

MAIDEN FORUM ON MENSTRUAL HEALTH AND HYGIENE

BREAKING THE SILENCE:
*Empowering Women and Girls with Sustainable
Menstrual Hygiene Products.*

Presented by
Rtn Dr. Naana Agyemang-Mensah
Board Member, RAGMHH
Past President, Rotary Club of Accra-Airport
23rd May 2021

MENSTRUAL HEALTH AND HYGIENE – AN OVERVIEW

SERVICES

Unavailability of WASH services in schools and communities constitute major gaps

PRODUCTS

Inaccessibility of reliable and affordable Menstrual management products

SOCIAL NORMS

Taboos and social stigmas produce low self esteem and mental distress.

SOCIAL IMPACT

Effects of the above gaps on society at large, such as curtailment of education, limited productivity, with economic consequences, and environmental pollution

ENVIRONMENTAL IMPACT

Plastics used in producing sanitary pads are non-biodegradable and can lead to health and environmental hazards

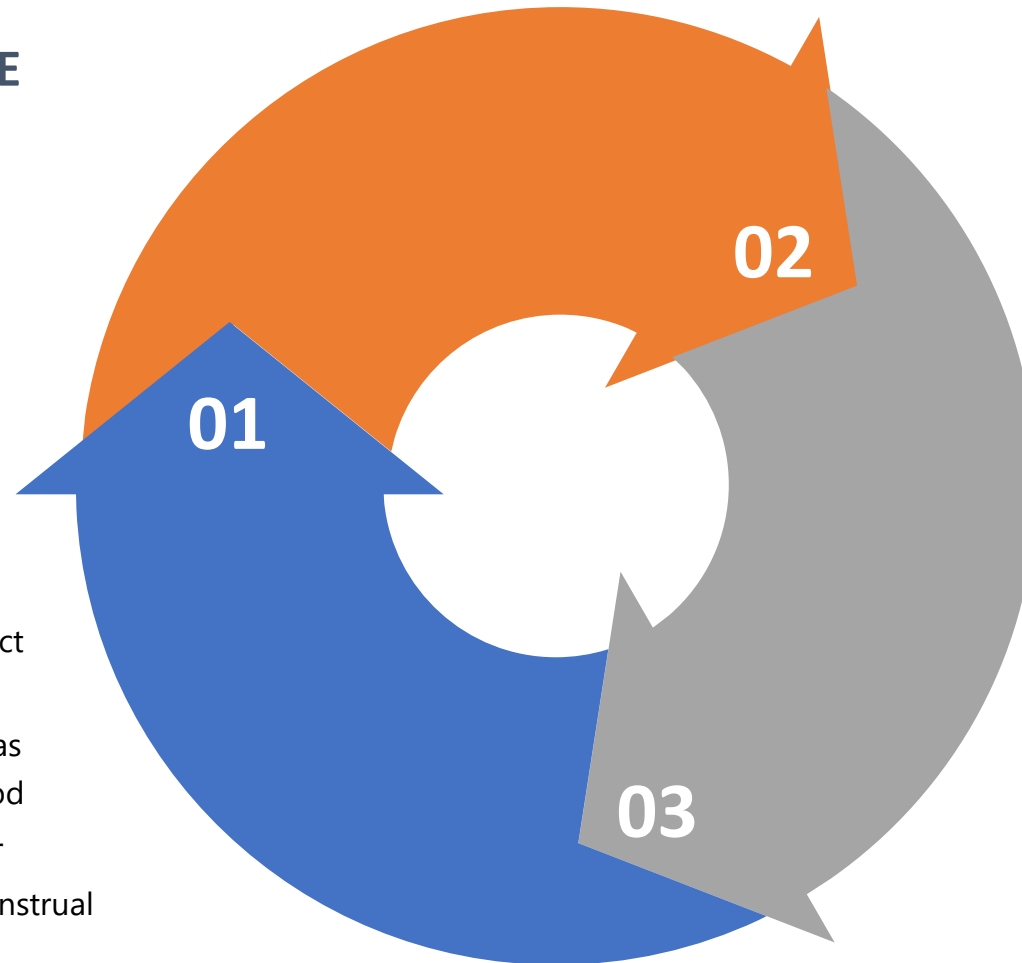
PUTTING MHH IN CONTEXT

PUBLIC HEALTH CHALLENGE

MHM remains a globally recognised public health challenge.

