



Suggested Indicators for MHM programming

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Menstrual Hygiene Management (MHM) is starting to receive recognition as a long neglected topic of global concern. In the international development context, to support gender equality, MHM activities are being incorporated into a variety of community development programmes including water, sanitation and hygiene (WASH), education and sexual and reproductive health projects.

To maximise the effectiveness and success of these projects, it is important to fully appreciate and contextualise the needs of women and girls with regards to MHM, to address these needs through appropriate responses and importantly, to monitor and evaluate the impacts of these responses in order continually improve approaches.

Having a clear set of MHM-related indicators allows this monitoring and evaluation cycle to function effectively. The varying contexts and specific nature of projects makes it impossible to provide a substantive, generic list of indicators relating to MHM. However, here are some key indicators which should be appropriate for most MHM programming:

Indicators	Means of verification	How measured
MHM clearly defined and articulated in national WASH, Health and Education policies	<ul style="list-style-type: none"> National WASH policy has reference to MHM infrastructure and awareness (and budget allocated towards MHM) MHM infrastructure is part of standard WASH designs as advocated at the national/ district level National Health Policy has reference to MHM related to health promotion (and budget allocated towards MHM) National Education Policy includes MHM within national curriculum (and budget allocated towards MHM) 	<ul style="list-style-type: none"> Policy document review Standard design and guideline document review
Consideration of MHM in WASH infrastructure designs for institutional and public facilities (eg. schools, health facilities, market places)	<p>Specific reference within relevant technical standards and guidelines including:</p> <ul style="list-style-type: none"> Minimum requirements for MHM within WASH facilities Consideration of: <ul style="list-style-type: none"> Accessibility Affordability Privacy Security Space for changing and MHM Hygienic and environmentally friendly option for disposal of used sanitary materials available Provision of water for washing body and pads within facilities Storage of personal items in hygienic location Hygienic surroundings 	<ul style="list-style-type: none"> Standard design and guideline document review
% or # of institutional and public WASH facilities (eg. schools, health centres) constructed with consideration for MHM	<ul style="list-style-type: none"> Minimum requirements for MHM within WASH facilities: <ul style="list-style-type: none"> Hygienic space for MHM Security and privacy for MHM Hygienic options for disposal of used sanitary materials Inclusive accessibility to and within the facility Provision of water for washing body and reusable pads Hygienic storage location for personal items 	<ul style="list-style-type: none"> Project M&E (Monitoring and Evaluation) with reference against baseline Physical inspection of facilities post construction Compare with standard designs and guidelines
% or # of respondents (eg. girls, boys, women, men, teachers) with improved knowledge and attitudes of MHM	<ul style="list-style-type: none"> Able to correctly explain menstruation Able to explain years of menarche and menopause Able to identify key symptoms of menstruation Able to identify myths related to MHM as myths Able to describe positive changes in attitude toward MHM 	<ul style="list-style-type: none"> KAP (Knowledge, Attitudes and Practices) survey with reference against baseline Focus Group Discussions Household survey Individual Questionnaire
% or # of men and boys with improved MHM practices	<ul style="list-style-type: none"> Able to describe changes in practice related to MHM, for example: <ul style="list-style-type: none"> no longer teasing girls allocating family finance towards pads supporting wife/daughters during menstruation Construction or improvement of household latrine with MHM considerations 	<ul style="list-style-type: none"> KAP survey with reference against baseline Focus Group Discussions Household survey Individual Questionnaire Inspection of household latrine
% or # of women and girls with improved MHM practices	<ul style="list-style-type: none"> Able to describe changes in practice related to MHM for example: <ul style="list-style-type: none"> More regular changing of pads more thorough drying and safe storage of pads use of hygienic pads regular washing of body during menstruation Practise good WASH behaviour with specific attention to MHM Construction or improvement of household latrine with MHM considerations 	<ul style="list-style-type: none"> KAP survey with reference against baseline Focus Group Discussions Household survey Individual Questionnaire Inspection of household latrine
% or # of women and girls using affordable and hygienic sanitary pads	<ul style="list-style-type: none"> Ability to describe types of pads that are hygienic and how to use and maintain them Ability to explain means of accessing pads ensuring sustainability 	<ul style="list-style-type: none"> KAP survey with reference against baseline Focus Group Discussions Household survey Individual Questionnaire
% or # men and women with improved thinking on gender equality	<ul style="list-style-type: none"> Ability to identify changes in thinking around gender roles and stereotypes Ability to identify change in gender roles (eg. cooking or collecting water) 	<ul style="list-style-type: none"> KAP survey with reference against baseline Focus Group Discussions Household survey Individual Questionnaire
% improvement in attendance at school of girls during menstruation	<ul style="list-style-type: none"> Increased school attendance of girls at age of menstruation 	<ul style="list-style-type: none"> Project M&E with reference to baseline Focus Group Discussions Individual Questionnaire Review of school attendance records