



- 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.

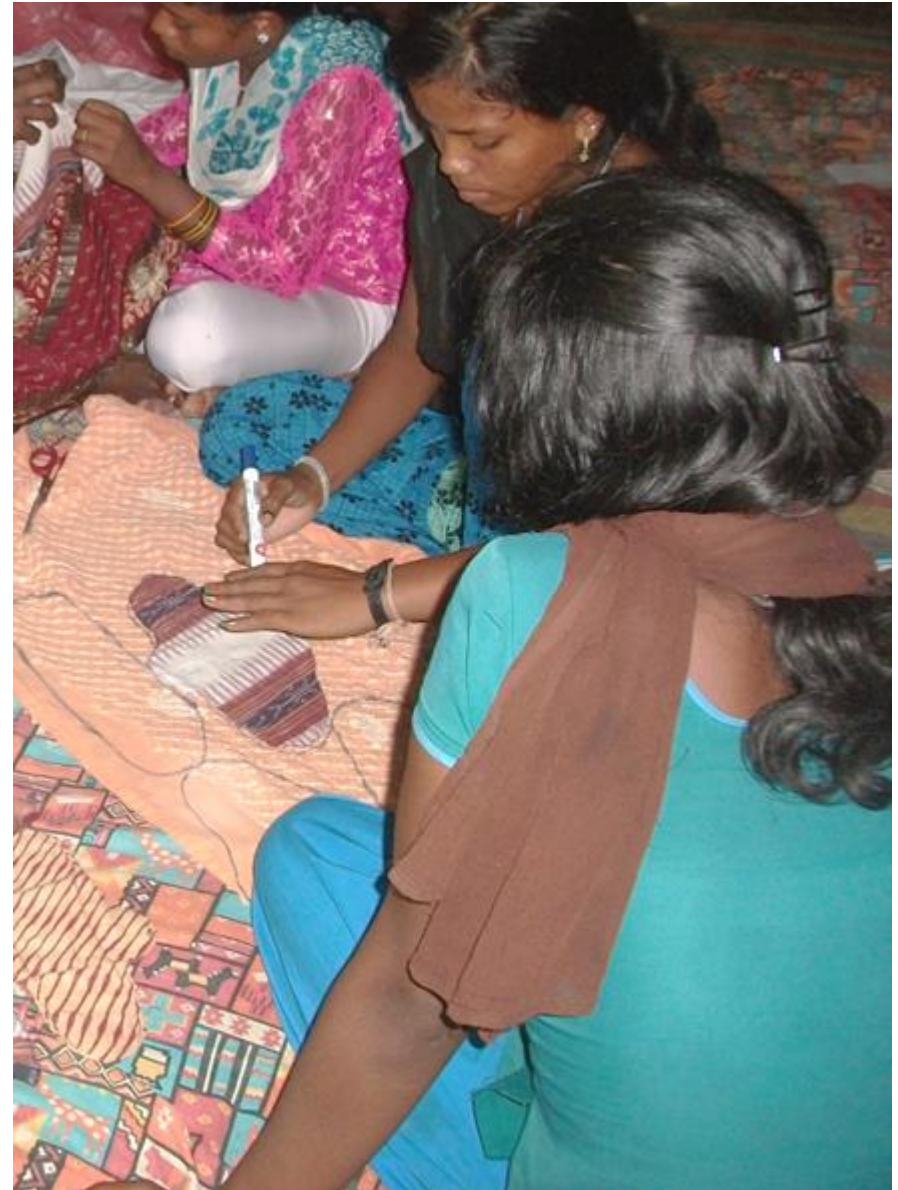
Approach

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

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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