THE IDEAL SITUATION

- Use of clean MHM to absorb or collect menstrual blood
- Ability to change in privacy as often as necessary during the menstrual period
- Washing the body with soap & water
- Access to facilities for disposal of menstrual management materials



FULFILMENT OF GIRLS' AND WOMEN'S RIGHTS

MHH as an important mechanism for the fulfilment of girls' and women's rights, is a key objective of the SDGs

THE ISSUES AND THE SDGs

WRITE YOUR SUBTITLE HERE

INADEQUACY OF WASH SERVICES 01

SDG 6.2 by 2030, achieve access to adequate and equitable sanitation and hygiene for all ..., paying special attention to the needs of women and girls and those in vulnerable situations.

A CHALLENGE TO GIRLS' EDUCATION 03

SDG 4: Ensure inclusive and equitable quality education and promote life-long learning opportunities for all.

PERIOD POVERTY 06

SDG 8: Promote sustained inclusive and sustainable economic growth, full and productive employment and decent work for all.



02 LIMITED ACCESS TO SRH INFORMATION

- **SDG 3.7** by 2030 ensure universal access to sexual and reproductive health care services.
- **SDG 5.6** by 2030 ensure universal access to sexual and reproductive health and reproductive rights as agreed ...

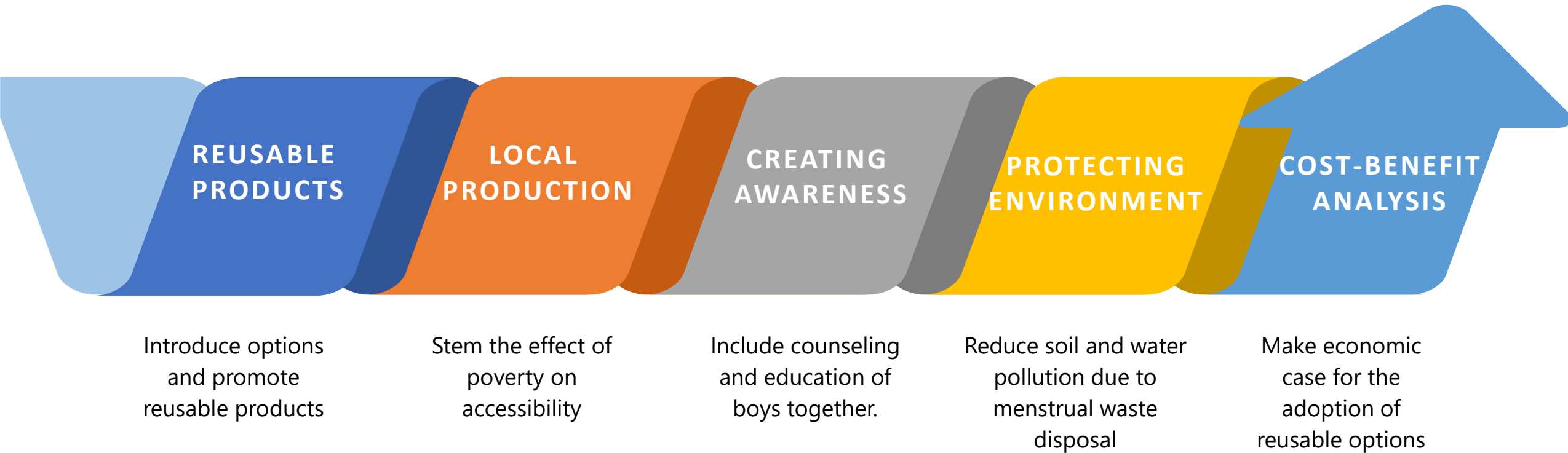
04 SOCIAL STIGMA

SDG 5.1 end all forms of discrimination against all women and girls everywhere.

