Name: MHM Pilot Project
Implemented by: NFCC and UNICEF Nepal
Funded by: UNICEF Nepal
Target Area: Saptari
Target Group: Out of school adolescent girls from disadvantaged groups

Objective
To make menstrual hygiene products and information accessible, available and affordable for women and adolescent girls in Nepal.

Approach
Consolidated approach – empowering young girls in MHM from health, economic and environmental perspectives within the GATE program
NFCC Indicators

- Number of community change agents created
- Number of girls trained in sewing
- Number of people contacted by community change agents
# Study Methods

## BASELINE

1. **Qualitative questionnaire**
   - 43 questions
   - Topics covered – understanding of reproductive health, sex, menstruation and related practices,
   - Number of respondents – 40 GATE Graduates
   - Areas covered – seven VDCs

2. **Focus Group Discussions**
   - One hour session
   - Topics covered – Menstrual Hygiene management
   - Number of respondents – approx. 25 to 30
   - Areas covered – three VDCs

## ENDLINE

1. **Qualitative questionnaire**
   - 24 questions
   - Topics covered – understanding of reproductive health, sex, menstruation and output of training
   - Number of respondents – 55 Training Participants
   - Areas covered – 12 VDCs

2. **Focus Group Discussions**
   - One hour session
   - Topics covered – Menstrual Hygiene management
   - Number of respondents – approx. 20-25
   - Areas covered – 3 VDCs (2 old and one new)
**Findings**

- 72.2% of respondents said they received good reactions from friends and relatives when talking to them about menstruation.

- 56.4% of respondents said they had made 1-5 pads after the training.

- 30.9% of respondents reported that the lack of raw materials poses challenges to making pads.

- 50.9% of respondents benefitted personally from the training on how to sew a pad.

- After the training, 43.6% of respondents were able to do simple sewing at home, which benefitted their family.

- 18.2% of respondents have plans to produce pads as a source of income.

- 96.4% of respondents have talked about SRH with women and girls in their community.

- 21.8% of respondents expressed an interest in helping to promote education and health to change the lives of women and girls in their community.
Talking about SRH and MHM

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Responses to Menstruation

Adolescents who talked with community people about MHM

- Yes: 96.4%
- No: 3.6%

Number of people adolescents talked to about MHM

- >20: 30.9%
- 15-20: 12.7%
- 10-15: 14.5%
- 5-10: 12.7%
- <5: 10.9%

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Field Observations

- Increased use of pads by adolescent girls reported to GATE Supervisors in project VDCs.

- Many siblings (sisters) and sister-in-laws of trained girls also reported using pads during menstruation.

- Many adolescent girls told field officers that making pads for themselves and their families had helped them save money. (importance of livelihood training)
Challenges

- Difference in the baseline and endline numbers
- Difficulty in fully engaging with adolescents
- Inability to create linkages due to short project period and budget
Adapting pilot in other areas

• Integration of project components into adolescent programs

• Family Planning and reproductive health necessary components of pilot

• Products as important as awareness raising and information
THANK YOU

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