



# Menstrual Health and Hygiene (MHH) Interventions: East Asia Pacific Regional Review

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**WATER  
&  
WASH** 2023  
FUTURES

Achieving SDG6 in a Changing Climate



#WaWF23

# Overview & objectives



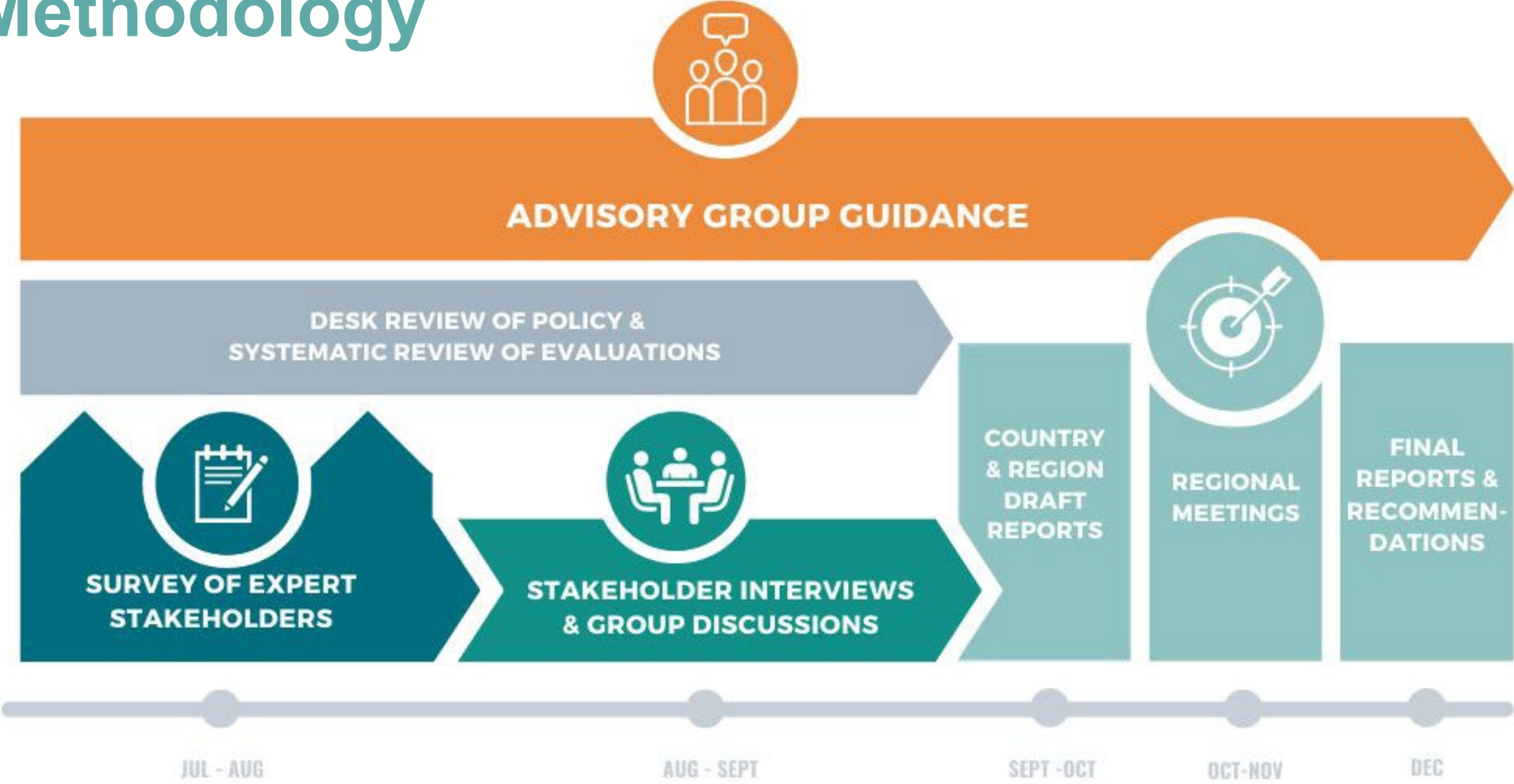
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**Progress in policy & programming**  
+ barriers & enablers and next steps

2

**Evidence for policy & programs**  
+ barriers & enablers and next steps

# Methodology



# Review framework

**Menstrual Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in relation to the menstrual cycle.**

Achieving menstrual health implies that women, girls, and all other people who experience a menstrual cycle, throughout their life-course, are able to:



Hennegan J, Winkler IT, Bobel C, Keiser D, Hampton J, Larsson G, et al. Menstrual health: a definition for policy, practice, and research. *Sex Reprod Health Matters*. 2021;29(1):1911618.



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## Progress in policy



ACCESS TO  
INFORMATION  
AND EDUCATION



ACCESS TO  
MATERIALS, FACILITIES  
AND SERVICES



ACCESS TO CARE  
FOR DISCOMFORTS  
AND DISORDERS



ACCESS TO  
A SUPPORTIVE  
SOCIAL  
ENVIRONMENT



NON-DISCRIMINATION  
AND  
PARTICIPATION

### Review

- Progressive inclusion into national policies, action plans or guidelines
- Materials, service and facilities through national WASH policies (ie: WinS)
- Menstrual product provision – voucher system, subsidies
- Education through school national Sexuality education curriculum
- Other requirements, limited

### *Stakeholder insights*

Clear institutional arrangements and ministerial leadership

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## Progress in programming



- Gov & NGO's deliver MH activities - WASH, health or SRH programming
- **Predominantly school settings**
- CSO's and social-enterprises delivering menstrual products + reusables
- **Small scale** – challenging to assess

### *Stakeholder insights*

- Barriers – sustained community programming, stigma at all levels

## Evidence for policy & programs



### Systematic review findings

- 18 Quantitative studies (8 of 14 review countries)
- 6 RCTs (other CBAs or pre-post, no control)
- Poorly reflect policy and service delivery progress in the region



ACCESS TO INFORMATION  
AND EDUCATION

10



ACCESS TO MATERIALS,  
FACILITIES AND SERVICES

2 1



ACCESS TO CARE  
FOR DISCOMFORTS  
AND DISORDERS

3 2



ACCESS TO A SUPPORTIVE  
SOCIAL ENVIRONMENT

0

2

## Evidence for policy & programs

### *Stakeholder insights: M&E*

- Understanding, planning for, and measuring menstrual health outcomes a challenge for all stakeholders
- Getting lost in WASH and SRH
- Lacking monitoring specific to menstrual health





# Where to next?

- Continued advocacy
- Building evidence
- Government prioritization and funding
- Tracking of policy commitments where they exist
- Standardized indicators and tools (quantitative) to capture progress
- Opportunities and mechanisms for sharing and collaboration
- Leaving no one behind



# Thank you

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