1. Introduction

This pilot research study on the impact of menstrual hygiene on girls in school is primarily aimed at the Ministry of Education and Sports and the National Sanitation Working Group in Uganda. Within the context of Uganda, the results of this study have provided as evidence-based advocacy on the role of upper primary girls, from the ages of 13-18, whom have started menstruating, with a specific emphasis placed on the issues and challenges that they face at school. The results from this study provided as a background paper for the First National Menstrual Hygiene Management (MHM) Conference which was held from August 14-15th 2014 in Kampala, Uganda. This study reflects the importance of menstrual hygiene management and putting girls first in the move toward true sustainable development.

Key Findings:

About half of the girl pupils in the study report missing 1-3 days of primary school per month. This translates into a loss of 8 to 24 school days per year. This means per term a girl pupil may miss up to 8 days of study. On average, there are 220 learning days in a year and missing 24 days a year translates into 11% of the time a girl pupil will miss learning due to menstrual periods. The results of the study reflect that one key means of keeping girls in primary school is the provision of better menstrual hygiene management materials and facilities. This study has revealed a lack of sustainable menstrual hygiene management support for the girls, from basics such as suitable facilities to psychological support for girls dealing with menstruation.

For more information refer to:
http://www.ircwash.org/resources/study-menstrual-management-uganda-main-report-study-results