06 USE OF ENVIRONMENTALLY UNFRIENDLY PRODUCTS

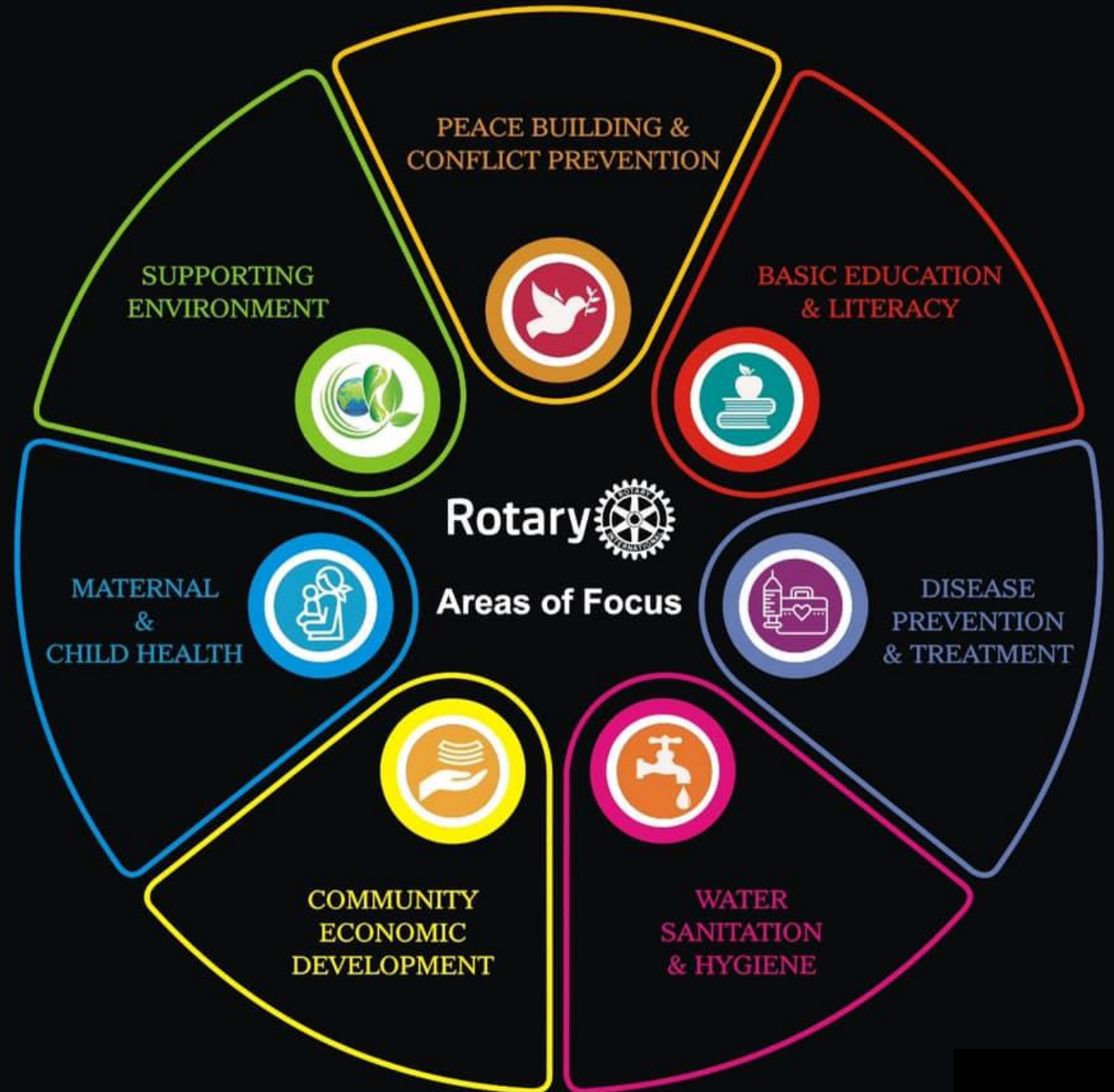
- **SDG 12.4** by 2020 achieve environmentally sound management of chemicals and all wastes.
- **12.5** by 2030, substantially reduce waste generation through prevention, reduction, recycling, and reuse.

STRATEGY OF RAGMHH



RAGMHH AND ROTARY'S AREAS OF FOCUS

This initiative emerged as a consensus area, given that MHH is not just a global issue, but also addresses directly all of Rotary's 7 Areas of Focus.