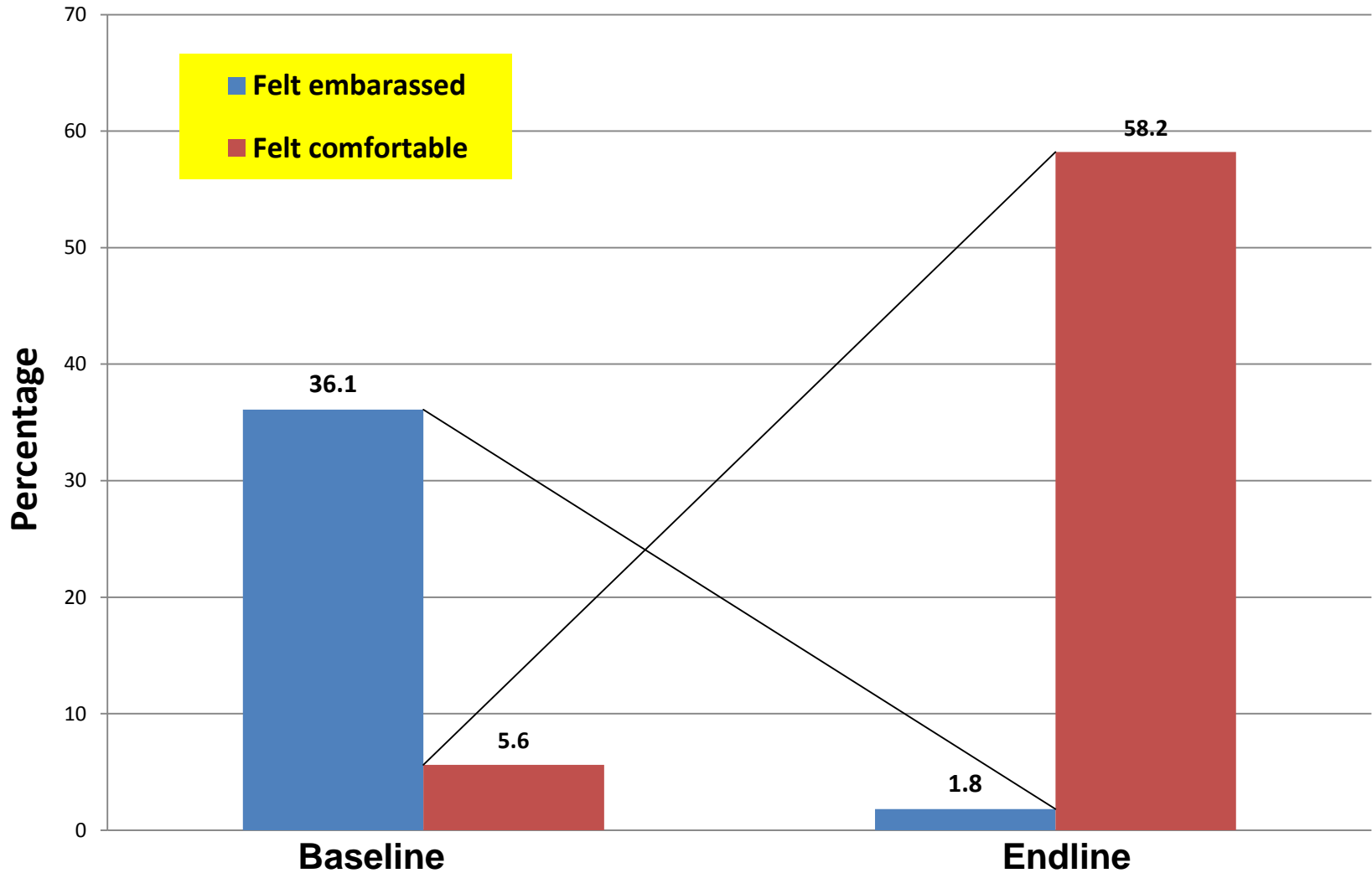
2. Focus Group Discussions

- 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.

