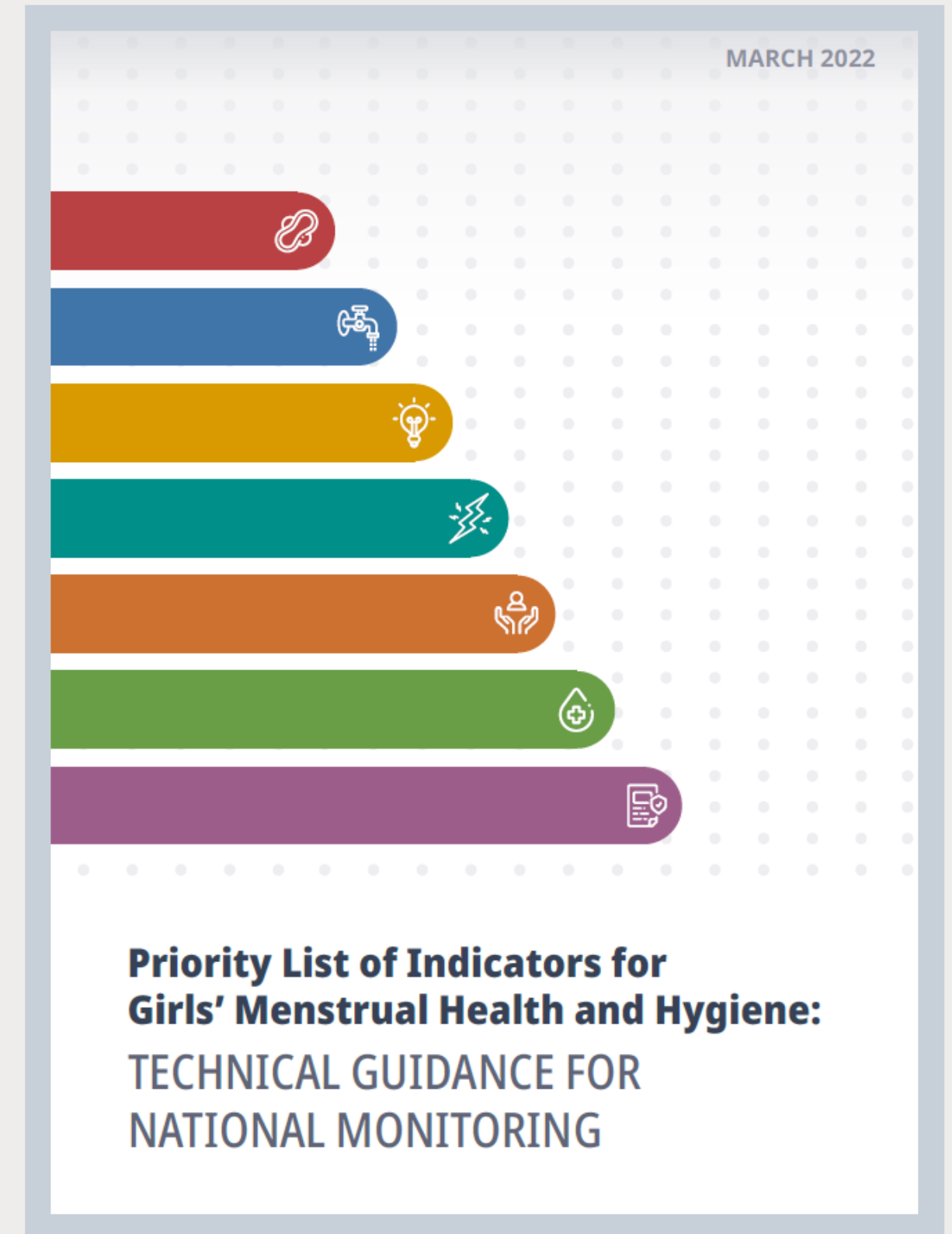


INTRODUCTION TO THE **PRIORITY LIST OF INDICATORS FOR GIRLS' MHH: TECHNICAL GUIDANCE FOR NATIONAL MONITORING**

MHH Core Group: Marni Sommer

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Contact Info: marni.sommer@cumc.columbia.edu



What This Is

01

A short list of indicators and related measures, based on evidence, for countries to get started

02

Intended for adolescent girls, but some indicators and measures can be adapted and tested with adult women

03

Aligned to existing national monitoring tools such as JMP/ DHS/ MICS where possible

