

State-level Assessment of Menstrual Hygiene Management Practices in Rajasthan, India

Alexandra K. Shannon, Natalie G. Exum, Kellogg J. Schwab

Performance Monitoring and Accountability 2020 (PMA2020)/Johns Hopkins University Bloomberg School of Public Health, U.S.A.

Background

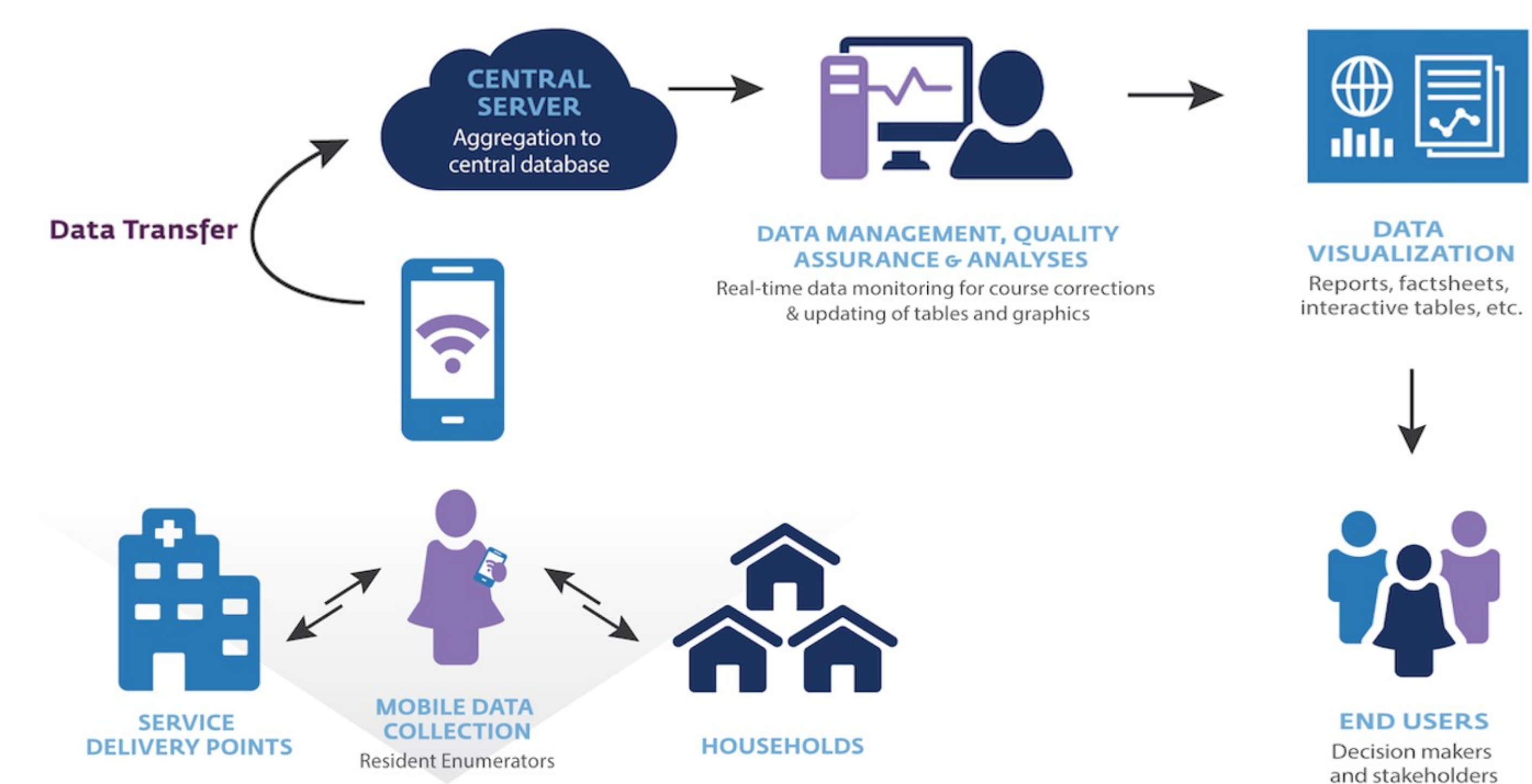
India is one of few countries that has National MHM Guidelines, yet there are currently no data available to measure progress. Performance, Monitoring and Accountability (PMA2020) is the first survey platform to provide population-level data on MHM indicators. The data presented here are from a statewide survey in Rajasthan of 5,084 females aged 15 to 49, conducted by PMA2020 India.

Objectives

We conducted household-level surveys across Rajasthan State and stratified by age comparing females ages 15 – 19 to older females. The data presented include:

- Where women are managing their menstruation
- What absorbent menstrual materials they are using
- How they are disposing of their absorbent materials

Methods / How PMA2020 Works



- These data came from the second round of data collection in Rajasthan state, conducted by IIMR University, February – April 2017.
- 35 households were randomly selected for interview in each of the 147 enumeration areas across the state of Rajasthan.
- All women age 15-49 who were regular members of the household were interviewed using a female questionnaire that included a series of questions on MHM practices.

