



“By the time I reached here, it was trouble to my life” - Menstrual health supplies across the humanitarian cycle

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Why do we need to talk about Menstrual Health (MH) Supplies in Humanitarian Contexts?

- Not life saving = Not a priority
- Displacement further exasperates MH challenges and disrupts access to usual/preferred MH supplies
- Limited to provision of MHM supplies and disrupted market places
- Complex humanitarian system with overlapping distribution



Source: <https://www.umcor.org/umcor/resources/news-stories/2018/august/frequently-asked-questions-about-umcor-relief-supply-kit-ministry-changes>

Options of provision of MH Supplies

- MH Products as part of dignity kits
- Reusable pad distribution in educational programming
- Integration of menstrual product distribution in to WASH and SRHR programming
- Product innovation: Menstrual cups



Source: <https://www.unfpa.org/resources/unfpa-basic-dignity-kit-0>



Supply related challenges for menstruators in humanitarian settings

- Product cost
- Product acceptability
- Lack of product knowledge
- Contextual restrictions to product use
- Limitations to choice

“In the dry season you can use the cup because the cup does not need a lot of water. ...When you find that you can access water you can use the AFRIpads, when there is no water you use the cup because it does not use a lot of water, so that is the advantage of having at least two, then during dry season someone can just use the cup where there is no enough water.

Mother, School 2, end line FGD

Source: <http://womens.dk/wp-content/uploads/2017/12/WoMena-ZOA-Rhino-Camp-Refugee-Settlement-MHM-Pilot-Intervention-Report.pdf>

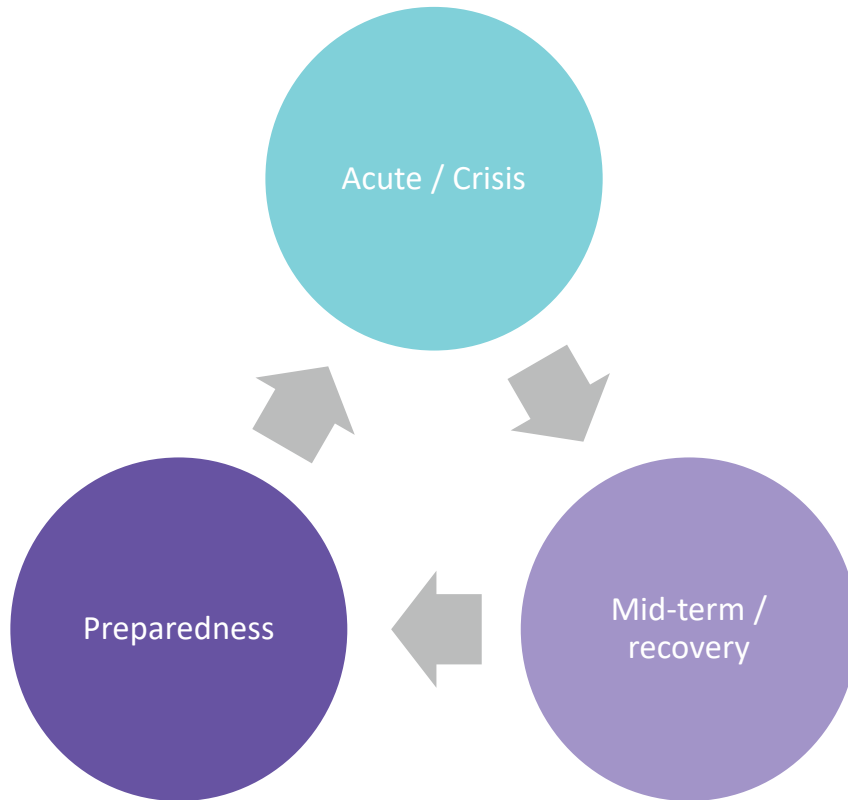
DEFINITION OF ADEQUATE MHM IN A HUMANITARIAN CONTEXT

*“The provision of safe, private, and hygienic water and sanitation facilities for changing menstrual materials and bathing, easy access to water inside or near toilets, **supplies** (e.g. Laundry soap, separate basin) for washing and drying menstrual materials discreetly, disposal systems through waste management, and access to practical information on MHM, for adolescent girls in particular.”*

(Sommer et al., 2016)



Opportunities across the Humanitarian Cycle



- Needs assessment & provision of known materials
- Sustainable long-term solutions and innovation - aiming for choice
- Utilizing market structures to enhance choice
- Preparation for minimum package for MHM, particularly in environmental disaster zones



Thank you!

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