What This Is Not

01

A comprehensive list of MHH indicators and measures

02

Detailed technical guidance on data collection methodology

03

A fully validated, definitive list of indicators; testing is required to assess validity and adaptation may be needed based on context

MHH & the SDGs



01







MHH is relevant across all 17 SDGs

02

MHH is an important priority that should be monitored

Citation: Sommer, M., Torondel, B., Hennegan, J., Phillips-Howard, P.A., Mahon, T., Motivans, A., Zulaika, G., Gruer, C., Haver, J., Caruso, B., & Monitoring Menstrual Health and Hygiene Group (2021). How addressing menstrual health and hygiene may enable progress across the Sustainable Development Goals, *Global Health Action*, 14:1.

Table 1: Short List / Priority MHH Indicators^a

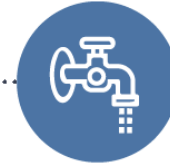
MHH Domain	Data Collection Level	Indicators
 MATERIALS	Individual	1 % of girls who reported having enough menstrual materials during their last period.
	School	2 % of schools with menstrual materials available to girls in case of an emergency.
 WASH FACILITIES	Individual	3 % of girls who reported changing their menstrual materials during their last menstrual period at school.
		4 % of girls who changed their menstrual materials at school in a space that was clean, private, and safe during their last menstrual period.
	School	5 % of schools (primary/secondary) with improved sanitation facilities that are single-sex and usable (available, functional, and private) at the time of the survey.
		6 % of (primary/secondary) schools with improved sanitation facilities that are single-sex, usable (available, functional, and private), lockable from the inside, have covered disposal bins, and have discreet disposal mechanisms at the time of the survey.
		7 % of (primary/secondary) schools that have water and soap available in a private space for girls to manage menstruation.
		8 % of students (male/female) who have received education about menstruation in primary and secondary school.
		9 % of females who know about menstruation prior to menarche.
10 % of females with correct knowledge of the fertile period during the ovulatory cycle.		
Government / National	11 % of schools where education about menstruation is provided for students from age 9.	
	12 Existence of pre-service or in-service teacher training about menstruation at the primary or secondary level.	
	13 % of schools that have at least one teacher trained to educate primary/secondary students about menstruation.	
 DISCOMFORT/ DISORDERS	Individual	15 % of girls who report that they were able to reduce their menstrual (abdominal/back/cramping) pain when they needed to during their last menstrual period.
	16 % of girls who would feel comfortable seeking help for menstrual problems from a health care provider.	
 SUPPORTIVE SOCIAL ENVIRONMENT	Individual	17 % of girls who have someone they feel comfortable asking for support (advice, resources, emotional support) regarding menstruation.
 MENSTRUAL HEALTH IMPACTS	Individual	18 % of girls who report a period does not impact their day.
		19 % of girls whose class participation was not impacted by their last period.
 POLICY	Government / National	20 % of countries with policies or plans that include menstrual health and hygiene.
		21 National budget is allocated to menstrual health and hygiene; funds are dispersed to the schools in a timely and efficient manner.

a. See Annex 2 for explanation of indicator levels.

Data Collection Level	Indicators
Individual	1 % of girls who reported having enough menstrual materials during their last period.
	2 % of schools with menstrual materials available to girls in case of an emergency.
School	3 % of girls who reported changing their menstrual materials during their last menstrual period at school.
	4 % of girls who changed their menstrual materials at school in a space that was clean, private, and safe during their last menstrual period.
	5 % of schools (primary/secondary) with improved sanitation facilities that are single-sex and usable (available, functional, and private) at the time of the survey.
	6 % of (primary/secondary) schools with improved sanitation facilities that are single-sex, usable (available, functional, and private), lockable from the inside, have covered disposal bins, and have discreet disposal mechanisms at the time of the survey.
School	7 % of (primary/secondary) schools that have water and soap available in a private space for girls to manage menstruation.

Each domain laid out with same information:

- Indicator
- Purpose
- Survey question(s)
- Evidence and Considerations



MHH DOMAIN: WASH

Indicator 3 % of girls who reported changing their menstrual materials during their last menstrual period when at school.

Indicator 4 % of girls who changed their menstrual materials at school in a space that was clean, private, and safe during their last menstrual period.

