

SUMMARY  
VERSION

MARCH 2022



**Priority List of Indicators for  
Girls' Menstrual Health and Hygiene:**  
TECHNICAL GUIDANCE FOR  
NATIONAL MONITORING



MAILMAN SCHOOL  
OF PUBLIC HEALTH



*In collaboration with*



**Recommended citation:** *Priority List of Indicators for Girls' Menstrual Health and Hygiene: Technical Guidance for National Monitoring.* (2022). Global MHH Monitoring Group.

The purpose of [Priority List of Indicators for Girls' Menstrual Health and Hygiene: Technical Guidance for National Monitoring](#) is to provide guidance on a recommended short list of indicators to monitor national progress towards supporting MHH among adolescent girls in and out of school. These indicators monitor MHH across priority domains and are intended to enable comparability across countries and over time.

This summary version of the full guidance document includes the list of priority indicators and related measures. Further details are available free online as noted below. For questions around adapting the guidance or training for national level use, please contact: [marni.sommer@columbia.edu](mailto:marni.sommer@columbia.edu).

Additional information on the development of the priority indicators, the indicators' purpose and method of calculation, and the rationale and evidence behind each indicator is available in the **full length English version:** [Priority List of Indicators for Girls' Menstrual Health and Hygiene: Technical Guidance for National Monitoring](#).

*This work was supported, in whole or in part, by the Bill & Melinda Gates Foundation INV-015857. Under the grant conditions of the Foundation, a Creative Commons Attribution 4.0 Generic License has already been assigned to the Author Accepted Manuscript version that might arise from this submission.*

*Our sincere gratitude to Katherine Millsaps for her support conducting the global desk review, and to Stefan Peterson for the design and layout of the guidance note.*



## MHH DOMAIN: MATERIALS

**Indicator 1:** % of girls who reported having enough menstrual materials during their last menstrual period.

**1 a) During your last menstrual period, did you have enough menstrual materials to change them as often as you wanted to?**

YES  NO  DON'T REMEMBER

**Indicator 2:** % of schools with menstrual materials available to girls in case of an emergency.

**2 a) At the time of the survey, are menstrual management materials available at the school in case of an emergency?**

YES (FREE)  YES (AT COST)  NO



## MHH DOMAIN: WASH

**Indicator 3:** % of girls who reported changing their menstrual materials during their last menstrual period when at school.

**3 a) The last time you attended school during your menstrual period, did you change your menstrual materials at school?**

YES  NO

**Indicator 4:** % of girls who changed their menstrual materials at school in a space that was clean, private, and safe during their last menstrual period.

**4 a) If yes (to changing at school); Was the place that you changed your menstrual materials clean?**

YES  NO

**4 b) If yes (to changing at school); Did you worry [translation note: were you concerned] that someone would see you while you were changing menstrual materials?**

YES  NO

**4 c) If yes (to changing at school); Did you feel safe while you were changing your menstruation materials?**

YES  NO

**Indicator 5\*:** % of schools (primary/secondary) with improved sanitation facilities that are single-sex and usable (available, functional, and private) at the time of the survey.

**5 a) What type of student toilets/latrines are at the school? (check one – most common)**

<input type="checkbox"/> FLUSH/POUR-FLUSH TOILETS	<input type="checkbox"/> HANGING LATRINES
<input type="checkbox"/> PIT LATRINES WITH SLAB	<input type="checkbox"/> BUCKET LATRINES
<input type="checkbox"/> COMPOSTING TOILETS	<input type="checkbox"/> NOT TOILETS OR LATRINES
<input type="checkbox"/> PIT LATRINES WITHOUT SLAB	

**5 b) Are the toilets/latrines separate for girls and boys?**

YES  NO

**5 c) How many student toilets / latrines are currently usable (available, functional, private)?**

INSERT NUMBER OF HOLES / SEATS / STANCES: \_\_\_\_\_

**Indicator 6\*:** % of schools (primary/secondary) with improved sanitation facilities that are single-sex, usable (available, functional, and private), have covered disposal bins, and have discreet disposal mechanisms for menstrual waste at the time of the survey.

**6 a) Are there mechanisms for discreet disposal of used menstrual hygiene materials in the girls' toilets?**

YES  NO

**6 b) Are there disposal mechanisms for menstrual hygiene waste at the school?**

YES  NO

**Indicator 7\*:** % of schools (primary/secondary) that have water and soap available in a private space for girls to manage menstruation.

**7 a) Is there a private space for girls to manage menstruation at school?**

YES  NO

**7 b) Does the private space for girls to manage menstruation have water and soap?**

YES, WATER AND SOAP  
 WATER, BUT NOT SOAP  
 NO WATER OR SOAP

\* Please see the [full technical guidance](#) for Joint Monitoring Programme (JMP) alignment.



