Menstrual Hygiene Management and the Sustainable Development Goals

Policy and Practice in South Asia and West Africa

Sailas Nyareza
Programme Officer, Knowledge and Learning
Where we work

WSSCC supports members and partners working to improve sanitation around the world, including:

WSSCC members are working to improve sanitation and hygiene in 150 countries. Our members come from all walks of life: non-governmental organizations, local and national governments, United Nations agencies, academic institutions and private industry. For WSSCC, these members work with national WASH Coalitions, share best practices, and elect our Steering Committee.

National WASH Coordinators in 15 countries serve as WSSCC’s on-the-ground representatives, leading national WASH Coalitions and advocating for change.

Global Sanitation Fund-supported programmes in 15 countries have helped close to 50 million people live in environments free of open defecation, and are on track to reach millions more over the next few years.

GSF-supported Countries

- Benin
- Cambodia
- Ethiopia
- India
- Kenya
- Madagascar
- Malawi
- Nepal
- Nigeria
- Senegal
- Tanzania
- Togo
- Uganda
- Zambia

Countries with WSSCC-supported National WASH Coordinators

- Bangladesh
- Benin
- Madagascar
- Ethiopia
- Cambodia
- Niger
- Togo
- Kenya
- Nepal
- India
- Zambabwe
- Pakistan
- Tanzania
- Malawi
- Uganda
- Niger
Our areas of focus

- Research
- Capacity Building
- Policy Transformation
- Collaboration & Innovation
A few key principles

- **Using MHM as an entry point** to unlock multiple benefits for women and girls, but also to facilitate discussion on other taboo topics for vulnerable populations linked to WASH
- **Systematically including ministries outside of WASH** in country
- **Ensuring a community approach** (e.g. not just talking about MHM in schools)
- **Focusing on priority regions** for WSSCC, with a lead country in each:
  - In South Asia: India
  - In West Africa: Senegal
  - In Southeast Asia: Cambodia (not yet planned)
  - In East Africa: Kenya, Tanzania
MHM as an entry point
The female lifecycle
A holistic approach

- Breaking the silence
- Safe reuse and disposal solutions
- Managing menstruation hygienically

WASH & Health Practitioners
WASH & Health for Menstrual Hygiene Management
Menstrual Hygiene Management
Training of Trainers Manual
Lab Convenor’s Manual
Wheel

GHS’s Reproductive Organs
Girls’ Body Parts
Boys’ Body Parts
A Boy’s Reproductive Organ

WSSCC
WATER SUPPLY & SANITATION COLLABORATIVE COUNCIL
Subject: Modification in Nirmal Bharat Abhiya (NBA) Guidelines including activities related to Menstrual Hygiene Management (MHM) as a permissible activity.

The Nirmal Bharat Abhiya (NBA) Guidelines are hereby modified so as to include provision of activities related Menstrual Hygiene Management (MHM). Paragraphs 5.2.2 and 5.9.1 have been amended and new Paragraph 5.2.9 added to the Guidelines as described below:

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Existing Provisions in NBA guidelines</th>
<th>Modified Provisions in NBA guidelines (modifications shown in Bold and Underlined)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Para 5.2.2: A National communication strategy frame work has been developed by Government of India giving emphasis on Inter Personal Communication (IPC) at the grassroots level. The states are to evolve their own strategy using folk media, mass media and also outdoor media like wall painting, hoarding etc. The IEC should focus on health and hygiene practices such as washing hands with soap and water at critical times, proper menstrual hygiene and environmental sanitation aspects.</td>
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<td>2</td>
<td>Para 5.2.9: New para to be added</td>
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Para 5.9.1
The objective of NBA is to bring about improvement in the general quality of life in rural areas. Solid and Liquid Waste Management (SLWM) is one of the key components to address this. SLWM is to be taken up in project mode for each Gram Panchayat (GP) with financial assistance capped for a GP on number of households to enable all GPs to implement sustainable SLWM projects. Under component, activities like compost pits, vermin composting, common and individual biogas plants, low cost drainage, soakage channels/plots, reuse of waste water and system for collection, segregation and disposal of household garbage etc can be taken up. Projects should be approved by State Scheme Sanctioning Committee (SSSC). Assistance of professional agencies/NGOs may be sought to be develop/test/implement such projects. Projects will be prioritized in identified GPs targeted for Nirmal status and those that have already been awarded Nirmal Gram Puraskar (NGP). SLWM can also be implemented by dovetailing funds from other Rural Development Programmes like MNREGS etc.

