








## Short List of Priority MHH Indicators<sup>a</sup>

MHH Domain	Data Collection Level	Indicators
 <b>MATERIALS</b>	<i>Individual</i>	<b>1</b> % of girls who reported having enough menstrual materials during their last menstrual period.
	<i>School</i>	<b>2</b> % of schools with menstrual materials available to girls in case of an emergency.
 <b>WASH</b>	<i>Individual</i>	<b>3</b> % of girls who reported changing their menstrual materials during their last menstrual period when at school.
	<i>Individual</i>	<b>4</b> % of girls who changed their menstrual materials at school in a space that was clean, private, and safe during their last menstrual period.
	<i>School</i>	<b>5</b> % of schools (primary/secondary) with improved sanitation facilities that are single-sex and usable (available, functional, and private) at the time of the survey.
	<i>School</i>	<b>6</b> % of schools (primary/secondary) with improved sanitation facilities that are single-sex, usable (available, functional, and private), lockable from the inside, have covered disposal bins, and have discreet disposal mechanisms at the time of the survey.
	<i>School</i>	<b>7</b> % of schools (primary/secondary) that have water and soap available in a private space for girls to manage menstruation.
	<i>Individual</i>	<b>8</b> % of students (male/female) who have ever received education about menstruation in primary and secondary school.
	<i>Individual</i>	<b>9</b> % of females who know about menstruation prior to menarche.
 <b>KNOWLEDGE</b>	<i>Individual</i>	<b>10</b> % of females with correct knowledge of the fertile period during the ovulatory cycle.
	<i>School</i>	<b>11</b> % of schools where education about menstruation is provided for students from age 9.
	<i>School</i>	<b>12</b> Existence of pre-service or in-service teacher training about menstruation at the primary or secondary level.
	<i>School</i>	<b>13</b> % of schools that have at least one teacher trained to educate primary/secondary students about menstruation.
	<i>Government / National</i>	<b>14</b> % of countries where national policy mandates education about menstruation at primary and secondary level.
 <b>DISCOMFORT/ DISORDERS</b>	<i>Individual</i>	<b>15</b> % 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.
	<i>Individual</i>	<b>16</b> % of girls who would feel comfortable seeking help for menstrual problems from a health care provider.
 <b>SUPPORTIVE SOCIAL ENVIRONMENT</b>	<i>Individual</i>	<b>17</b> % of girls who have someone they feel comfortable asking for support (advice, resources, emotional support) regarding menstruation.
 <b>MENSTRUAL HEALTH IMPACTS</b>	<i>Individual</i>	<b>18</b> % of girls who report a menstrual period does not impact their day.
	<i>Individual</i>	<b>19</b> % of girls whose class participation was not impacted by their last menstrual period.
 <b>POLICY</b>	<i>Government / National</i>	<b>20</b> % of countries with policies or plans that include menstrual health and hygiene.
	<i>Government / National</i>	<b>21</b> National budget is allocated to menstrual health and hygiene; funds are dispersed to the schools in a timely and efficient manner.

a. See **Annex 2** for explanation of indicator level definitions.

b. We use “menstrual materials” throughout the guidance note to be all inclusive (e.g. disposable/reusable pads, cloths)

c. For the purposes of facilitating the uptake of the recommended short list, we chose to utilize the existing wording in country-level indicators, which alternate between “girls” and “females.”