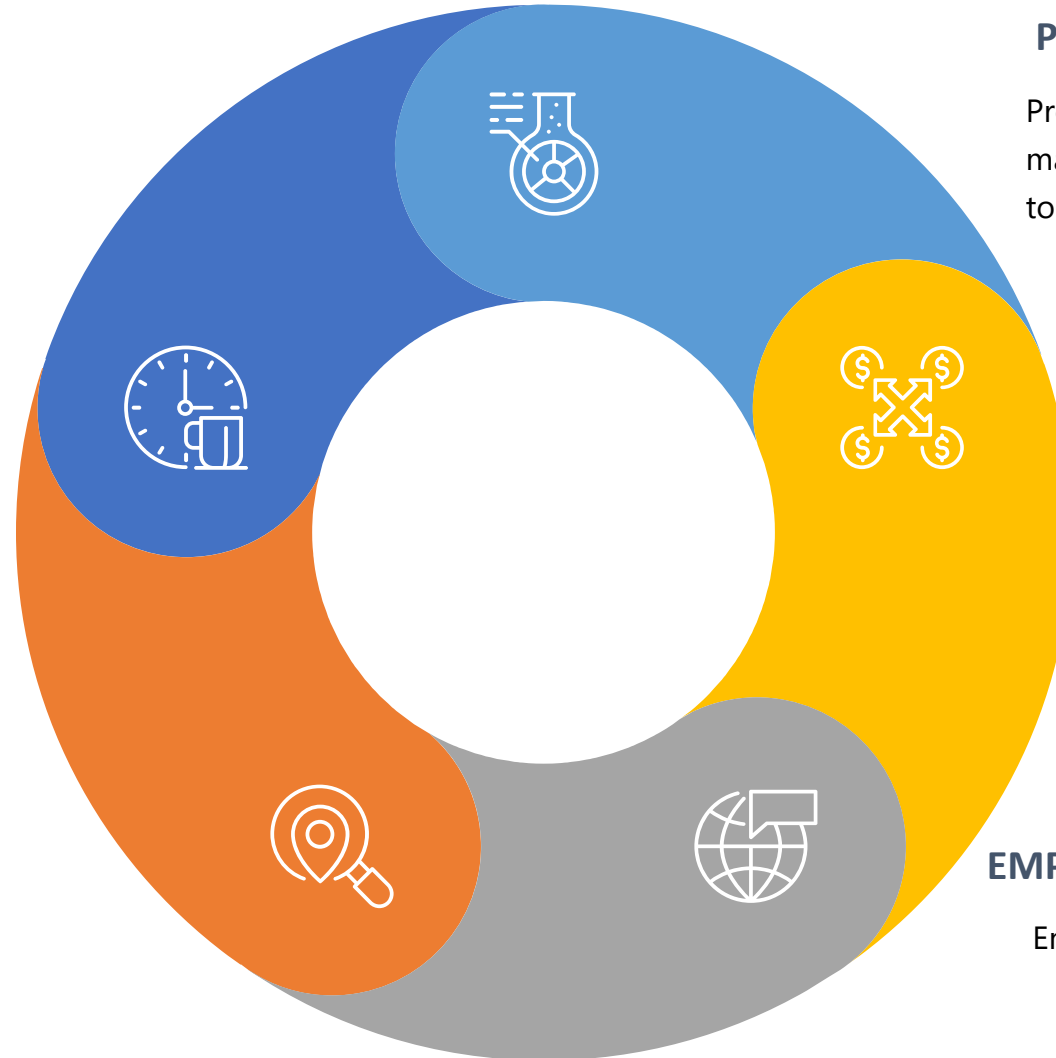
CALL TO ACTION

CREATE AWARENESS 01

Provide effective education on MHH to create community awareness to dispel negative beliefs/attitudes

PROVIDE OPTIONS 02

Provide knowledge about and introduce them to varied array of safe, reliable, easily accessible and affordable Menstrual products to facilitate informed choice.



PROMOTE SUSTAINABILITY 05

Promote sustainable use and management of menstrual products to protect the environment

IMPROVE ACCESS 04

Improve availability of WASH services, especially, safe and sanitary spaces for girls and women to effectively manage their periods in schools and workplaces

EMPOWER FEMALES ECONOMICALLY 03

Enhance economic empowerment to boost self-esteem and enhance family well-being

Thank you for your kind Attention