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La G HM dans l’agenda global

Pendant la période ODM, la cible relative à l’eau a été réalisée mais celle de l’assainissement est restée hors d’atteinte pour de nombreux pays. Le 28 juillet 2010, par la Résolution 64/292, l’Assemblée Générale des Nations Unies a reconnu explicitement que le droit humain à l’eau et à l’assainissement est essentiel pour la réalisation de tous les droits humains.

Le 17 décembre 2015, l’Assemblée Générale a finalement adopté par consensus la Résolution 70/169, qui affirme que les droits à l’eau et à l’assainissement sont clairement séparés l’un de l’autre et ont des caractéristiques distinctes alors qu’ils font tous deux partie du droit à des conditions de vie adéquates.

Même si les droits humains à l’eau et à l’assainissement sont étroitement liés, ils présentent également d’importantes différences.

Beaucoup de pays en ont fait une priorité, avec l’objectif de l’expliciter dans leurs politiques nationales ainsi que dans les budgets et les systèmes de suivi. Ceci est le premier pas vers la correction d’une injustice historique qui a nié à la moitié de la population mondiale ses droits fondamentaux et la justice.

L’Inde a montré la voie en décembre 2013 en intégrant la G HM dans les politiques nationales avec des liens aux budgets. Le Sénégal est prêt à devenir le deuxième pays, suivi du Kenya, du Niger et du Cameroun. Ceci établira des précédents importants pour le monde développé, où aucun pays n’a articulé la menstruation en tant que facteur-clé dans les vies des femmes qui doivent être reconnu, considéré et affronté du point de vue des besoins et de la demande.

Policy Change in Senegal
Yammer MHM Trainers Virtual Platform

- Launched 23 June 2015
- 130 members
- 5 West and Central African countries represented
- Sectors represented: Ministry staff (Education, Environment, Health, Water and Sanitation), International Organizations (UN Women, Red Cross, SNV), NGO, Civil Society (professors, nurse, engineers)
- A online library with 200 documents
- 4 high-level thematic discussions (MHM in schools, FGM and GHM)
- Training initiatives reported and accomplished by members

Our collaborative online platform on Yammer is available for certified and trained trainers.

WSSCC Geneva is working hard to link this into a tracking and quality assurance system that can help us to support trainers better in the long run and also learn from the field.
Current large-scale E&ND initiatives

- Partnership with Government of India (Swachh Bharat Mission)
- Joint Programme with UN Women on Gender, Hygiene and Sanitation in West and Central Africa
- Joint Research with SHARE Consortium on Women, Sanitation and Hygiene in South Asia
Research Portfolio

South Asia
- The Human Right to Sanitation
- London School of Hygiene and Tropical Medicine (SHARE consortium)

West Africa
- Case studies in Senegal, Niger and Cameroon
- Linkages with UN Women and University of Dakar

Practical research outcomes from our research portfolio on women, girls and WASH cover a range of areas including:

<table>
<thead>
<tr>
<th>Psychosocial Stress</th>
<th>Participation</th>
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<td>Violence</td>
<td>Voice and Agency</td>
</tr>
<tr>
<td>Various Aspects of MHM</td>
<td>Transgender Persons and Elderly People</td>
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Pledge for Girls and Women

I will break the silence on menstruation
I will not feel shy; I will take pride
I will spread the word outside and inside the home
A multi-stakeholder environment

- Government
- Academia
- UN Agencies
- Private Sector
- NGOs
- People!