

## Menstrual Health and Environmental Hygiene.

**Progress Report:** by Afor Rene Aza'ah / Project Leader

### Summary

Menstrual hygiene management is fundamental in enabling women, and girls to reach their full potential. The Menstrual Health and Environmental Hygiene aims to promote equity, improve access to menstrual health and hygiene knowledge and products, ensure adequate hygiene practices in rural schools in the North West Region of Cameroon and contribute to the achievement of SDGs 3, 5, and 6. It will empower students, especially the menstruating population, with the right tools and facilities for uninterrupted academic pursuits and eliminate barriers hampering the progression of menstruating students.

### Project update and achievement

Our project, Menstrual Health and Environmental Hygiene has made a significant difference in the lives of over 500 adolescent girls in LCC Mankon, Northwest region of Cameroon by providing them with comprehensive menstrual health and hygiene education, and products through an inclusive school-based approach.

- a. **MHH Education and Awareness:** The students gained comprehensive knowledge on proper menstrual health and hygiene practices, the menstrual cycle, the importance of support and understanding from both genders, breaking menstrual taboos, and the impact of poor hygiene practices on the environment. Further, the schools' authorities were drilled on how they can integrate MHH into the schools' curriculum to continuously educate students on the importance of MHH and environmental stewardship, encouraging them to be more mindful of their MHH and its impact on the environment.



- b. **Installation of handwashing taps in the female urinal:** The installation of hand washing taps in the female urinals will significantly improve hygiene and health among students.



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The availability of these taps will lead to an increase in hand-washing practices, reducing the spread of infectious diseases and promoting a cleaner school environment. Female students will feel more confident and comfortable using the facility, knowing they can maintain proper hygiene. This initiative has also raised awareness about the importance of hand hygiene, contributing to overall better health outcomes for the school community.



- c. Improved access to menstrual hygiene products:** The school clinic was equipped with 2 buckets, pads, and chlorine tablets. These will significantly improve menstrual hygiene management for female students. The availability of these essential products will ensure that girls can manage their menstruation with dignity and hygiene, reducing absenteeism and enhancing their comfort and confidence at school. The chlorine tablets will facilitate safe sanitation practices, contributing to a healthier school environment.



### Challenges faced

- **Inadequate funding:** The female toilet facility at LCC Mankon needs complete rehabilitation. Due to limited funds, only hand-washing taps were installed.
- **Community expectations:** There is a growing expectation within the schools in the Northwest region for action on menstrual health, which has been unmet due to funding constraints.
- **Awareness gaps:** Continued lack of awareness regarding menstrual health and hygiene persists in the communities and schools, emphasizing the need for intervention.



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## Conclusion

Through this project, young girls can make informed decisions about their bodies and health, and reduce anxiety and confusion around menstruation, creating a supportive and inclusive environment for all students, reducing absenteeism, and improving reproductive health. It has built up confidence and has helped thousands of young girls break the taboo and talk about menstrual health

We invite you to continue supporting our efforts to create a more equitable future for girls, women, and all people with periods. With more funding, we will be able to reach more schools and ensure that all adolescents have access to comprehensive, age-appropriate, and medically accurate menstrual health education. Visit <https://www.globalgiving.org/projects/menstrual-health-and-environmental-hygiene/> to donate. We appreciate any donation; no amount is too small.

We extend our gratitude to all our donors, partners, and supporters.

Together we are making a lasting impact in the lives of women and young girls.