

Menstrual Hygiene Management (MHM)

An essential aspect of hygiene for women and adolescent girls between menarche and menopause (12 to 50 years old).

Menstrual hygiene is a major health issue that affects women and girls worldwide.

When faced with a lack of necessary facilities, supplies, knowledge and support, women and girls empowerment and well-being may be negatively impacted as menstrual hygiene is intricately linked with health, gender equality, education, equity, and rights.

MHM IN RESOURCE-POOR SETTINGS CAN BE EXTREMELY CHALLENGING

Despite being an important issue concerning women and girls in the menstruating age group, MHM is often overlooked - especially among indigenous communities.

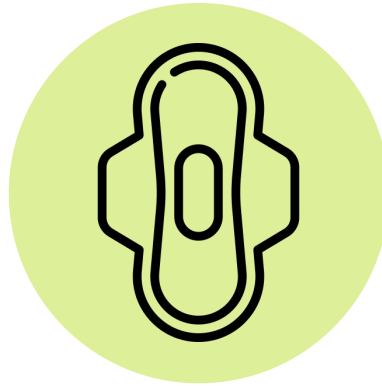
74

Women and girls from 9 villages located around Muadzam Shah, Pekan and Rompin took part in our focus group study to better comprehend their MHM needs





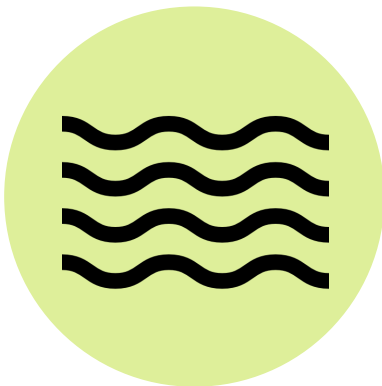
73% are aware of the menstrual cycle prior to starting their period



72.9% used disposable sanitary pads because it was convenient in both usage and resource



47.3% disposed of their used sanitary pads by burying them



39.8% washed and changed their sanitary pads near a water source



70.3%
found it extremely difficult to take care of their menstrual hygiene because they lack proper toilets and privacy in the community!



4 over 9 of the villagers still believes in cultural taboos regarding menstruation