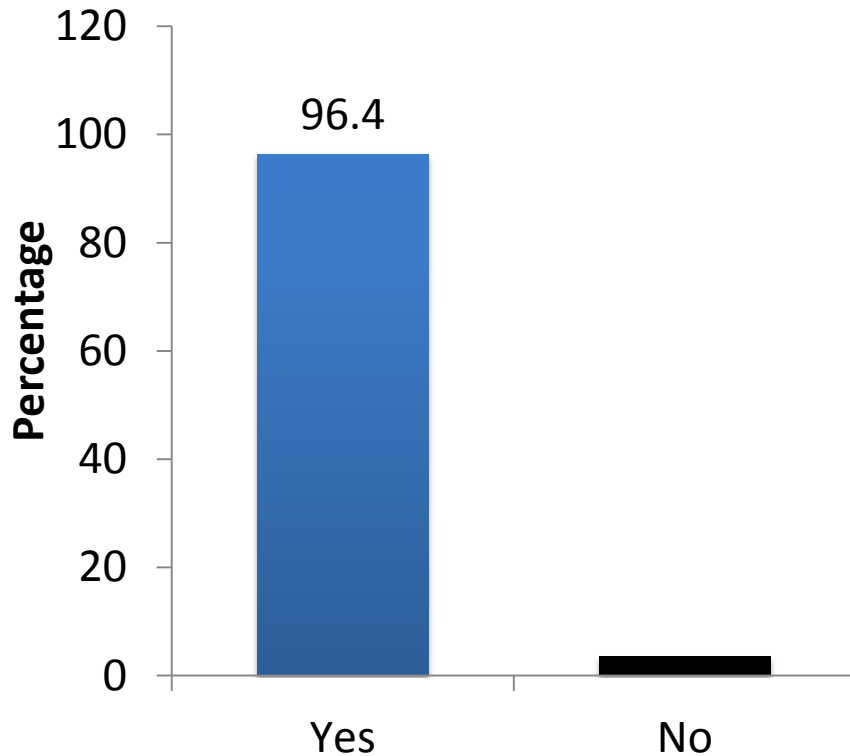
Talking about SRH and MHM



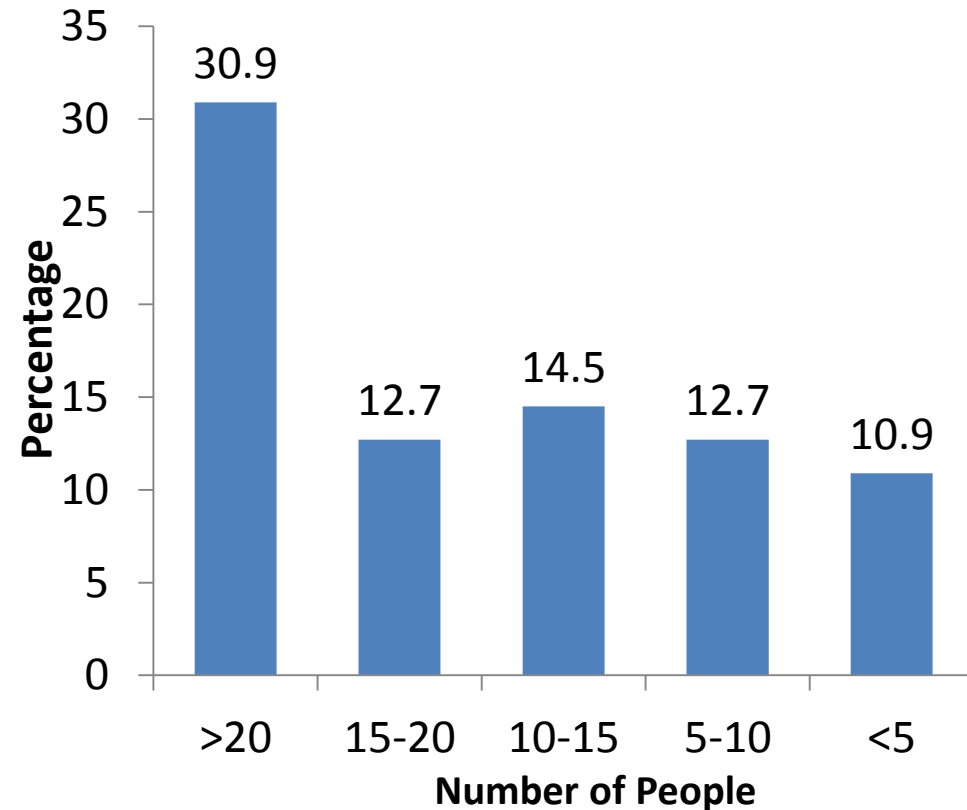
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Responses to Menstruation

Adolescents who talked with community people about MHM



Number of people adolescents talked to about MHM



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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