## MHH DOMAIN: KNOWLEDGE

**Indicator 8:** % of students (female/male) who have ever received education about menstruation in primary and secondary school.

**8 a) Have you ever received education about menstruation (in school)?**

- YES, IN PRIMARY SCHOOL  
 YES, IN SECONDARY SCHOOL  
 YES, IN PRIMARY AND SECONDARY SCHOOL  
 NO, DID NOT RECEIVE EDUCATION ABOUT MENSTRUATION IN SCHOOL

**Indicator 9:** % of females who know about menstruation prior to menarche.

**9 a) Before you had your first menstrual period, did you know about menstruation?**

- YES  NO  DON'T REMEMBER

**Indicator 10:** % of females with correct knowledge of the fertile period during the ovulatory cycle.

**10 a) From one menstrual period to the next, are there certain days when a woman is more likely to become pregnant?**

- YES  NO  DON'T REMEMBER

**10 b) If yes, is this time just before her period begins, during her period, right after her period has ended, or halfway between two periods? (pick one)**

- JUST BEFORE HER PERIOD BEGINS  
 DURING HER PERIOD  
 RIGHT AFTER HER PERIOD HAS ENDED  
 HALFWAY BETWEEN TWO PERIODS

**Indicator 11:** % of schools where education about menstruation is provided for students from age 9.

**11 a) Does your school provide menstrual education?**

- YES, GIRLS ONLY  YES, GIRLS AND BOYS  NO

**11b) If yes, at what grade do students start getting menstrual education?**

\_\_\_\_\_

**11c) If yes, what is the age range for this grade?**

\_\_\_\_\_

**Indicator 12:** Existence of pre-service or in-service teacher training about menstruation at the primary or secondary level.

**12 a) Do teachers receive training on menstruation education as part of pre-service training or in-service trainings?**

- YES  NO

**12 b) If yes, what content does the menstrual education for teachers include?**

- BIOLOGY AND REPRODUCTION  
 PRACTICAL GUIDANCE ON CARE OF THE BODY  
 BOTH  
 NEITHER

**Indicator 13:** % of schools that have at least one teacher trained to educate primary/secondary students about menstruation.

**13 a) How many teachers (of total) at this school have received training to educate primary/secondary students about menstruation?**

NUMBER OF TEACHERS  
 (OF TOTAL NUMBER OF TEACHERS): \_\_\_\_\_

**Indicator 14:** % of countries where national policy mandates education about menstruation at primary and secondary level.

**14 a) Is education about menstruation mandated in any of your education policies, standards or procedures at the primary level?**

- YES  NO

**14 b) Is education about menstruation mandated in any of your education policies, standards or procedures at secondary level?**

- YES  NO

## MHH DOMAIN: DISCOMFORT/DISORDERS



**Indicator 15:** % of girls who report that they were able to reduce their menstrual (abdominal/back/cramping) pain when they needed to during their last menstrual period.

**15 a) Were you able to reduce your menstrual (menstruation-related) pain during your last menstrual period when you needed to?**

- YES     NO
- I DIDN'T NEED TO REDUCE PAIN DURING MY LAST MENSTRUAL PERIOD

**Indicator 16:** % of girls who would feel comfortable seeking help for menstrual problems from a health care provider.

**16 a) If you had a concern about your menstrual period, would you feel comfortable seeking help from a health care provider such as a school nurse, community health worker, or doctor?**

- YES     NO

## MHH DOMAIN: SUPPORTIVE SOCIAL ENVIRONMENT



**Indicator 17:** % of girls who have someone they feel comfortable asking for support (advice, resources, emotional support) regarding menstruation.

**17 a) Do you have someone who you would feel comfortable asking for support (advice, resources, emotional support) for your period if needed?**

- YES     NO
- NOT APPLICABLE/DO NOT NEED

## MHH DOMAIN: MENSTRUAL HEALTH IMPACTS



**Indicator 18:** % of girls who report a menstrual period does not impact their day.

**18 a) Getting my period does not impact my day.**

- YES     NO

**Indicator 19:** % of girls whose class participation was not impacted by their last menstrual period.

**19 a) During your most recent period, did you have trouble participating in class due to your period?**

- YES     NO

## MHH DOMAIN: POLICY



**Indicator 20:** % of countries with policies or plans that include menstrual health and hygiene.

**20 a) Do any national policies and plans include provision for menstrual health and hygiene? (If yes, please specify)**

- YES     NO

**Indicator 21:** National budget is allocated to menstrual health and hygiene; funds are dispersed to the schools in a timely and efficient manner.

**21 a) Is there a budget line or national funding for MHH?**

- YES     NO

**21 b) If yes, please identify which of the following sectors the funding comes through: (tick all that apply)**

- EDUCATION     WASH  
 HEALTH     OTHER

**21 c) Are there mechanisms in place to disburse these funds to the implementation levels in a timely manner in order to ensure smooth and effective program implementation?**

- YES     NO