASHING, REUSE AND DRYING OF MATERIALS

7% of women report that they wash and reuse their MHM materials. Of those who wash and reuse, **91%** reported that their materials were completely dry before reuse.