



Local Initiative for Sustainable Development (LISUDEV)

Bamenda, North West Region, Cameroon.

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Menstrual Health and Environmental Hygiene.

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

Summary

The project aims to promote equity and improve access to WASH products and environmental hygiene benefiting 5000 students. It seeks to eliminate barriers faced by menstruating students and empower them to manage their periods with dignity while reducing environmental impacts caused by poor WASH practices.

Background

Menstrual health and environmental hygiene are vital components of public health, particularly for women and girls. Poor menstrual hygiene can lead to significant health disparities, including reproductive health issues, increased absenteeism in schools, and social stigma. The project aims to:

- Educate adolescent school girls and the student community about menstrual health.
- Provide access to menstrual hygiene products for female students.
- Promote environmentally sustainable practices related to menstrual waste management.

Project update and achievement

Our project, Menstrual Health, and Environmental Hygiene, is making a huge difference in the lives of adolescent girls through our inclusive school-based approach. It has been instrumental in building up the confidence of adolescent girls and has helped young girls break the taboo and talk about menstrual health.

Our team has delivered complimentary menstrual health and hygiene workshops to over **2,000** adolescent girls. **50** adolescent girls and males have been trained to become menstrual health and hygiene champions in schools, creating an enabling environment where everyone thrives.



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Challenges faced

- **Inadequate funding:** The primary challenge is the lack of financial support to reach more schools and to equip these schools with the necessary menstrual products.
- **Community expectations:** There is a growing expectation within the schools 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.

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.