Purpose

MHH requires access to supportive facilities for caring for the body during menstruation, including having access to clean, private and safe spaces to change menstrual materials. Access to supportive spaces in the school environment is a priority for ensuring girls' MHH at school. Indicators #3 and #4 work together to describe the girls' access to supportive spaces at school. Indicator #3 captures the proportion of girls who change their materials at school, while Indicator #4 shows if the space they used met their needs. They are relevant for girls who are post-menarche (those who have started menstruating), with "menarche" being the onset of menstruation in a given individual.

INDICATOR #3	
DEFINITION	The proportion of post-menarcheal girls who report they changed their menstrual materials at school during their last period, based on girls' self-report.
NUMERATOR	Number of post-menarcheal girls surveyed who reported that they changed their menstrual materials at school during their last menstrual period.
DENOMINATOR	Total number of post-menarcheal girls surveyed who attend school

Survey Question/s

3 a) The last time you attended school during your menstrual period, did you change your menstrual materials at school?

YES	
NO	

INDICATOR #4	
DEFINITION	The proportion of post-menarcheal girls who reported that the location where they changed their menstrual materials at school was clean, private and safe during their last period, based on girls' self-report.
NUMERATOR	Number of post-menarcheal girls surveyed who reported that they changed their menstrual materials at school in a space that was clean, private, and safe during their last menstrual period.
DENOMINATOR	Total number of post-menarcheal girls surveyed who reported changing their menstrual materials at school during their last menstrual period.

Survey Question/s

4 a) If yes (to changing at school); Was the place that you changed your menstrual materials clean?

YES	
NO	

4 b) If yes (to changing at school); Did you worry [translation note: were you concerned] that someone would see you while you were changing menstrual materials?

YES	
NO	

4 c) If yes (to changing at school); Did you feel safe while you were changing your menstruation materials?

YES	
NO	

INDICATORS #3 AND #4

PREFERRED DATA SOURCE /ALTERNATIVE DATA SOURCE	Nationally representative school-based survey. (alternative: household survey of girls)*
INDICATOR TYPE	Outcome
METHOD OF MEASUREMENT	Individual self-report. To capture individuals' own perspectives requires responses from the target population.

Evidence and considerations

Indicator #3 was developed by the core group based on experiences implementing questions capturing the quality of school facilities. This indicator serves to outline the denominator for Indicator #4. Further, it highlights the proportion of girls who may not need, or are unwilling, to change materials at school or are without a facility to change at school. This indicator captures the last menstrual period experienced at school to avoid issues in the timing of survey data collections, where surveys undertaken immediately following school holidays may mean many respondents would not be at school during their last menstrual period. Girls who never attend school during their period may require a further 'Not applicable' response option.

Indicator #4 is drawn from the Performance Monitoring and Accountability (PMA)¹⁵ 2020 survey program and JMP^{16,17} which included the cleanliness, privacy and safety of locations used to change menstrual materials. However, questions used to construct this indicator have been drawn from the Menstrual Practice Needs Scale (MPNS).¹¹ The questions modify those originally used in PMA and JMP to avoid the use of terms such as "privacy" which can be difficult to translate consistently^{18,19}, and focus on the respondent's experience of the environment used to change their menstrual materials.

* School going girls should be defined within the country context, example eligibility questions are provided in Annex 3

Indicators focused on delivery of WASH



WASH

Individual

- 3** % of girls who reported changing their menstrual materials during their last menstrual period when at school.
- 4** % of girls who changed their menstrual materials at school in a space that was clean, private, and safe during their last menstrual period.

School

- 5** % of schools (primary/secondary) with improved sanitation facilities that are single-sex and usable (available, functional, and private) at the time of the survey.
- 6** % of schools (primary/secondary) with improved sanitation facilities that are single-sex, usable (available, functional, and private), lockable from the inside, have covered disposal bins, and have discreet disposal mechanisms at the time of the survey.
- 7** % of schools (primary/secondary) that have water and soap available in a private space for girls to manage menstruation.

Tom Slaymaker (UNICEF, JMP, WASH sector)

UNICEF/JMP will aim to progressively incorporate into their own guidance

MHH Indicators will be helpful in building consensus and going beyond WASH

Integration will take time, consensus and ownership per topics

Essential to bring together diverse stakeholders from the start

Sharing examples from country utilization will facilitate usage

Countries will need clarity on roles, responsibilities, and how data will be analyzed and used

Explore how UN and others can support feedback process of ever-improving indicators

Plan for coming months / year



Series of dissemination webinars



Supporting uptake in exemplar and new countries



Developing & sharing training materials for country uptake

Thank you!