Results

Chart 1. All Places Women Report Changing Their Menstrual Materials, by Age (N=2,399)

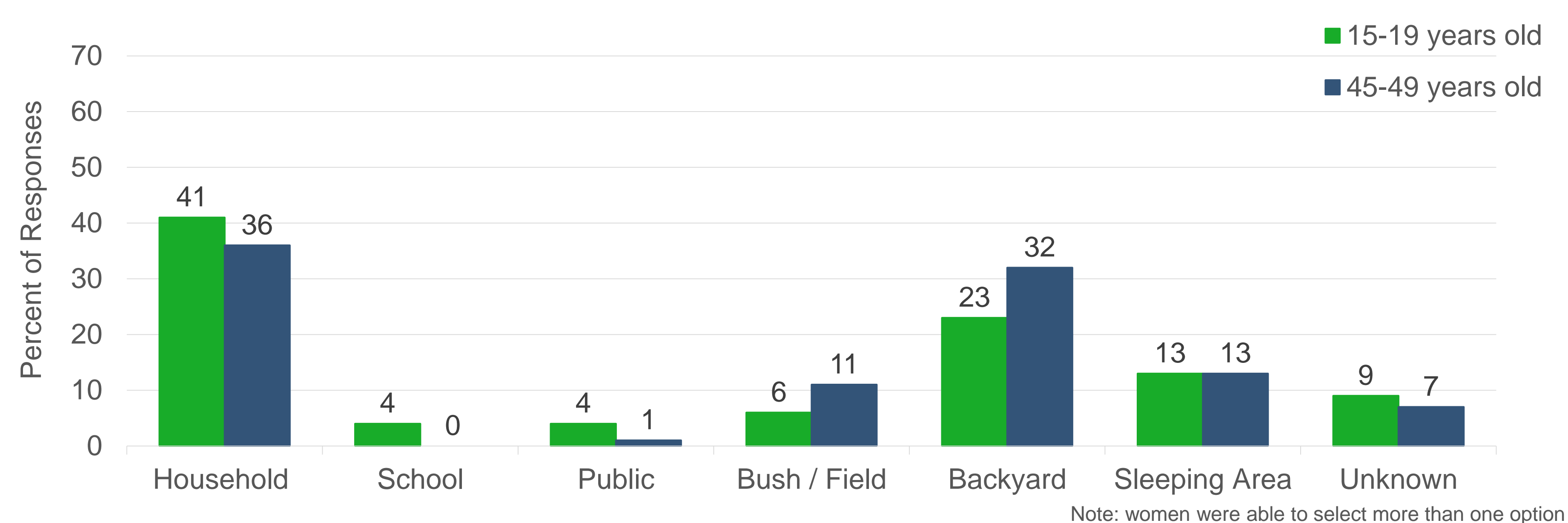
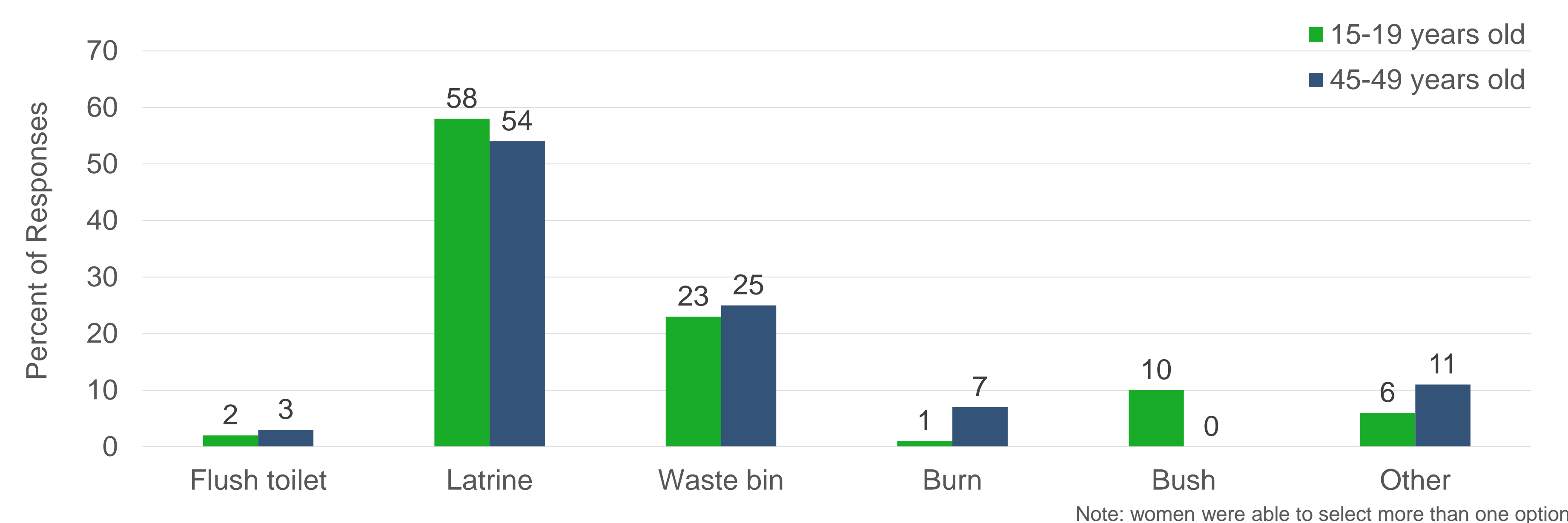


Chart 2. All Types of Menstrual Absorbents Used by Women, by Age (N=1,778)



Chart 3. All Places Where Women Dispose of Menstrual Absorbents, by Age (N=1,067)



Conclusions

In their National MHM Guidelines, the Government of India seeks to ensure that every adolescent girl and woman has access to:

- Affordable and hygienic absorbents
- A private toilet facility with space for cleaning and washing
- Infrastructure for disposing of used absorbents

These data indicate that the availability of separate, private sanitation facilities and proper disposal options would aid women in managing their menstruation with confidence and dignity. PMA2020 India will continue to collect data on these indicators and report our results back to stakeholders. The continued tracking of these indicators will be important for measuring progress under India's National MHM Guidelines and the Swacch Bharat Mission.

